



THE GROUNDHOG

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**Serving the Mentone, Valley Head,
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P. O. Box 387, Mentone, AL 35984

Volume 38, No. 10

"Neighborly News from the Heart of Lookout Mountain"

October 2019

A Life of Service Runs in the Family

by Kelly Leavitt



Mike and Gwen Stone

Mike and Gwen Stone are a couple who live to serve. They are both deeply involved with DeSoto Rescue Squad (DRS), with Mike serving as captain and Gwen as first lieutenant. Gwen is president of Moon Lake School's Parent-Teacher Organization (PTO), and the founder and operator of Ryleigh's Closet, a clothes closet that provides clothing at no cost for those in need. They are parents to Emily, a seventh-grade student with DeKalb County Virtual Academy, and Michael, who is in fifth grade at Moon Lake School. Mike's full-time job is as a paramedic in Ider with DeKalb Ambulance Service; Gwen is retired. Their partnership seems to be one that was destined to be.

Gwen became a rescue squad member in 1999. She and Mike met when she responded to a DRS call and he responded with the ambulance. "The very first time we met was on a call over at Bankhead Cemetery," Mike reminisced. "We started talking a little bit then. Then I actually transported her as a patient, and we talked a little bit more then. After my divorce, we really started talking."

"I'd had a gall stone attack in 2004, when Hurricane Ivan was passing over the area,"

said Gwen. "I thought I was dying, so I called the ambulance. The ambulance service was double-crewed because of the hurricane, and so Mike showed up. If it hadn't had been for the hurricane, he wouldn't have been the one to respond."

In January 2005, Mike joined the squad, which was originally formed in 1965 by Ovie Blalock and others as DeSoto Emergency Rescue Service. In 2007, the organization was reincorporated as DeSoto Rescue Squad. It serves the communities of Mentone and Valley Head by responding to emergency and non-emergency calls for service. Detailed information about the organization can be found on their web site at desotorecue.com.

"In the 1990s, my father, Richard Douthat, was captain of the squad," said Gwen, who was raised in Mentone. "My mother, Terry, was secretary. When she passed away in 1999, I was living in Fort Payne, but I'd spent a lot of time around the rescue squad. Dad was kind of lost, so I stepped in to help and kind of migrated into serving on the squad. After Daddy retired, I was the captain for a while. Then Mike came along and he's been captain since 2007."

(continued on page 6)

Colorfest!

Arts · Crafts · Music



Original painting by Lydia Adele Randolph

October 19 & 20

Mentone's annual Colorfest is a great time to experience the fall season on Lookout Mountain, with shopping, music, boat rides, and more. The view from Brow Park is unparalleled, and the cool mountain breezes make for a relaxed and enjoyable time.

This year, over 50 vendors of handmade arts and crafts will have booths set up along North Cool Street. Seven local non-profits will have booths where you can learn more about their missions. Over a dozen food vendors will offer a variety of festival foods, including Mentone's DeSoto Rescue Squad. Mentone's volunteer fire department will be set up in front of the fire house on AL Hwy. 117 with their traditional barbecue. Both organizations raise important funds during Colorfest for their operations throughout the year.

(continued on page 8)

THE GROUNDHOG



Published monthly by the Mentone Area Preservation Association (MAPA).

First conceived on Groundhog Day, 1982, and then organized on April 5, 1982, The

Groundhog has been in publication for 37 years. MAPA is dedicated to preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area.

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Amanda Massa *Community Calendar*

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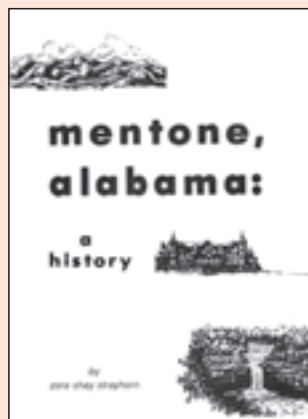
Do you have a story idea?

Perhaps a poem or recipe?

We welcome contributions!

Email groundhognews@yahoo.com

Learn about the History of Mentone



On sale at the Wildflower Café, Moon Lake Library, Green Leaf Grill, Little River Hardware, Mentone Market, DeSoto State Park, Earthly Elements & Bell Battelle. \$15; proceeds benefit MAPA.

The opinions, beliefs, and viewpoints expressed by the various authors in this paper do not necessarily reflect the opinions, beliefs, and viewpoints or policies of the Mentone Area Preservation Association.

Groundhog wood cut courtesy of Meg Justice.

Mentone Matters • by Mayor Rob Hammond



The council accepted Kevin Dunlap's proposal to lease the restaurant across from Town Hall. Kevin is the former general manager of the Canyon Grill with years of experience. We are happy he is coming to Mentone and look forward to the dining experience he will create!

Because of a hot and dry September, the Alabama Forestry Commission has issued a ban on open outdoor burning until further notice. I urge all citizens to be careful and vigilant.

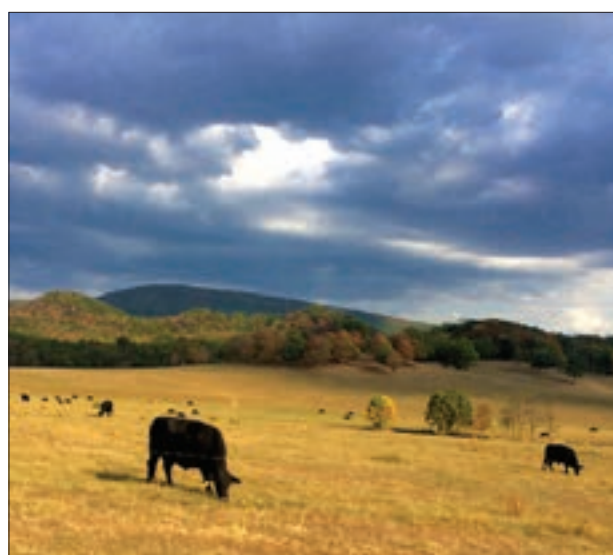
The water line projects on Cutler Avenue and West River Road are close to completion. All the connections have been made and final clean-up is underway.

An additional crane is now on-site at the 117 bridge. The footings have been poured on the west side. The cranes will place the pre-cast arches in the near future.

Letter from the Editor

It's almost here...the cool air of fall! I'm sure the unseasonably warm weather we've been experiencing has us all looking forward to those days when we can comfortably don a sweater and socks, build a cozy fire, and enjoy the crispness of the season's breezes.

Until then, though, the drought has us busy watering the plants we don't want to lose. We've already had a wild fire here in Mentone, and I know we're all praying that's the last one. The community is grateful for the dedicated efforts of our volunteer firefighters who keep our homes safe, and to the



other first responders who support them. Please heed the state-wide fire advisory!

Of course, fall also means it's time for MAPA's Colorfest, when Mentone opens her arms to those enjoying the beauty of the season at our high point on Lookout Mountain. There are several fund-raising events planned this month which benefit our local profit organizations and Moon Lake School.

Here's another opportunity for us to show our appreciation for the important work they do.

Happy Fall to you all! —Kelly

"It's What We Do"

A Tribute to the Firemen of the North Lookout Mountain Fire Protection District by Linda Galbraith

The phone rang around 8 p.m. It was a neighbor. The 400 acres that border our home were on fire. My husband and I rushed outside to find the entire western sky orange with flames. Smoke billowed through the air. Standing stunned, my husband and I absorbed the reality of the situation. Impending devastation. Our home and animals were in mortal danger. My husband jumped on his four-wheeler to assess the situation. I collected our cat and secured the horses, readying them for evacuation, if necessary. Not sure of what to do next, I started grabbing hoses. As I rushed around in the dark, I paused and heard the sirens. It had only been 15 minutes since the phone call, and our front yard was now filled with firetrucks and firemen.

This was my first experience with fire. I must admit I stumbled around for several minutes, trying to figure out what I needed to do to help. Wrapping my mind around the fact that these men were here with the sole purpose of protecting my home and animals set me in motion. Locating a volunteer, I asked, "What can I do?" He calmly and confidently replied, "We have this. It's what we do." I would hear that phrase again and again through the night and the next two days. An unbelievable sense of gratitude

washed over my heart. Stepping back, I let these men do their work, watching with absolute amazement and thankfulness.

Calm, confident, efficient. Fire trucks were placed between the raging fire and our home. A large bulldozer unloaded with a crash. The men suited up and headed off toward the flames and smoke. As we stood in the darkness, the sounds of the fire were accented with directive voices and revving blowers. During moments of quiet, our ears strained to listen to words crackling from the radios as the men communicated, circling the blaze and effectively orchestrating a plan in motion.

Amazing. Just amazing. These men leave their homes, their families, their jobs, to protect our homes and property. Their spouses know and live with the potential dangers, praying for everyone's safety and their loved one to return home unharmed. Their selflessness and devotion is a priceless foundation in our community. Along with my family and the residents of County Road 633, I invite all to remember and thank these servicemen for their generosity, bravery, and devotion in always being there to protect and safeguard our homes and families. All because "That's what they do!"



Mentone Area Preservation Association

by Mark Hoffman

Let me open by saying thanks (very much) to Holley Midgley for all of the time, love and expertise he put into creating "Mentone: Where Little River Runs." It is a beautiful and fascinating film! I hope everyone has had an opportunity to watch it, either on YouTube or on the DVD that was complimentary distributed to all within the 35984 postal code. If you haven't, you should.

On the business side, the MAPA board approved two grant applications at its September meeting. The first one was for \$1,000 to help with cost overruns associated with the production of the film (see above). Secondly, MAPA approved payment of up to \$1,000 to assist those who choose to get the flu vaccine at the

clinic being sponsored by Northeast Alabama Health Services, Inc. on October 23 but who cannot afford the cost. Further information is provided on page 23 of this issue. Please note that MAPA is not actively encouraging or discouraging anyone to actually get the vaccine (that is a personal choice), but we are providing limited financial assistance for any who want the vaccine but cannot afford it.

In parting, here's hoping that Fall truly is around the corner. I obviously spoke too soon about the onset of cooler weather in the last issue! See you at Colorfest.

Mark Hoffman is president of the Mentone Area Preservation Association.

September Fire Report by Chief Joseph Lee

Hello everyone. This is Chief Lee reporting on the recent extremely large woods fire in the Alpine area. The fire started on Thursday afternoon on September 19 in some extremely rough terrain and started spreading quickly.

One house on Laurel Creek was in danger if the fire had jumped the creek, so we decided to take action. After arriving at the house and receiving some calls about fire being close to residents at the end of CR 633, we realized the fire was much bigger and growing faster than we thought.

So Mentone Fire, with our tankers and brush trucks, started the attack. We had everything from people on four-wheelers and UTVs to drones trying to get ahead of this fire.



Chief Lee using the radio to coordinate his team

We called in Alabama Forestry with their dozer and they had to call for another one to help so we could get ahead of the fire. We worked through the night Thursday night till until about 4 a.m. on Friday morning, when we thought we had it managed. On Friday, I had someone in the area looking to make sure it was staying within the fire break and they reported that the wind had kicked up and we had lost the north end. So, around lunch on Friday, I started calling everyone back and we essentially started over (or that's what it felt like). After the forestry dozers got some good lines around the fire, we took our brush trucks and started wetting the line and backfiring to get as much black in between the break and the fire. This creates a

sure it was staying within

We called in Alabama Forestry with their dozer and they had to call for another one to help so we could get ahead of the fire. We worked through the night Thursday night till until about 4 a.m. on Friday morning, when we thought we had it managed. On Friday, I had someone in the area looking to make sure it was staying within

(continued on page 22)

Become a MAPA Member Today!

Help us preserve Mentone's history and impact its future.

MAPA is dedicated to preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area.

One of MAPA's key missions is supporting local organizations and projects which seek to improve the quality of life in Mentone. Financial grants are made possible through MAPA memberships, donations, and funds raised by the publication of *The Groundhog* and by hosting annual spring and fall festivals which feature handmade arts and crafts and live music.

Individuals \$20/year
Couples \$30/year

Your membership includes a complimentary subscription to *The Groundhog*.

JOIN AT
MapaMentone.com

or mail your check to MAPA, P.O. Box 50, Mentone, AL 35984. Be sure to include your full name(s), address, phone, and email address.

MAPA is chartered as a 501(c)(3) non-profit corporation.

October in Mentone's history...

Compiled by Annette Peteck

1983

A long-standing confusion that has resulted from the lack of signage to Mentone, southbound on I-59, will soon be corrected. This is according to a letter to the Mentone Area Preservation Association from the Alabama State Highway Director.

1984

The town celebrates its 100th birthday beginning October 13. This small Appalachian community has 477 citizens, 306 houses and 311 water customers, according to the 1980 Census.

1985

A new telephone booth was recently installed outside Mentone Town Hall.

1988

In a joint effort by MAPA and the town council, many streets in Mentone are now sporting new green street signs. MAPA's director took the names from an old map of the area. Most of the street names are the original names.

Source:
Groundhog archives

1994

DeSoto Rescue Squad receives AED License—the first in the county. The Squad now has authorization to operate the semi-automatic defibrillator purchased earlier this summer.

1995

Hurricane Opal roared into Mentone after dark on October 4, causing tremendous rain and wind damage over the entire area. One of the greatest losses was the number of trees down, with over 80 trees lost in just three of the camps alone.



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TWO LOG CABINS, FULLY FURNISHED. Rugged, mountain-style, currently very active, income-producing properties. Imagine the possibilities! Live in one, rent the other? Use them both for your family compound? Or, just keep them as rentals? "Old Dad" is a 3BR/2.5BA, approx 1186 sq ft cabin, pine floors, log walls, vaulted T&G ceiling, main-level MABR, gas-log Fplce, front & back porches, hot tub. "Amy's Attic," approx 912 sq ft, MABR on main level, lg sleeping loft BR, wide plank pine floors, gas log Fplce, hot tub. Easy to get to off the DeSoto Pkwy. Two storage buildings. Property borders woodsy scout camp property. 2 lots totaling 1.38 ac. Both cabins for \$259,900. (1128754)



SPACIOUS CABIN HOME ON 3.31 ACRES. 3BR/2.5BA, 2500 sq ft, one-owner home features a welcoming front porch & a deep, oversized back porch for easy entertaining outdoors. Open living/dining/kitchen features an efficient, wood-burning heater; hardwood floors. Main-level master suite. First level also offers a laundry room & a half bath. Upstairs are two large bedrooms & guest bath. Two new CH/A units in Aug 2019. Outdoors, the property includes a well-equipped workshop/garage; a large pole barn for firewood with an attached chicken coop; and a pleasant, winding, private drive. Additional land available. \$264,500 (1128526)



LOTS and LAND

JUST LISTED! 10.8 ACRES ON THE NORTH BROW. There's just something about having the possibility of that wide-open vista of the valley below you, the mountain ridges in the distance beyond. When the whistle blows & the train winds its way through the valley, well, it's almost indescribable. Watching sunsets from the mountain's brow edge never gets old. Land is located just about 4.5 miles north of downtown Mentone off a paved county road. Build your brow-front dream now, or just clear a spot to set up your sunset gathering spot till you're ready to build. It's all good. \$137,500 (1128138)

COOL, GREEN & SHADY. 4.1 acres of unrestricted beauty is just about the perfect size for your dream, large or small. Located on a quiet chert road, perfect for taking afternoon walks, just 7 miles from downtown Mentone. Survey & topo map available. Wet-weather stream. \$41,000 (1120916)

REDUCED! NEED A BIT OF EARTH? Well, here it is! Less than 5 minutes from downtown Mentone. Public water & power avail. A single acre, unrestricted, has been very hard to find in this area until now. \$19,000. (1109345)

2 WOODED ACRES with a tiny little rustic one-room camping cabin to use occasionally until you build (no plumbing, water or septic installed). Public water & power avail. Lightly restricted. \$30,000 (1088877)

UNIQUE YEAR-ROUND NAVIGABLE RIVER LOT FOR SALE AT DESOTO FALLS Lake area. Approx 94' frontage on the prime part of W Fork Little River, the truly navigable part where you can canoe, kayak or pontoon all the way to Mentone! Survey & perc in file. So much natural beauty! \$155,000 (355152)

BEAUTIFUL 3-ACRE LOT IN NORTHBEND, located right across from the brow, approx one mile from Mentone's beautiful Brow Park. Light restrictions. Underground utilities; public water. This mostly-wooded lot provides you with a place to build your getaway haven, yet so convenient to everything in Mentone. \$24,000 (960201).



SUMMERS REST. What a treasure! Filled with eclectic treasures gathered by the family through the years (that stay in the cottage, too!) Built circa 1950 for the Summers family by mountain craftsman Lee Crow, this is the first time this cabin has been offered for sale, walking distance of downtown Mentone. A simple, cozy cottage, tucked into a tree-filled yard, just waiting for the next generation of owners to put their stamp on it. \$129,900 (1127722)



THREE FEATHERS RANCH is the name given this beautiful, 34-acre (+/-) Mentone property featuring a 3BR/2BA house with 2 bonus rooms and a bath in finished basement! Land is approx 1/2 woods & 1/2 pasture, fenced & cross-fenced; 2 small ponds; tractor shed; picturesque ranch entry way with gently-curving driveway leading to house. Satisfying views of pond & pasture from house's full front porch. Located about halfway between Mentone and Alpine area near DeSoto State Park. This is definitely something to get excited about! Not many properties like this come on the market at Mentone. New roof and other repairs just completed. More will be done shortly. See it afresh today! Priced at \$299,900. (1107782)



UNIQUELY MENTONE RIVERFRONT HOME Intriguing spaces inside & out. Pagoda-inspired gated entry; privacy fence. Open, vaulted great room w/corner windows & seating; large, masonry & stone, wood-burning fireplace; hardwood & pine plank floors on main level. Inviting outdoor areas w/many native & transplant species & moss garden. Paths down to swimming hole w/big rock river access. \$334,500 (1098813)



CUTE CABIN & 1.4 AC OF WOODLAND! If you're looking for a personal retreat that could also be used as a rental, this could be the cabin for you! Combination of rustic & civilized elements: HW floor & mtn stone, WB Fplce in LR; spacious BR; galley kitchen; shower bath; CH/A; lg laundry; new roof; updated ext paint; HUGE screen porch w/ hot tub; timber-frame pavilion for garage or gatherings! \$133,500 (1104545)



KNOCK, KNOCK! Who's there? Well, it could be you! Cute & cozy cottage w/private upstairs guest quarters. Furnished. Front & back porches w/benches & swings. Main level w/hardwood floors; 1BR/1BA; light & breezy living area; handy kitchen. Upstairs is a tree-house-feel, efficiency apt w/claw-foot tub nook, privy closet, wood floors & multiple beds. Storage bldg. Near DeSoto Falls, State Park, Comer Scout Camp. Just off the parkway. \$119,900 (1124542)



SOUTH COOL STREET brow-front property in downtown Mentone with a beautiful old stone fireplace chimney, part of the foundation, plus a small garage. Newly surveyed. An original Mentone summer home once stood here, built and owned by the same family since early 1920s. Approximately 0.45 acre lot in an area where properties are seldom available. Build your own memories! Call for plat and more details! \$118,000 (1070474)



20 ACRES IN MENTONE TOWN LIMITS, with a meandering, seasonal, wet-weather stream. Completely fenced with large gate, this beautiful woodland is almost park-like because of the lack of pesky undergrowth, with a gentle roll in most places, level in some, steeper in some. Pleasurable to walk on and get "lost in the woods" on those days you just need to get away from it all. Oh, so many possibilities! \$100,000 (1128108)

Happy Colorfest!





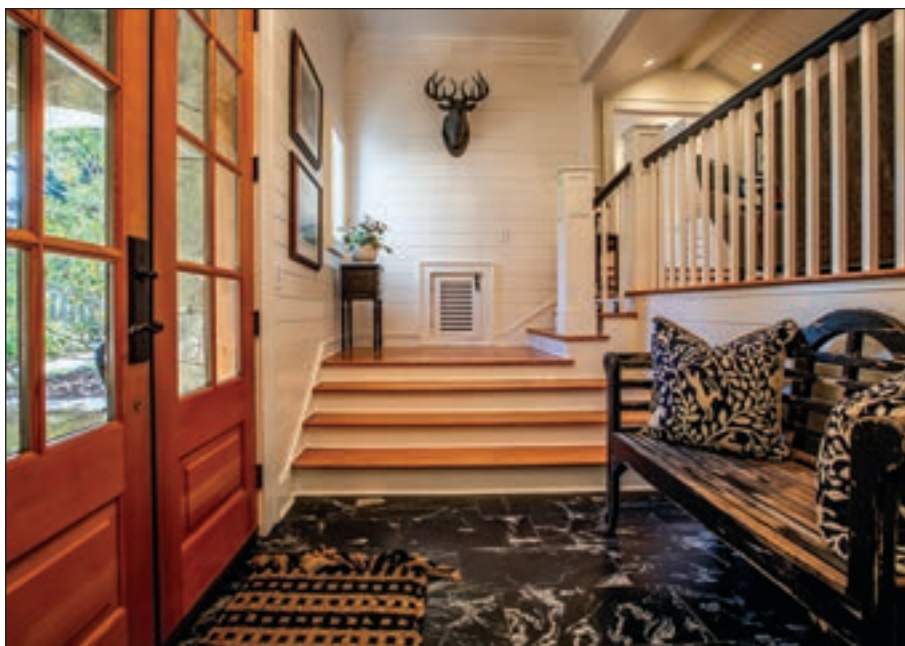
Little River Arts Council's Annual Home Tour & Silent Auction

Saturday, October 26 & Sunday, October 27 by Anne McLeod

Cozy mountain cabins with rich histories, elegant homes overlooking the valley, a local inn famous for its charming rooms and delicious breakfasts, working farms committed to exploring old and new methods of sustainable agriculture, a peaceful retreat on Little River, a tiny home that offers just enough space for simple living on beautiful Lookout Mountain. The 2019 Tour of Homes and Silent Auction, sponsored by the Little River Arts Council, lets visitors sample the architectural variety of the area, while supporting local artists and the work of the Arts Council.

The event is the weekend of October 26 and 27, and the homes and auction will be open from 10-4 on Saturday and 12-3 on Sunday. With a total of 11 sites on the tour, local artists' booths at many of the sites, plus a silent auction of artwork and other items at the Mentone Visitor's Center, your wristband for the tour gives you access to plenty of weekend arts and architecture activities.

Two homes in the Cloudland area have been added to the tour recently, both on the east brow of the mountain. Milford Morgan's two-story log cabin, built almost 100 years ago, will take you back in time to Lookout Mountain's early days as a vacation destination for those determined to beat the city heat and enjoy cooler temperatures on the mountain. Just across Highway 48, Charles and Elizabeth DeStafney's updates to an older home on the brow offer a 21st century take on tradition, with stylish,



The DeStafney's Cloudland home features beautiful stonework, flower and vegetable gardens, and an in-ground pool with a valley view.

comfortable rooms and outdoor spaces that make the most of its beautiful setting.

Visitors can purchase wristbands at the new Mentone Visitors Center at 5951 Alabama Highway 117, across from Town Hall. The wristbands, \$10 for Little River Arts Council members and \$12 for non-members, are good for the entire weekend.

Get an early start on holiday shopping at the silent auction at the Mentone Visitors Center Saturday morning through Sunday afternoon. There's always a variety of arts and crafts, items donated by local businesses, and gift certificates to bid on at this annual event.

All proceeds from the auction and the tour admissions directly support the mission of the Little River Arts Council: to enrich the quality of life for people in Mentone and neighboring communities by raising funds for the arts; sponsoring events; providing educational opportunities; and strengthening cultural resources for the benefit of all businesses and citizens in the Mentone area. The Arts Council sponsors the Music for the People summer concert series, the Creative Spirit Market in November at DeSoto State Park, the Merrityme Artisan Market in December in the fellowship hall of Moon Lake Baptist Church, and many other activities for residents and visitors alike.

Anne McLeod serves as the secretary for Little River Arts Council, a 501(c)3 organization. Learn more at littleriverartscouncil.org.



Belle View features local folk art, hand-crafted furniture and textiles, and a stone terrace on the eastern brow.

Featured Homes on the 2019 Home Tour

Mentone Inn Bed and Breakfast. Tour the Mentone Inn's charming upstairs rooms and find out why it has drawn visitors to Mentone for nearly a hundred years. Located in the heart of Mentone at the intersection of Highway 117 and County Road 89, the Inn is owned by Mike Campbell and managed by Cynthia Stinson.

The Berry House. This historic home, once owned by Martha Berry, is a tour favorite. Homeowner John McFarland's artist studio on the second floor will be part of this year's tour.

Stoneview. A spacious contemporary home on the West Brow that showcases the work of local craftsmen and builders, Stoneview is owned by Nelson and Vickie Burger.

Chimney Corners. The home was constructed by masons trained in the CCC for Fred Huron, who built it as an Inn to serve lunch after the Riverside Hotel was sold. Hal and Nelda Howe bought Chimney Corners in 1952 to be their retirement home when they sold the DeSoto Hotel, now the Mentone Inn. Hal Howe had rebuilt the Mentone Inn in 1926 after it burned. Susan and Hank Van Apeldoorn purchased Chimney Corners from her aunt Nelda Howe's estate in 1987.

Woodlands. The Van Apeldoorns built their guest house in 2007 and named it for the various woods used in its construction: pine, hickory, and wormy maple.

The Biddle House at Little River Orchard. Homeowners Jennifer and David Booker have recently renovated this cottage built around 1910 by Jack Biddle. They are reclaiming the farm's heritage with a newly planted apple orchard near the west fork of Little River.

Villa Flumen. Owned by Roscoe Johnson, Villa Flumen offers serene views of Little River along with comfortable, casual spaces for family and friends. Built in 2000, the home was constructed with traditional stonework techniques.

The Farm at Windy Hill. Windy Hill was developed by owners Phil and Marsha Hurt as a working, learning, and destination farm. Farmers work the land sustainably to grow beautiful produce, flowers, meat, and eggs for Camp DeSoto and the surrounding Lookout Mountain community.

The Chrysalis. This home is the first "tiny home" to be featured on LRAC's Home Tour. The home was purchased by Amanda Massa this summer and installed on wooded acreage off Highway 117.

DeStafney Mountain Home. This newly renovated home on the East Brow offers inviting spaces for indoor and outdoor living. Beautiful stonework, flower and vegetable gardens, and an in-ground pool with a valley view are just some of the features of this unforgettable home in Cloudland.

Belle View. A two-story log home owned by Milford Morgan, this Cloudland cabin on the eastern brow features local folk art, hand-crafted furniture and textiles, and a stone terrace to catch the cool breezes.

Save the Dates!
Creative Spirit Market
November 9 & 10

Merrityme Artisan Market
December 13 & 14

Mike and Gwen Stone *(continued from page 1)*

Mike has been a paramedic for 25 years. Growing up in Texas, he began to volunteer when he was 15 years old with two volunteer fire departments. After moving to Alabama, he worked with the Huntsville-Madison Rescue Squad before moving to Mentone. "I grew up in a volunteer world," he said. "My dad, Charlie, had been a volunteer fireman since before I was born. My parents actually met because of a rescue squad. He was a volunteering with the Wood County Rescue Squad in West Virginia. My mother was a waitress at the Boden Burger, which gave free food to the rescue squad. In my dad's words, he hasn't missed many meals, so that's how they met."

The rescue squad used to be primarily comprised of first responders, with no paramedics on the team. "Once Mike came along," said Gwen, "he molded it and shaped it into what it is today."

Today, there are 16 people on the DeSoto Rescue Squad, including five paramedics, two advanced emergency medical technicians (AEMTs), two emergency medical technicians (EMTs), and one emergency medical responder (EMR). The others are first responders; some are supporters who help out with fund raisers.

"First responders don't have any kind of license with the state," said Mike. "They take a course which teaches a bit more than you'd receive in a basic first aid class. Then you have an EMR, the first licensed position with the state. Gradually with each level, you get more training. Our goal is to mandate that we don't go out on a call without a licensed person."

DeSoto Rescue Squad receives \$1,666.67 per year from the DeKalb County Commission as a tax appropriation. "Everything else is fund raisers and donations," said Gwen. "We try to do a fund raiser every few months. We have our Pancake Breakfast on October 5, then we'll sell snacks and drinks at Colorfest. We also set up at the Rhododendron Festival, Mayberry Days, and the World's Longest Yard Sale."

"MAPA [the Mentone Area Preservation Association] helps us out," said Mike. "A lot," he emphasized. As a way of giving back, the squad provides medical assistance at MAPA's annual Rhododendron and Colorfest festivals. "The Town of Mentone has started giving us an annual donation. Valley Head has, as well. St. Joseph's Episcopal Church has donated to us. The camps have always helped with donations, but now with the pancake breakfasts they're donating some of the fixings for it. 95-99% of our money comes from donations and fund raisers."

"Mentone Community Church helps us by letting us use anything we need," said Gwen. "Most of our fund raisers are held there. If we need a kitchen, we use theirs. It's also a back-up location for DRS meetings. We usually meet at the MERF House, but when it's unavailable, we meet at MCC."

The rescue squad financially survives from donation to donation. "We're not reimbursed for anything. We don't bill, we just rely on donations. It takes every penny we get to run the squad," said Mike. "Our biggest expenses are gas, insurance, and upkeep on



squads are only for those that transport patients. Most of the state's volunteer rescue squads struggle financially. We're all in the same boat."

"We usually receive between \$3,000 and \$4,000 in donations each year," he said. "The best year we ever had was about \$6,000. Right now, we've got about \$6,000 in debt on credit cards that we use for gas and supplies."

As we sat in the clean and well-lit DRS office in a large metal building on the Stone's property, Mike

pointed out that, "State Surplus loaned us the cabinets, copier, and the printer. Most of what's in this room has been donated, including the room itself." Funds to build the office were provided by MAPA so the squad could have a temperature-controlled storage space required for certain potentially life-saving medications, allowing the squad to be licensed at the paramedic level. This can be a game-changer when it comes to immediate assistance; they no longer need to wait for an ambulance for

arrive because they can now begin to immediately administer certain medicines. "MAPA has made a huge difference in the level of care we can provide," said Mike.

"Now that we're paramedic level and can administer medications, we spend \$400-500 a year on the medications," Mike continued. "Our calcium expires this month, and I'm hoping the pharmacy will give us some calcium that's going to expire in a few months, like they did last time. I'll beg and borrow from anybody."

Mike provides monthly training to squad members (and others interested) on the first Saturday of each month. He became an EMT at age 18, when he was a senior in high school. "After graduating, I couldn't find a job, so I went to paramedic school. I couldn't drink, but I could save your life." Mike is currently studying to become a Registered Nurse through an online program, which allows him to continue devoting time to his family, his job, and the Squad. He recently travelled to Lubbock, TX, to take his first clinical exam. His devotion to helping others seems tireless.

"I do rescue squad work every day of my life," he said. "We'll be on vacation, in the middle of the ocean on a cruise, and I'll still be doing rescue squad work, much to Gwen's displeasure."

The couple's last vacation was a cruise in 2017, a week after Gwen retired. They consider quarterly

the vehicles. It takes a lot. We're trying to figure out how to replace the Ford Expedition that DRS Second Lieutenant JD Trammell drives. It's looking like that's going to cost about \$40,000. We don't qualify for most grants. Ninety percent of the grants available to rescue

rescue meetings for the state association to be "mini-vacations," according to Gwen. The state association for the rescue squads holds a conference each November in Orange Beach, Alabama. Mike is the web master for the state association and Gwen is the editor of the association's magazine. Mike will teach two classes there this year on basic first aid and CPR for children. "I've really felt we needed to start involving our kids," he said, "because they're the ones who will be coming up in the ranks behind us. If we involve them now, we'll get them interested."

Gwen Stone worked for 27 years with the DeKalb County Juvenile Court as an administrative assistant and intake officer. "It was a difficult, sometimes frustrating job," she said, "but it was sometimes very rewarding, too. Retiring has given me time to work on the PTO, the squad, and Ryleigh's Closet."

Gwen is starting her third year as PTO president. "October is busy for the PTO as we're getting ready

(continued on page 26)

A Boy Meets His Hero

L to R: Michael Stone, Jr., Mike Stone, and Randolph Mantooth

"Our daughter Emily does not have an interest in following in our footsteps," said Mike Stone, "but she is very supportive of what we do and helps out with our fund raisers. Our son, Michael, he's a whole different story. He wants to be a firefighter paramedic. In Los Angeles, to be specific. He has been hooked on the 1970s TV show, *Emergency*, since he first saw it. He got to meet Randolph Mantooth, who spoke at last year's conference of Alabama's Emergency Medical Services (EMS). He was an amazing speaker."

"Michael got a seat up front and center during Mantooth's talk," Gwen Stone explained. "Michael has a suit he made that looks just like 'Johnny's' that he wore in the show. Navy blue trauma pants, blue shirt. We got him a Los Angeles Fire Department patch, and he made a badge and a nameplate. He made a shield for his little fire hat to look just like Johnny's. He was literally so excited when he saw him that he was moved to tears. We hadn't planned on going, but when we heard Mantooth would be speaking, we quickly threw the trip together and got out the credit card we'd just paid off. It was so worth it, it was worth every penny of it for Michael...worth every hectic moment, every missed hour of school."

"Randy Mantooth was probably the biggest influence of my generation of paramedics," said Mike. "He's why many of us got into it, from watching him when we were growing up. Michael was the only child in line for Mantooth's autograph. Every single person let him go in front of him. They said, 'We understand, get up there and meet your hero.' Michael's the next generation."

Rhododendron Garden Club by Mellanie Tuttle



I'm back! Just for this month. Rhea has been visiting family in Wisconsin and will use her brilliant writing skills next month for all the club updates and information. She is doing a fabulous job.

Nine members of the Rhododendron Garden Club toured the gardens of Linda (Honey) and Doc Ennis on Tuesday, September 10, at 10 a.m. and then went inside

for munchies and a very agenda-filled business meeting. Alyce Kenney braved the roads and faulty GPS directions and located the Ennis' home. Folks were on their best, most charming behaviors and Alyce decided to join the club! Already volunteering—she is warmly welcomed.

The program and tour of the yard preceded the meeting. Doc guided the group through the yard starting with the do's and don'ts of raised bed gardening. Apologies to Doc if mistakes are made in the instructions; Doc is soft spoken, the wind was blowing, and sometimes folks who will not be named were chatting. Corrections may follow in the next article. On Lookout Mountain, raised beds are a practical and necessary solution for growing a garden—it's hard to dig through solid rock. Doc's raised beds are four feet by eight feet and about 18 inches tall. Wide boards perpendicular to the bed allow seating while sowing or weeding, but Doc recommended making the beds narrower so the stretch to the middle would be easier on the body. After the bed construction, screen cloth was placed on the bottom to keep out voles and moles. To protect the wood, clear plastic lined the beds, but any part exposed to the sun shredded, so black plastic liners would be a better choice. Straw bales and dried horse manure were then used to fill the beds. Caution must be used when getting straw bales and manure. Were pesticides, herbicides, wormers, or antibiotics used? A bed of grass is not the look one wants for a raised bed. The bales eventually decomposed and were replaced with more manure, soil, and compost. Doc credited Felder Rushing and Mentone's own Mike Keracher as being sources of inspiration and knowledge.

For irrigation, Doc originally started with soaker hoses but is now planning an irrigation system that can be used on a timer and/or on an as-needed basis. The raised bed area, fire pit, and beds of hydrangeas were a former dog pen, so the transformation in only three years is impressive. A back deck with containers of Japanese maples and other perennials and annuals provides seasonal interest and flows to the side of the house where the koi pond is located. The sound of water over rocks immediately calms and the beauty draws you. Our local Alex Watters

and Carlos did the basic construction of digging and placing the rocks, so it just blends into the mountain. A mesh fence surrounds the pond to deter deer and the little fish respond to daily feedings. Doc does add water when the levels get too low. The depth of the pond needs to be three feet for fish to survive the winter and keep safe from birds of prey. Lovely yard and lovely people.

The business meeting was held between bites of deliciousness, provided by hostess Linda (Honey) Ennis. With a topic of "Things you do to get plants ready for the flower show," roll call included: "Nothing." "Cut the night before so if anything dies, you can re-cut." "Cut in the morning." "Cut in the evening." "Place in tepid water as you cut and put in a cool place." "Hydrate the plants before cutting." "Cut more than one plant so you can choose the best the next day." A recipe for conditioning solution and/or soaking floral foam is: in one gallon of water, add two teaspoons white vinegar, two teaspoons bleach, and four teaspoons sugar. Use a glass or plastic container, since the bleach could cause issues with metal.

Martha Wood identified several perennial wildflowers gleaned along the side of the road (there are still some places where ALDOT or Sand Mountain Electric have

not sprayed to decimation the native plants—a heated topic of discussion during the meeting). The multiple clusters of tall yellow flowers are Tickseed sunflowers. Flowers of purple included: Mist Flower; Sneezeweed (its name says it all); Joe Pye weed; Cobelia; Smooth Aster; Ironweed; and Obedient Plant. The Obedient Plant is quite aggressive, but a hybrid named 'Miss Manners' is very well behaved—not a hoyden!

Barbara Umland delivered the butterfly houses to Moon Lake School for Miss Paula's artists to paint. A coat of sealer is drying and soon butterfly domains will be sighted on the school grounds. A group of butterflies is called a kaleidoscope—perfect description. Martha Wood, Mellanie Tuttle, Rhea Pirch, Dee Kelley, and Mary Shurett have all worked with the after-school students to make leaf rubbings, seed tapes, and necklaces of natural items, as well as weed the beds and plant with lettuce, kale, and turnips. So much fun!

The next meeting will be held at the MERF house on Tuesday, October 8, at 10 a.m. Marsha Merrell will be giving us the Ikebana for dummies program. She is going to demonstrate and provide materials for our won creations which will then be used as centerpieces for the MERF Senior Lunch the next day. Stop by the luncheon and perhaps be the happy recipient of a one-of-a-kind

floral creation!

Thanks to all of you who viewed our Flower Show and entered horticulture. The beauty and bounty of this earth are worth seeing and the local fair still has that hometown community feel. Those young roosters crowing in adolescent voices are hilarious and brought joy while we were setting up. They are quite vocal and loud!

Happy fall. Maybe the leaves will actually be turning for Colorfest this year!

The Rhododendron Garden Club is a member of National Garden Clubs, Inc., Deep South Region, The Garden Club of Alabama—District II and the Northeast Federation of Garden Clubs.



Marsha Merrell's miniature won a blue ribbon and a top award, the Petite Award, at the county fair's flower show. Her design entry was among many winning entries by members of the Rhododendron Garden Club.

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Colorfest (continued from page 1)

Live music will be performed on the Brow Park Stage throughout the weekend by regional musicians. Presented by the Mentone Area Preservation Association, the funds raised by this fall festival are distributed into the community in the form of grants that support local non-profit organizations.

Colorfest vendors will be open on Saturday, October 19, from 9 a.m. until 5 p.m., and on Sunday, October 20, from 9 a.m. until 4 p.m. Festival parking will be available at designated lots for a fee of \$5 per car. A free shuttle bus will take festival-goers to and from Brow Park and the driveway by the Log Cabin

Village, with stops at Town Hall and festival parking lots. (See the map on page 15.) No parking will be allowed on CR 89 or Cutler Avenue. Please respect the homeowners and businesses on these roads.

Stay up-to-date with our Facebook page at "Mentone Alabama Festivals." We're looking forward to a great weekend!

See pages 15-17 for Colorfest details, including a map, arts & crafts vendors, food vendors, and live music schedule!

MAPAMENTONE.COM



A drone photo taken by Charlie Stone of Blue Sky Photography on September 15, 2019, shows a bird's-eye view of the bridge construction on AL Highway 117 over the west fork of Little River. The bridge is slated to be complete later this fall.

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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 sunrays 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.

To arrange your wedding or renewing of your wedding vows, call
256-634-4181

Flu Shot Clinic in Mentone Wednesday, October 23

A flu shot clinic will be held in Mentone on Wednesday, October 23. Northeast Alabama Health Services, Inc. will provide flu vaccines at St. Joseph's on-the-Mountain Episcopal Church between 9 and 11 a.m. and at the MERF House between noon and 2 p.m.

The cost per vaccine is \$20, but, thanks to financial assistance granted by MAPA, no one will be turned away if they are unable to pay. Those with Medicare should bring their Medicare information; they will be able to fill out a form for a free flu shot.

St. Joseph's on-the-Mountain Episcopal Church
21145 Scenic Highway, Mentone, AL

MERF House

4561 AL Highway 117, Mentone, AL 35984

The flu is a respiratory virus that spreads from person to person, often through the air. You can also catch the flu by touching a surface the virus is on and then touching your eyes, nose, or mouth. The flu virus can live on a surface for a number of hours.

The following prevention measures may help you avoid getting the flu or a cold.

- **Wash your hands** often. It's suggested to wash your hands for at least 15 seconds with warm, soapy water. Be sure to wash them before touching your eyes, nose, or mouth. If water or soap is not available, use a hand sanitizer that contains alcohol.
- **Clean** and **disinfect** surfaces regularly.
- Support your **immune system** with healthy foods, herbal supplements, vitamins, minerals, essential oils.
- Get enough peaceful, restful **sleep**.
- **Hydrate**. Drinking plenty of quality water may help your immune system flush out viruses. Dehydration can make recovery more difficult.
- Get plenty of direct exposure to **sunshine**.
- **Exercise** several times a week.
- Increase healthy gut bacteria with **probiotics**.
- **Gargle** with saltwater several times a day. This may help clear irritants such as bacteria and allergens from the throat.
- Enjoy a **steam** shower or use a room humidifier. A long, steamy shower may help moisturize throat and nasal passages and help clear them of mucus. Alternatively, you can turn on the hot water and sit in the bathroom, inhaling the steam for up to 10 minutes.
- **Relax**. Find a stress-management method that works for you.



MERF News

by Sarah Wilcox



My boards may be a little creaky and my paint a little flaky but I am full of life. I continue to open my doors to the young and the wise so my walls are full of joy, laughter and learning.

October fun is here, along with the beauty of the fall colors! MERF loves that October offers several opportunities to see many in the community and to spread the joy of believing in #leavemeinmentone. If you were asleep in September, senior lunches have begun at the MERF house on Wednesdays. Everyone starts gathering about 11 a.m., lunch is served at 11:30 a.m., and then entertainment and singing follow. MERF is grateful for all those who join us by serving, by providing the meal, and by enjoying the company. After our October 23rd lunch, Northeast Alabama Health Services, Inc. (neahsi.com) will offer a flu shot and a vitals check at the MERF House that will be open to the general public from 12 to 2 p.m. The flu vaccine is free with Medicare. All others will cost \$20 but can be covered by sponsor funding, if needed. And for those needing medical services, Northeast Alabama Health Services was impressive when I met with them about the flu clinic.

And, of course, MERF would not miss out on another fabulous MAPA Colorfest the weekend of October 19 and 20. Stop by MERF's booth for a chat or to pick up a great Christmas gift for yourself or others. MERF will have our new stickers for sale.

One of the MERF programs that isn't heard about often is coming up next month. Ten years ago, Sue Henry, charter member of MERF and Director Emeritus at Camp DeSoto, passed away. MERF was one of three organizations Sue chose to receive gifts in her memory. If you had the fortune of knowing Sue and her love for this community, you would understand why many gracious donations came in. In 2010, MERF established the Sue McLaurin Memorial Scholarship, making it available for local students enrolled full time in a college or vocational program. MERF has awarded 37 scholarships, totalling over \$15,000, to deserving students with the initial funds as well as memorial donations of loved ones that MERF receives. Recipients have been students fresh out of high school, as well as adults needing to earn a degree later in their lives as a new source of providing for their livelihood. Students living in Mentone or Valley Head must complete an application which will be available starting November 1, showing their financial need, a full schedule



of spring semester courses and a 2.8/4 grade point average. Non-traditional and traditional students are welcome to apply. The reason MERF offers a spring scholarship instead of one in the fall is that as we were identifying the need for this financial help, it was discovered that many students couldn't continue their studies after the first of the year due to lack of available financial aid. MERF is grateful to be able to continue helping the community with this scholarship.



Cathie Crow

Sarah Wilcox is Executive Director of MERF, a local non-profit organization whose mission is "to enrich the learning and living of the community by identifying needs and coordinating resources." If you would like to support our programs, tax-deductible donations can be mailed to P.O. Box 107, Mentone, AL 35984, or you may contribute online at merfhouse.org. Contact Sarah at merf.mentone@gmail.com or 256-635-8193 for more information



MERF "elves" serve lunch to the seniors.



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FREE Concert 10/18 *Will Dooley & Co.*

Kick off Colorfest weekend with an evening of music under the stars! Will Dooley & Company will perform on Friday, October 18, from 7 to 10 p.m. at the Linger Longer Pavilion behind the Mentone Inn in downtown Mentone. Seating on the lawn is limited, so bring a chair or blanket to enjoy the evening.

This concert is presented by Little River Arts Council and is made possible in part by a grant from the Mentone Area Preservation Association. Food will be served beginning at 6 p.m.—\$10 plate of pot roast or roasted mushrooms with creamy potatoes and veggies.

Free Beginners' Ukulele Class



Mickey Luck, Debra Fey, and Jerry Megli will teach a ukulele class for beginners on Saturday November 2, from 1–2 p.m. at Moon Lake Community Library in Mentone. Bring your instrument or one will be provided. No musical knowledge or experience is required. Learn to strum fun tunes!

Chess Players Welcome

Interested in playing chess? Whether you're a seasoned player or a novice, you are invited to play with others who meet every Tuesday and Thursday at 3 p.m. at Moon Lake Community Library.



Thoughtful fun at the library... L to R: Front table: John Hall and Jerry Megli; rear table: Don Highfield and Bill Adams



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Celebrating 100 years of Mountain Grove at Cloudland

by Susan Cheronos

The year 1919 was a pretty rough year! What with the flu pandemic that killed over 185,000, folks hardly noticed the deadly hurricanes, riots, or strikes, not to mention the great molasses disaster, or that Man O' War lost his only race this year. Adding insult to injury, Prohibition went into effect. There was some good news that year. The "axe man" of New Orleans claimed his last victim, the first passenger air flight was made (between Paris and London), the Grand Canyon was declared a National Park, Felix the Cat made his debut, Einstein's theory of general relativity was confirmed, and women gained suffrage. Additionally, the first ever (1 cent) tax was levied on gasoline, Romania annexed Transylvania, and in Enterprise, Alabama, they erected the first monument to a pest—the boll weevil.

Edsel Ford succeeded his father as president of the Ford Motor Company in 1919. Henry Ford was just about to be introduced to Mentone, Alabama, via Miss Martha Berry, who, it is said, both displayed brilliant craftiness as she parlayed a ten cent "donation" by Ford into \$3 million for Berry College in Rome, GA, and entertained the motor magnate right here at her home at Moon Lake.

It's quite possible that the folks who built Mountain Grove in 1919, the Stearns family, of Miami, might have passed them unawares, as I'm sure they kept a low profile—not the Stearns, mind you, they had an opera star in their midst! She built a separate home, which is now the site of our Oak Terrace, where we preserved the hearth from the ruins and built a deck around it and the massive oak, which was likely growing right there near the old goat shed when it was new 100 years ago.

The Stearns were typical of the folks who had fled the winters of New York only to be scorched in the Miami heat. The women and children were sent here, the first mountain they could reach, for the duration of the summers and the men joined occasionally, as business would allow. This was before air conditioning, mind you. Developer, A. J. Cloud (and you thought "Cloudland" was named for the...clouds? I know I did) targeted sweltering Floridians with his development, our neighborhood: the Cloudland Park Club. "Miami Avenue" and "Florida Street" addresses highlight this marketing ploy. The land that makes up "Mountain Grove at Cloudland B&B" today was comprised of 12 original lots in the neighborhood, and several uncut roads. In fact, when we purchased the house in 1999, we had to separately buy the driveway from the lawyer, Ed Surles, who owned the vestiges of the Cloudland Park Club. A carved stone bears the name of Mountain Grove's first builders and the four

directions as seen from the front door. "Pattie," a beloved canine companion, has an actual carved stone marker just as you hike to the waterfall, placed there by A. J. Cloud, himself.

Juliette Gordon Lowe lived just around the corner while she negotiated for the land that

became the first Girl Scout camp which still bears her name.

Cloudland isn't just known for its historical figures. The world-famous lawyer, Bobby Lee Cook, after whom the TV show *Matlock* was patterned, has a home in Cloudland, near his Summerville office where, well into his 90s, he still maintains business hours four days a week, last I heard. I'm fairly certain there is a picture of him with every president back to Lincoln hanging there on the wall in his handsome office. Mountain Grove was able to provide a beautiful venue for 125 guests for his granddaughter's wedding rehearsal dinner and he told me personally he "felt like a damn fool he'd never been to Mountain Grove before." It's not every day you get a compliment that flattering from someone so worldly, but we have been praised far and wide for our hospitality, rustic elegance and the beautiful natural surroundings we steward.

Cloudland TV connections continue, if you consider my father, Tom Cheronos, who has also partly owned Mountain Grove. He is being celebrated this year during the 30-year anniversary of the show *Seinfeld*, for which he won Emmy Awards for both producing and directing.

In the 1970s, Agnew Myers, world-renowned stained glass artist and local historian, bought the house and began her renovations. He and Mary are responsible for bringing the 4-foot wide "tiger oak" front door from Philadelphia, installing the cedar trees on the porch and covering the back wall of the living room with three sets of sliding glass doors, affording a panorama of natural light and



The foyer at Mountain Grove

beauty year-round!

When we chose the name "Mountain Grove," we had no idea that the original name of the house had been "The House in the Woods!" We discovered this when an octogenarian B&B guest who had lived in Cloudland sent us a copy of the neighborhood cookbook, which had been published in her day in the 1960s. All of the homes in the neighborhood had names! Next door, the oldest cabin in the neighborhood, was known as the Lamb's Fold. I learned about this one from another guest who spent her girlhood summers there with her grandmother, Mrs. Lamb, who kept a blackberry cordial bubbling in a crock (despite prohibition) in the closet each summer and had the trees from the property felled and seasoned before building the unique multi-sided structure which was later renovated by Atlanta architect, Gene Surber, who lovingly tended the property for many years. This historic home, used on the cover of the sales brochure for the Cloudland Park Club, is now owned by Sally Cook Williams, one of the Cloudland daughters of the aforementioned famous Bobby Lee Cook. Small world!

For the last 20 years, I have had the distinct pleasure of inn keeping Mountain Grove. Now, I am getting married and moving away. I am honored to be able to celebrate a century of Mountain Grove before I go! We will host an Open House on Sunday, October 13, from 2–5 p.m. Eastern time. Enjoy hot cider, cake, and coffee. Mountain Grove is located at 203 Elm Street, Cloudland, GA 30731. There are good directions on our website at mgbb.com or you can call me with any questions at 706-859-1124.

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Plein air artist Victoria Pearlmain painting at Mountain Cove in September 2019

Lookout Mountain Plein Air Group

The Lookout Mountain Plein Air group is a group of plein air artists who meet weekly at locations in and around Mentone to paint out-of-doors. The group meets on two Tuesdays each month at 9 a.m. Observers and all levels of painters are welcome. If you have any questions or would like to join the group, contact Barbara Umland at barbaraumland7@gmail.com.

October 15
The home of
Doc and Honey Ennis, Mentone
October 29
The home of
Eugenia Johnston, Dogtown



The Little River Arts Council completes its Pop Up Art Series on Saturday, October 19 with artist Eugenia Johnston, who will be at the Mentone Inn's Linger Longer Pavilion from 10 a.m. to 1 p.m. Enjoy the cool breezes and artwork on Saturday morning and support our creative community!



Eugenia Johnston
Watercolor & More
Saturday, October 19

From a very early age, Eugenia was attracted to making things with her hands. She studied ceramics first, and, later, drawing and painting. Currently, Eugenia is painting in watercolor, but she has also worked in pastel, oil, acrylic, and encaustic media. In addition to painting, she creates with stained glass, fabric, jewelry, and baskets, explaining, "I am always open to exploring the possibilities a new medium presents."



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**Pancake
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Saturday, October 5
8-11 a.m.
Mentone Community Church

Tickets are \$10 per plate and benefit DeSoto Rescue Squad. Each plate has pancakes, sausage, and hash brown casserole. Each ticket is also an entry for a \$100 door prize.

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REDUCED



NEW CONSTRUCTION! 3 BEDROOM AND 2 BATH CABIN IN MENTONE! Tongue and groove walls and ceilings, act quickly and you can finish customization. Sitting on over 2 acres lightly restricted. Call today for more details. \$149,900. (Mentone) MLS #1125546



GORGEOUS COUNTRY SETTING with a Modern 1-level, 4BR/3 Full BR home. Built in 2014! Open floor plan with a split bedroom design. Many upscale touches include a wood-burning fireplace, full stainless steel appliance package, crown molding, tile flooring, security system. \$365,000. (Mentone) MLS #1099363

REDUCED



QUAINT DOWNTOWN BUNGALOW Looking for a new owner to enjoy the character and charm it offers. Built in 1910, the house has been fully restored, updated, and expanded. GREAT location on a quiet street. \$164,900. (Mentone) MLS# 1108601.



PEACEFUL CABIN featuring an open floor plan with new cabinets & appliances, fireplace to enjoy cold evenings, exposed beams and vaulted ceilings, covered front porch & screened back deck. Community access to 3 lakes, walking trails, and common areas. \$225,000. MLS #1125601



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PRIVATE HIDEAWAY—3.60 +/- wooded acres surround this 3 or 4 bedroom, 2-1/2 bath BRICK home in Oakwood Subdivision in Mentone. Ready to be enjoyed by a NEW owner! Call for more details. \$194,500. (Mentone) MLS #1120888



LOOKING FOR THAT GET-A-WAY that you will NOT want to leave? Take a look at this one of a kind property in Mentone. 1.2 acres with 100-year-old farmhouse and barn. \$199,500. (Mentone) MLS# 1119979



PEACE AND PRIVACY ARE YOURS! Three bed/1 bath home within walking distance to downtown Mentone. \$84,500. (Mentone) MLS #1123288



CRYSTAL LAKE LODGE in Mentone... Fifteen breathtaking acres surround you in this one-of-a-kind property. Call today for your private tour! \$570,000. (Mentone) MLS #1070805



OWNER FINANCING CONSIDERED! This tastefully designed cabin comes furnished and decorated! Main living area has open floor plan. Main level master has one of a-kind style with reclaimed furniture. Loft bedroom, utility room, screened porch and wood burning fireplace! \$150,000. MLS #1110505.



KNOWN AS HIGHPOINT AND ONE OF THE MOST CELESTIAL AREAS FOR STAR GAZING... This 7 BR, 6 BA manor boast onyx porcelain & tile baths, walk-in showers, granite & marble counter tops/vanities. Attached private living quarters with full amenities PLUS detached guest cabin. \$729,000. MLS #1119192.



4/ 5 BEDROOMS, 2 bathrooms, hardwood and tile floors. 2 campers on the property, double deck dock, boat ramp, seawall, storage building, pole barn or pavilion, with over 300 feet of water frontage. Call today for an appointment. \$299,900 (Cedar Bluff) MLS #1119919



WEISS LAKE HOME ON SEASONAL WATER! 3 bedrooms, 2 full baths, open kitchen, dining area, living room, two sitting areas to watch the sunrise, covered front and back porches, and deck for entertaining outside. 80 foot water frontage with dock. \$179,000. (Gaylesville) MLS #1122724



UNIQUE PROPERTY featuring multiple structures including a tiny house and a chalet at the base, creek and views. Located between Rome GA, Weiss Lake, Chattanooga and Ft Payne. Plentiful wildlife, fruit and nut trees, and a small pine forest. \$169,900 (Gaylesville) MLS #1120619



TENNESSEE RIVER VIEWS! 3 bedrooms, 2 bathrooms, and game room with bar. Large kitchen, cathedral ceilings, formal dining room, and detached sun room. Storage building, stocked pond, concrete circle drive and views, views, views! Call today! \$649,9000 (Section) MLS #1121566



UNIQUE SECLUDED RIVER CABIN. Kayak, Fish, or Float from the Chattooga River to beautiful Weiss Lake. 2 bedroom /1 bathroom and fully furnished. Call today for your appointment to see or for information on this special property. \$92,900 (Gaylesville) MLS #1100257

LOTS & LAND

#1011734... Located on a private road just minutes from downtown Mentone. \$21,900

#1034997—Approx. 6 acres on Middle Fork of Little River. \$48,900.

#1039769—6.32+/- waterfront building lot in Mountain River Estates! REDUCED TO \$44,950.

#1065542—90 acres on Co. Rd. 89 in Mentone. REDUCED TO \$299,000.

#1070628—3.01 acres. 152' on West Fork of Little River. \$49,700.

#1070629—3.01 acres. 152' on West Fork of Little River. \$59,500.

#1073864—Brow Lot! .78 acres. REDUCED TO \$89,500.

#1076239—Cleared & wooded 3.6 acres on Scenic Hwy. REDUCED TO \$74,500.

#1076286—1.75 acre building lot in West Fork Subdivision. REDUCED TO \$39,900.

#1078140—18.3 acres, unrestricted, partially wooded! \$66,800.

#1080922—.54 acres, Mentone Bluffs. \$69,999.

#1092235—Building lot in Laurel Creek Lakes. \$19,900.

#1098785—Beautiful wooded BROW lot in Mentone with winter views! \$77,640.

#1099911—LAST CHANCE to buy open land before entering into Georgia!!! \$179,000.

#1107397—Build here! \$99,900.

#1107398—Build here! \$99,900.

#1107408—Build here! \$99,900.

#1107411—Build here! \$99,900.

#1107412—Build here! \$99,900.

#1108339—Better Than a Bargain...this is a STEAL! \$99,000.

#1111628—AMAZING VIEWS! YES, VIEWS!!! REDUCED TO \$81,900.

#1112787—40 acres in Mentone, AL with stream and untouched family owned property since 1923! REDUCED TO \$198,000.

#1113936—Looking for a brow lot inside the city limits of Mentone? \$78,500.

#1116127—VISTAS AND VIEWS are breathtaking from this 3.2-acre tract on the brow in Mentone. \$199,900.

#1117656—Just Right! You'll find this 12.10 acre tract mostly wooded with plenty of privacy. Call TODAY for more information. \$41,900.

#1118808—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000

#1118810—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118812—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118813—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118815—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118229—A great little investment property or place for your weekend get-a-way. \$49,900.

#1118898—BEAUTIFUL LAKEFRONT PROPERTY ON TOP OF WORLD FAMOUS LOOKOUT MOUNTAIN! sloping wooded lot inside gated community. Call Now for more information. \$30,000.

#1120910—Five-acre wooded property with stream, across from Lake Lahusage. \$62,000.

#1121175—Beautiful Treed Lot in Mentone with underground utilities! \$25,000.

#1100905—A RARE FIND! Don't miss the opportunity to own 239 rolling wooded acres in Mentone with multiple pond sites, streams and abundant wildlife and "trophy deer"... Call TODAY for more information on this one of a kind property! \$669,200.

#1127776—Take advantage of this 9.5 acre property just steps away from downtown Mentone. There are SO many options for this once-in-a-lifetime opportunity. Build your wooded homesite, develop a tiny home community, or invest in the rental business. (Mentone) \$190,000.



www.southernpropertiesagency.com

Scarecrow Hollow Contest

Official Entry Form *Please Print Clearly*

Contact Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Scarecrow Name _____

Complete and return this form to Moon Lake Library or mail to MAPA, P.O. Box 50, mentone, AL 35984. You may also enter at mapamentone/scarecrow-hollow. **Deadline for entry is Saturday, October 12, at 8 p.m.**

- Please maintain the Colorfest theme of “Celebrating the Fall Season on the Mountain” for your scarecrow.
- Entries must be located in a designated and numbered 5' square area. One square bale per entry will be included. Electricity is available on a first-come basis.
- Set-up will be Saturday through Friday, October 12-18. Location is at Mason Park. Pick your favorite area and record the number on the sign-in sheet.
- Scarecrows will remain up through Halloween and **must be removed** by Saturday, November 2. Any display that is not removed by that time will be discarded.
- Scarecrows should be in good taste and family-friendly, keep with the theme of the festival, and not reflect controversial, social, or political situations. No handouts, promotional materials, or free give-aways can be associated with any entry. MAPA and the Scarecrow Committee reserve the right to remove any Scarecrow that does not meet these standards.
- Scarecrows must be constructed to withstand weather conditions. It is suggested that entrants check on their display periodically.
- Judges will be provided by sponsoring organization(s). The judging criteria will be determined by the Scarecrow Committee, to include originality, theme, content, etc.
- 1st place—\$75, 2nd place—\$50, 3rd place—\$25. Judging will take place on Saturday, October 19, at 9 a.m. Winners will be announced and ribboned on the Brow Park stage during the festival and will be featured in the November issue of *The Groundhog*. MAPA reserves the right to use photographs for future publicity.

Bean-ti-FALL BizZness

Storefronts in Mentone dress up in their fall finery! The top three which are judged to best represent the theme of “Celebrating the Fall Season on the Mountain,” will receive gift certificates for advertising space in *The Groundhog*.

Collectible Colorfest Posters

We’re thankful to Mentone artist Lydia Randolph for her continued support of MAPA’s festivals by creating original paintings for our series of collectible posters. Posters will be for sale at the MAPA information booth and Moon Lake Community Library for \$10 each. You can see more of Lydia’s work at lydiarandolph.com.

Enjoy Little River during Colorfest



Enjoy the fall colors on the banks of Little River from a boat! Go to DeSoto Falls to catch a pontoon boat ride (\$15/person, children under 3 free) or to rent a sit-on-top kayak at Miller’s Bend Paddle Shack (single kayak \$15/hour; tandem kayak \$25/per hour).

Stop by the Groundhog Booth!

Come by to say “Hi” and pick up past issues of *The Groundhog*. We’ll also have Groundhog t-shirts for sale, featuring the art of Meg Justice.

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Colorfest

PRESENTED BY MENTONE AREA PRESERVATION ASSOCIATION

Arts & Crafts Live Music



Photo courtesy of Charlie Stone, Blue Sky Photography

Lend a Hand! Be a Colorfest Volunteer

Scarecrow Hollow

Prepare site, recruit judges.



Vendor Committee

Help mark booth spaces during week before; check in vendors on Friday and early Saturday.

Signage

Inventory all signage; set up promotional, shuttle, parking lot, and directional signs; put up sponsor banners.

MAPA information booth

Time slots are available throughout the weekend.

Scavenger Hunt

Get clues from merchants, prepare sheets and answer sheet.

Children's Activities

Organize activities for children; lead and/or supervise activities.

Photographer

Take pictures at festival and for teams working for online media and *The Groundhog*.

Odds & Ends

Folks who are willing to do odd tasks as needed!

October 19 & 20
Mentone, AL

Complete the online interest form at
mapamentone.com/colorfest2019-volunteers

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Colorfest

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Roadside Recyclers
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Scott McQueen Folk Art
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Southern Sunshine Series
Stardust Mamas Handmade Bazaar
Sweet Petals & Pickings
Sweet Tea Pottery
Tattered Treasures
Taylor Blake Blacksmithing
The Mod Couple
The Woodshop
Timber & Tine
Tracey's Stitches & Designs
Velvet Rocks
Wooden Creations
Wrap Rock & Roll Jewelry

Food

Bootleggers Hot Dogs
Buddy's Ice House
Coty Still
DeSoto Rescue Squad
McIlwain Kettle Corn
Old Fashion Floats
Pritchard Farm
Ronnie's Concessions
Smokin BBQ
The Food Factory
Venice Gelato
Wildflower Café

ORGANIZATIONS

DeSoto Rescue Squad
DeSoto State Park
Little River Arts Council
Mentone Area Preservation Association
Mentone Arts & Cultural Center
Mentone Educational Resources Foundation
Moon Lake Community Library



Live Music

at Brow Park Stage

Saturday

10:00 Evan Harris
11:15 Stuart Douglas
12:30 Lisa Crow & James Roberts
1:45 Richard Schrei
3:00 The Vegetaters
4:15 Pixie & Jerry Bloom

Sunday

11:15 Zachary Ray
12:30 Lydia Randolph
1:45 Craig Hendricks
2:30 Drawing
3:00 Pixie & Jerry Bloom

Scavenger Hunt

Enjoy this fun and creative way to explore our downtown shopping area! Grab a game card at parking lot shuttle stops and the MAPA booth, and as you proceed around the businesses, search for hidden treasures. Drop off the game card at the end of your visit to enter the raffle to win \$50 prize money.

Stop by MAPA's information booth for schedules, maps, collectible festival posters, or to become a MAPA member!

We appreciate
the support of
Colorfest Sponsor



Points of Interest

- 1 i MAPA/Information Tent**—Questions? Get them answered here. We have festival brochures, scavenger hunt entry forms, raffle tickets, and collectible Colorfest posters by Lydia Randolph (\$10), and copies of *Mentone, Alabama: A History* by Zora Strayhorn (\$15).
- 2 Brow Park Stage**—Variety of live music on Saturday and Sunday, including pop, rock, folk, blues, bluegrass and more.
- 3 Linger Longer Pavilion / Mentone Farmers Market**
Free concert by Will Dooley & Co. on Friday evening at 7 p.m.
Visit the Mentone Farmers Market Saturday morning beginning at 10.
- 4 Boat Rides & Rentals at DeSoto Falls**—Enjoy pontoon boat rides and kayak rentals on Little River Friday through Sunday during the festival.
- 5 Scarecrow Hollow**—Wander through Mason Park and enjoy the scarecrows!

Parking at homes, business, churches, etc. is for private use only. We appreciate our festival visitors respecting their property. There is limited parking across from Mentone Market. If full, follow the signs on Hwy. 117 to additional shuttle parking—1.4 miles east.
NO PARKING on County Rd 89 (Scenic Dr.) or Cutler Ave!

NOTE: This is not intended to be a complete map of the Town of Mentone. It only highlights venues for activities, events, food, music, and arts/crafts vendors during the festival.

Thanks to



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Visit our “Mentone Festivals” Facebook page to stay up-to-date.



Scarecrow Hollow

Create a scarecrow and enter to win place-prizes of \$75, \$50 and \$25! Individuals, organizations or businesses may enter. The location will be in Mason Park in downtown Mentone. Complete and return the form on page 14, or go to mapamentone/scarecrow-hollow to enter.



River Voice

Polishing the Crown Jewel of Alabama

by Bill Shugart

“And all at once, summer collapsed into fall.”
-Oscar Wild

Here we all are, moving into a new beginning of color and nostalgic traditions that fall brings. Little River Waterkeeper had an amazing summer and await an even more glorious fall season ahead. Currently, the organization is working on what could be one of our most intriguing campaigns! I'm speaking of a campaign in partnership with the Alabama Rivers Alliance to designate Little River and its tributaries as a National Wild & Scenic River. This designation is one of the most notable and prestigious designations for a stretch of river in the United States. The river would become a part of the prestigious National Wild and Scenic Rivers System, which consists of around 230 rivers and about 14,000 river miles. These water bodies are common destinations for visitors, and they benefit the local area through ecotourism and exposure. Alabama has over 132,000 miles in lakes, rivers and streams, however it has just one Wild and Scenic River—the Sipsey Fork of the Black Warrior River. Little River is a perfect candidate to be the second Alabama addition to the National System.

Little River Waterkeeper wants this designation for multiple reasons. We want to protect the integrity of the Little River and ensure it is safe and flowing for generations to come and to sustain the river's incredible biodiversity and maintain the natural beauty it brings. We hope to ensure that our community will forever be able to enjoy the river through paddling, fishing, hiking, and other recreation. Wild and Scenic designation would ensure that no new dams or impoundments are built on the river. Dams severely alter the health of the ecosystem, while also completely reshaping the natural scenery and precluding certain forms of

recreation. Additionally, the organization wants to celebrate the Little River and help foster a greater appreciation of the river. Designation would increase awareness, both locally and across the state, of what Little River has to offer; it would also increase tourism and allow local decision makers to see the benefits of the river to the area's economy. By increasing exposure and celebrating the river, Wild and Scenic designation will lead to greater appreciation and involvement within the local community.

Little River Waterkeeper is asking for YOUR SUPPORT on this campaign. If you love Little River and think it should be on the list of National Wild & Scenic Rivers, go to littleriverwaterkeeper.org and sign your name, business, or organization to the petition. You can also go beyond signing and click on our PayPal link to make a donation towards the Wild & Scenic Little River Campaign.

Bill Shugart is the Little River Waterkeeper. Visit littleriverwaterkeeper.org for more information.

What qualifies a river as "Wild & Scenic?"

- The COMMUNITY wants to protect the river.
- It must be free-flowing.
- It must possess at least one of these outstandingly remarkable values: Scenery, Recreation, Geology, Fish and Wildlife, History and Culture (Little River has all seven).

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Benefits of Wild & Scenic Designation

- Designation increases **property values** near the river.
- Designation gives local businesses a **competitive advantage** to appeal to tourists.
- Designation leads to recreation and use of the river. This creates **jobs and income revenue**.
- Designation increases **tourism**. Tourists' spending as calculated by the National Park Service:

Expenditure Type	Percentage of Spending
Lodging	33%
Food & beverages	28%
Gas & oil	12%
Admission & fees	10%
Souvenirs, gifts, etc.	10%



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October 2019 Community Calendar

October 2—14th Annual “Fore the Kids Golf Tournament.” DeKalb County Children’s Advocacy Center. Lunch at 11am and shotgun start at Noon. 4–man team best ball. Terrapin Hills Country Club. 256–997–9700.

October 3—Art in the Alley. Bring your friends and let’s have some fun! Join us after work for Art in the Alley, and enjoy local food, music, and art in downtown Ft Payne. Boom Town Makers Market. 5–8pm.

October 4—Tumbler Glassblowing Class. This introductory glassblowing class teaches many fundamentals through the process of making a small tumbler (cup). Plenty of hands-on experience from choosing colors, gathering, paddling, blowing and shaping is gained in this four–hour experience. Class size is maximum of four students so that everyone has adequate time at the bench working. Some safety material is provided before the class for you to review. Please join us for some in-depth discovery. Call us at 256–523–3188 or email us at info@orbixhotglass.com for more information or to make a reservation. Reservations and full payment required. \$145. 2–4 students. Minimum age is 13 years old with parent.

October 4—Movie in the Park. Chattooga County 4H presents “Scooby Doo.” Cloudland Community Park, Cloudland, GA. 8:30pm. Eastern time. Park will sell snacks, drinks, popcorn.

October 5—DeSoto Rescue Squad Pancake Breakfast. Tickets are \$10 per plate and benefit DeSoto Rescue Squad. Each plate has pancakes, sausage, and hash brown casserole. Each ticket is also an entry for a \$100 door prize. 8–11am. Mentone Community Church.

October 5—Canyon Half Marathon. Jacksonville State University and the Little River Canyon Center host the 8th annual half marathon. Possibly one of the most scenic half marathons in the country, the certified course loops 13.1 miles on paved roads, starting and ending at the Little River Canyon Center. The half marathon will feature water stations, music, ample

law enforcement, shirts, trophies, finishing metals, and much more. Proceeds go to outdoor education programs and local conservation efforts at Little River Canyon. Little River Canyon Center, 472 Alabama Highway 35, Fort Payne. 8am. Pre-registration required; call 256–782–8010.

October 5, 12, 19, 26—Blow an Ornament. Come design and blow your own ornament with the help of one of our glass artists. No reservations are needed, it is on a first-come, first-served basis. 9am–2pm. Orbix Hot Glass. Cost is \$38 per ornament blown 256–523–3188.

October 5—Plant Discovery Hike at DeSoto State Park. Join naturalist Robert Wilson “The Traveling Herbalist” from Seven Pines Survival for an experiential journey within the forest, taking in every opportunity to learn more about the natural world. On this meandering hike, Robert will identify many native plants of the southern Appalachians and will be teaching you how to recognize the natives found in the park. Journey throughout DeSoto State Park to see what can be seen along the trail. Easy-to-moderate meandering hike. 9am. Meet at DeSoto’s Country Store on County Road 8. Free and open to everyone. Have questions? Email Robert at sps@sevenpinessurvival.com or call 209–559–0040.

October 6—Making Outdoor Lotion. Serious Skills Series class hosted by DeSoto State Park. Join Robert Wilson “The Traveling Herbalist” from Seven Pines Survival for a class on making your own outdoor lotion to help protect you from the sun, insects, and poison ivy made from different types of wild plants that can be harvested throughout the year. We will go over the plants, how to harvest them ethically, what they are used for, and how to process them to add to our lotion. You will get to take home some for yourself and learn how to make this for yourself or to sell to others. 1–4pm. DeSoto State Park Country Store & Information Center. \$20 per person. Pre-registration required. Call 256–997–5025.

October 11—Blessing of the Animals. ALL PETS WELCOMED!! Please bring your pet on

a leash or in a carrier. 3pm. St. Joseph’s on-the-Mountain Episcopal Church Front Lawn. For more details: 256-634-4476 or stjom@centurytel.net.

October 11—Community Game Night. Enjoy playing games with your community neighbors! Moon Lake Community Library, 4607 AL Hwy. 117, Mentone. Free. 6pm.

October 11—Sculpt Your Own Flower. Have you ever wanted to actually sit at the gaffer bench and feel what it is like to shape hot glass? It’s all about hands-on experience in a safe and fun atmosphere with a final product we know you will love. There is a minimum of 3 people and a maximum of 5 in each class. 12:30pm. Reservations required. 256–523–3188.

October 11—Campfire Talk: Traditional Southern Cooking. There’s just something about Southern food. As cliché as it may sound, there’s an innate sense of character and soul to it. Authentic Southern cooking is as diverse and multicultural as the regions in the South and the families who live there. Southern cooks have always creatively drawn upon the mix of cultures that compose the South, starting with Native Americans, Europeans and Africans. Come help food enthusiast (he likes to eat) Dr. Kelly Gregg in an exploration of the “Where? When? Who? and What?” of Southern Cooking. Bring your ideas and opinions and together we’ll have some fun talking about what makes “real” Southern Food. Seating is limited, so bring your own comfortable camp chair if you wish. 7pm. DeSoto State Park. Campfire Ring in the Improved Campground, next to campsite 93. Gate will open 30 minutes before program starts. (Held in nature center in case of inclement weather). Free to the public; great for all ages! For details, call 256–997–5025.

October 12—Moon Lake Book Club. Discussion of the book “Persepolis” by Mariane Satrapi. Open to all. Moon Lake Community Library, 4607 AL Hwy. 117, Mentone. Free. 10:30am.

October 12—BINGO Fundraiser. The DeKalb Co. Ceramics Club is hosting a bingo

fundraiser at the DeKalb Co. Council on Aging. This event for adults only. A \$5 entry fee will include 4 bingo cards, a dessert, and a bottle of water. DeKalb Council on Aging. 256–845–8590.

October 12—6th Annual Dog Daze. Bring your dogs and human family to this event where the Canyon Center staff features dog games, and presentations on all topics canine such as dog adoption, dog advocacy, service dogs, and much more! Little River Canyon Center, Fort Payne. 11am–3pm. Free; call 256–845–3548.

October 12—The McKameys Farewell Tour at The Pickin Post. 6pm. \$20. Tickets available at Black’s Tire in Rainsville & Rogers Pawn, Music & Jewelry in Fort Payne.

October 12—Mountain Town Hop Fest. Brewfest with over 30 breweries from Alabama, Georgia, and Tennessee. Great live music, food, and more! Watch for more updates and info at bamabeer.com. 2–6pm. Rotary Pavilion, Fort Payne.

October 11 & 12—Women’s Guided Backpacking at DeSoto State Park. Have you ever wanted to get into backpacking, but you were not sure where to start? Hiking is moderate, about 4½ miles round trip. Sign up for this fun trip soon! Check in 9am on 11th; check out the morning of October 12th. Meet at DeSoto’s Nature Center, next to the Country Store on County Road 89. \$85 per person includes all food & supplies. Pre-registration is required, as class size is limited. Have questions? Call 209–559–0040 or email Robert Wilson (Seven Pines Survival) for more details: sps@sevenpinessurvival.com.

October 12—Dutch Oven Campfire Cooking Demonstration. Dutch ovens have been in use for hundreds of years; especially when our country was expanding and families were on the move. Unable to bring their large cook stoves with them, women learned how to cook entire meals from stews & soups to bread & desserts, in their Dutch ovens. Learn the basics about Dutch ovens, how to clean & care for your cook-

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October 2019 Community Calendar

ware, AND cook (& eat!) dinner & dessert at the same time! This is a demonstration, so the best part is when food is just coming off the fire! Drop in whenever you like & check out the food! 10am—until the food runs out: JSU's Little River Canyon Center, Fort Payne. Call 256-845-3548 for more details.

October 12—Campfire Talk: Corn—A Truly A-maizing Plant! Join geographer Kelly Gregg in a casual discussion of the origins of Native American corn, how it shaped American culture and cuisine, and how it went on to help feed the world! Free & open to the public, bring the family along for fresh popcorn! Seating is limited, so bring your own comfortable camp chair if you wish. 7-8pm. DeSoto State Park's Campfire Ring in Campground. 256-997-5025.

October 12—3rd Annual Run for Rescue. Benefits Friends of DeKalb County Animal Adoption Center. 8am at the Kiwanis Pavilion next to the Wills Valley Recreation Center, Fort Payne. Same day registration is from 6:30-7:30am. Register online at racesonline.com/events/run-for-rescue5k. Visit the race Facebook Page at facebook.com/FODCAA-CRUN.

October 12 & 13—35th Annual Christmas at Eddie's. Eddie's Garden Center is where you need to be to get the holiday season on its way. Over 150 Christmas trees, each sporting a different theme; ornaments ranging from western to whimsical, cartoons to retro, Victorian to collegiate; and festively decorated rooms provide endless decorating ideas for the upcoming holiday. 9112 AL Hwy. 40, Henagar. Come and see this Winter Wonderland. 256-657-3841.

October 13—Meandering Moonlight

Guided Paddle. DeSoto State Park staff offers this relaxing guided moonlight paddle trip on scenic Little River. Enjoy the peace and quiet of nature as we paddle upstream on the 'coke bottle clear' waters of the West Fork of Little River. Enjoy this flatwater paddle as the sun goes down and the full moon comes up. Experience the peace & quiet of the gloaming-time! This trip is approximately 4 miles round trip on flatwater, spans a 3 to 3 1/2-hour period and includes kayak, paddle, & personal flotation device. 7-10pm. Meet at DeSoto Falls Picnic Area-Miller's Bend Paddle Shack. \$25 for single kayak rental. Call 256-997-5025 to pre-register.

October 15—Plein Air Painting. Observers and all levels of painters are welcome. 9am. Home of Doc and Honey Ennis in Mentone. Contact Barbara Umland at barbaraumland7@gmail.com.

October 17—Southern Exposure Films Screening featuring "Something About Little River." Moon Lake Community Library, 4607 AL Hwy. 117, Mentone. Free. 6pm.

October 18—Paperweight Class. This class is designed for those who really just want to see what molten glass is all about. Feel the heat, gather from the furnace, sculpt the glass into your own design. Please join us for some in-depth discovery at Orbix Hot Glass. Reservations required. \$145 per person. 12-4pm. 256-523-3188.

OCTOBER 19 & 20 Colorfest

October 19—Linger Longer Pop Up Art Series: Eugenia Johnston. Art exhibition/sale hosted by the Little River Arts

Council at the Linger Longer Pavilion behind the Mentone Inn. 10am-1pm. Visit littleriverartscouncil.org.

October 19—Ghost Fest 4. The Ghost is Back! A day dedicated to local music, ghosts and having a good time with good people. DeKalb Theatre in Downtown Fort Payne. Doors at 3pm, show starts at 4 p.m. \$5 per person. Visit annasghost.com/ghost-fest-1 for details.

October 21—Author Talk: Amy Petulla. The author of "The Corpsewood Manor Murders" will speak at Moon Lake Community Library, 4607 AL Hwy. 117, Mentone. Free. 6:30pm.

October 25 & 26—Spookapalooza. Treats, Fun, & Games! Join the staff and volunteers of DeSoto State Park, National Park Service, JSU Field Schools, & the Conservation Education Institute for a weekend of fun events guaranteed to run shivers up and down your spine! Trick or treating, games, live animals, storytelling, and more are in store during this popular annual event. Grab your favorite costume, bring the family, and come stay with us! All events are free to the public & great for all ages! DeSoto State Park. Call 256-997-5025 or see alapark.com/DSP-Spookapalooza for complete details.

October 26—Valley Head Cemetery 5K Run/Walk and Fun Run. The Valley Head Cemetery Association is holding a 5k run/walk. All the proceeds will go toward maintaining the cemetery. Race begins and ends at Valley Head Cemetery. Race is on rain or shine. \$25 5k Run/Walk, \$20 Fun Run. Registration day of race at 7am. Race begins at 8am. racesonline.com or 256-657-1616.

October 26-27—Little River Arts Council Annual Home Tour and Silent Auction. The Little River Arts Council presents a two-day fall tour of nine homes, the Mentone Inn, and The Farm at Windy Hill. Tickets good for both days can be purchased at Mentone Visitors Center during tour hours. \$10 LRAC members; \$12 non-members. A Silent Auction is held in conjunction with the Home Tour. Saturday, 9am-5pm; Sunday, 11am-4pm. littleriverartscouncil.org.

October 26—Moon Lake School Harvest Festival. Hay Rides, Bingo, Cake Walk (every 15 minutes!), Concession Stand, More! Moon Lake Elementary School, Mentone. 4-7 p.m. Prize drawings start at 7:15 p.m.

October 26—Burning Leaf Festival. Vendors, live music, lots of great food, a bonfire, and a pie baking contest. Vendors will include arts and crafts, small businesses and organizations, and direct sales. We will have wood fires to cozy up to and you can roast your own s'mores and hot dogs. Hot chocolate and hot apple cider will keep the cold at bay and the Cloudland Volunteer Fire Department will have their great barbecue plates for sale for \$10. Cloudland Community Park, 284 Gadsden Avenue, Cloudland, GA. 9 a.m.-3 p.m. Eastern time.

October 29—Plein Air Painting. Observers and all levels of painters are welcome. 9am. Home of Eugenia Johnston, Dogtown. Contact Barbara Umland at barbaraumland7@gmail.com.

OCTOBER 31 Happy Halloween!

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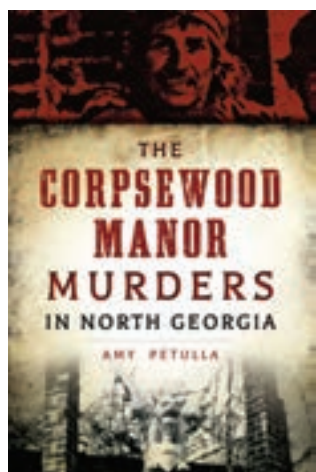
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Moon Lake Community Library News

Author Talk: Amy Petulla 10/21 @ 6:30 pm



In December of 1982, the peaceful forest on Taylor's Ridge in Chattooga County, Georgia, was the setting for a grisly double murder. The shooting deaths of former Loyola University pharmacology professor Charles Scudder and his partner Joey Odom would come to be known as the Corpsewood Murders, named for the couple's castle-like residence that was later destroyed by vandals. The two men had constructed the home themselves out of brick after they gave up city life for rural homesteading. On the property, sheriff's deputies found expensive antiques and thousands of doses of LSD, as well as evidence that suggested that suggested Scudder and Odom were Satanists. The trail of the killers looked as cold as the chill in the winter air, until investigators got an unexpected break—an eyewitness account of what happened the night the two men died.

Amy Petulla, the author of *The Corpsewood Manor Murders in North Georgia*, will speak at the Moon Lake Library on Monday, October 21, at 6 p.m. Petulla is a former assistant district attorney with the Lookout Mountain Judicial Circuit, the office that prosecuted the killers. A trial lawyer for 20 years, she is now the owner of Chattanooga Ghost Tour. Copies of the book will be available for sale, and Amy will be glad to autograph them.



Join us at the library for an informative discussion about one of the region's most infamous—and haunting—true crimes.

Colorfest Book Sale @ the Brow

We've had LOTS of books donated to us recently, so we're gearing up for a huge book sale on Colorfest weekend. Please stop by to browse the collection. Book sales are one

of our main ways of raising funds. Hardcover \$2; paperbacks \$1 and 25¢; children's books \$1; DVDs, Blu-rays & CDs \$1. We'll also have tote bags for sale. We'd love to see you there!



Little River Waterkeeper presents
a Southern Exposure Film Screening

SOMETHING ABOUT LITTLE RIVER

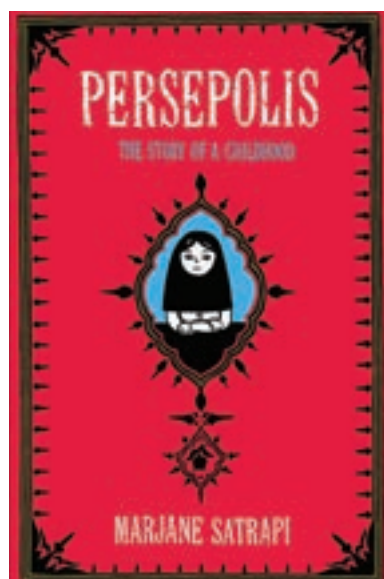
A film that celebrates the Little River and explores how Wild & Scenic designation would benefit the communities along the river.

Thursday, October 17

Free. 6 p.m.

Moon Lake Community Library
4607 AL Hwy. 117, Mentone

Moon Lake Book Club 10/12 @ 10:30 am



Persepolis by Marjane Satrapi is the October selection for the Moon Lake Community Library. This New York Times bestseller is an award-winning graphic novel memoir about the author's childhood in Iran during the Islamic Revolution. Through her eyes the reader sees the country's sudden shift toward fundamentalism after the overthrow of the Shah, as well as the violence of her country's war with Iraq. Her parents, longtime Marxists who oppose the repressive regime, raise Marjane to be independent and critical, but as she grows older, they become fearful that her outspokenness will endanger her life. *Persepolis*, which was made into an animated film in 2007, is a quick read but one that will leave a lasting impression.

The book club meets October 12 at 10:30 at the Moon Lake Community Library, where the book is available for checkout.

Community Game Night Friday, 10/11 @ 6 pm

Enjoy playing a variety of games with your neighbors and friends (old and new) at Moon Lake Community Library. Bring your favorite game or come learn how to play a new one. Bring a finger food to share in the pot luck. Coffee, tea and water will be provided. All ages are welcome. The games begin at 6 p.m.



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- Hwy. 157, Cloudland, 4 acres
- 3 S. Brow Dr., Cloudland, 1 acre
- Azalea Dr., Lake Wedowee, .5 acre
- 31 Northbend, Mentone, 4 acres
- Still Hollow Dr., Creekside, Cloudland, 4 acres

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SENIOR HEALTH
Medicare Fraud
by Lynn Hixon

Many people just aren't sure what Medicare fraud is. Medicare fraud is when someone intentionally falsifies information or deceives Medicare. Providers and their billing offices can make honest mistakes when billing, so the key word here is "intentionally." Some examples of Medicare fraud are:

- If your provider purposefully bills you and Medicare for care you never got;
- If someone else uses your Medicare number;
- If a supplier bills Medicare for a walker or other piece of equipment you already returned;
- If someone claims to be a certified Medicare Specialist or Medicare Open Enrollment Dept.

You must be aware of Medicare fraud so that you cannot be

at risk for Medical identity theft. Medical identity theft is when someone steals personal information like your name, Social Security number, or Medicare number and uses that information to get care or prescriptions, or to submit fake claims to Medicare in your name. If the wrong person gets ahold of your Medicare number, it can cause problems for you. For example, doctors could start billing you for care you never got, and it could hurt your credit rating. Please remember to not give your Medicare number out to people who call you and say they'll give you free services if you give them your Medicare number. If it sounds too good to be true, it probably is. Please call the DeKalb County Council on Aging at 256-845-8590 if you have any questions. Your SHIP counselor is there to assist you.

Ongoing Community Calendar

Mentone Town Council meets the 2nd Tuesday every month at 5pm at Mentone Town Hall. Everyone is welcome.

Valley Head Town Council meets monthly on the 1st Tuesday at 6pm.

DeSoto Rescue Squad meets the 1st Saturday of the month at 9am at the MERF house in Mentone.

The North Lookout Mountain Fire Protection District Board meets the 3rd Monday of every month at 7pm.

Mentone Farmers Market is open year-round on Saturdays from 10am-1pm in the Town Square.

FREE FOOD for eligible persons and families. Wednesdays, 9-11am. New applicants are welcome during these hours. Joint effort between St. Joseph's-on-the-Mountain Episcopal Church (Community Outreach Ministry) and the Food Bank of North AL.

Ryleigh's Closet is a clothing closet that provides men's, women's, and children's clothing to those in need on 2nd and 4th Mondays of each month from 4-7pm. Mentone Community Church, 90 Summerville Rd. 256-634-4210.

The Farm Market at The Farm at Windy Hill is open Fridays from 2-5pm and Saturdays from 11am-2pm. Seasonal produce, grass-fed and finished beef, pastured and wooded pork, and pasture-raised eggs. 445 Road 942, Mentone, AL. Email info@thefarmatwindyhill.com.

Moon Lake Community Library is open on Saturdays from 9am-1pm, and Tuesdays and Thursdays from 3-6pm. Visit moonlakelibrary.org.

The Rhododendron Garden Club meets each month on the 2nd Tuesday at 10am. 'Green thumbs' and 'brown thumbs' welcome! 256-634-4403.

The Lookout Mountain Knitters meet each Tuesday at 3pm at Moon Lake Community Library. All are welcome.

Lookout Mountain Strummers mountain dulcimer group meets on alternate Thursdays at 1pm at St. Joseph's Episcopal Church. For a schedule and directions, send an email to normbaker194@gmail.com. Beginners are welcome.

Sacred Harp Singing in Ft. Payne at the Senior Center every last Tuesday of the month through October. 6:30-8:30pm. All are welcome, loaner books are available, and you're welcome to listen if you prefer.

Beginning yoga classes are taught by certified teacher Jamie Baugh on Wednesdays at 1pm. \$5. St. Joseph's Parish Hall,

Mentone. 256-634-4476.

DeKalb Quilters meet every 4th Tuesday at 9:30am. Second Baptist Church in Fort Payne.

The DeKalb County Genealogical Society meets the 2nd Saturday of every month in the DeKalb County Public Library, 10am.

The Little River group of Alcoholics Anonymous meets every Saturday & every Tuesday night at 6pm at St. Joseph's on-the-Mountain Episcopal Church in Mentone. Open AA Discussion Meetings. Anyone who thinks they might have a problem with alcohol is welcome. Questions? Call 256-638-7308.

Hope Faith-Based Recovery Ministries, a Christian-based support group, meets each Friday at 6pm at Church of God of Prophecy on Hwy. 117 in Mentone. 706-331-7359.

Exercise Room is open at the Fort Payne Senior Center, Monday through Friday (except for certain holidays), from 8am to noon. 600 Tyler Ave. SE, Fort Payne. 256-845-8590.

Free Low Impact Fitness Class is held every Monday, Wednesday and Friday 9:30-10am at the Fort Payne Senior Center. 600 Tyler Ave. SE, Fort Payne. 256-845-8590.

Ballroom dancing lessons are offered at the Fort Payne Senior Center on Mondays from 6-8pm. Call 662-213-2401 to register.

Line dancing lessons are offered at the Fort Payne Senior Center on Tuesdays from 1:30-2:30pm (beginners) and 2:30-3:30pm (experienced). 256-845-8590. (No session on 9/10.)

Bowling League for Seniors at Mountain Lanes in Rainsville. Wednesdays at 1pm. 256-638-1710.

Ceramics/Pottery Club meets at the Fort Payne Senior Center on Tuesdays and Fridays 9am-12pm. New students meet Mondays & Wednesdays 9am-12pm. 600 Tyler Ave. SE, Fort Payne. 256-845-8590.

Bridge Club meets at the Fort Payne Senior Center on Wednesdays 12:30-3:30pm. 600 Tyler Ave. SE, Fort Payne. 256-845-8590.

Round Dancing is held the Fort Payne Senior Center on Tuesdays 5-8:30pm. 600 Tyler Ave. SE, Fort Payne. Call 256-244-5320 to register. (No session 9/24.)

Fire Report (continued from page 3)

much larger safety boundary to keep the wind from blowing it across the break again. So, after several hours of doing this, we felt like we were winning, as I like to say. I guess it was around midnight on Friday night when we got everything tied in on the west side and the dozers finished up tying the east side breaks.

I would like to say how much we appreciate DeSoto Rescue coming out and being at the scene and on standby with us in case someone was hurt, and also bringing some water and ice because it was so hot. That really means a lot to me for them to come out and support us. Special thanks to JD Trammell. He was always ready to help.

I don't how to express the gratitude I have for my guys at Mentone and Dustin Burt's guys with Valley Head, as they were right there with us the whole time. If you see a Mentone or Valley Head fireman, tell them thank you, because they breathed a lot of dust and smoke during this fire. Our volunteers keep these big fires from spreading to homes. If we didn't have these guys who leave their homes, families, and jobs, we would have no defense.

Joseph Lee is the fire chief of the Lookout Mountain Fire Protection District.

**Blessing
OF THE
Animals**

**Sunday, October 6
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For more details:
256-634-4476 or stjom@centurytel.net

*All times are Central unless otherwise noted.
Calendar entries are subject to change.*

FAMILY-FRIENDLY FUN
FOR THE WHOLE
COMMUNITY



Moon Lake School
Saturday, October 26
4–7 p.m.
Prize drawings start at 7:15 p.m.

Come enjoy
Moon Lake School's
biggest fundraiser
and be a part of
a decades-old
tradition!

Games • Hay Rides • Bingo • Cake Walk (every 15 minutes!)
Concession Stand • More!



The Lookout Mountain
Knitters meet on
Tuesday afternoons at
3 p.m. at Moon Lake
Community Library. You
don't need to be a knitter
to join, but if you enjoy
any kind of needlecraft,
feel free to bring your
yarn and needles and
enjoy time socializing
while doing handwork.
Many friendships have
been made around the
knitting table!



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... In Memoriam ...

Ronda Jean Watson Bruckno
June 13, 1950 – September 10, 2019



Inc., in Mentone. She is survived by her husband of 25 years, Royal Bruckno; daughter Lisa Crow;

Mrs. Ronda Jean Bruckno, 69, of Mentone, passed away on June 10, 2019, at home with her husband and daughter by her side. Born in Atlanta, GA, she was a devoted Christian, loving wife and mother, and business owner. Her most recent business was Mountain Properties,

grandson Alex Whatley; siblings Ziena Roach, Alan Watson, and Richard Watson; stepchildren Yvonne Burgess, JR Nieves, and Jessica O'Connell; eight step-grandchildren and one step-great-grandchild. She was preceded in death by her parents, Inman Mark Watson and Mary Rene Scarborough Watson, and her brother, Gary Lynn Watson. A memorial service was held at the Mentone Church of God of Prophecy on September 14, 2019. Donations in her memory may be made to the American Cancer Society Hope Lodge, 1104 Ireland Way , Birmingham, AL 35205.



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Watercolor Christmas
Card Workshop
with Artist Caroline Nuckolls

On Saturday, November 9, Caroline Nuckolls will teach how to watercolor Christmas motifs. Caroline lives in Marietta, GA, and has painted and taught at Giverny, France, since 2001. Two sessions will be offered—a morning session from 9 a.m. until 12 p.m. and an afternoon session from 1 until 4 p.m. The class will be held at St. Joseph's on-the-Mountain Episcopal Church, 21145 Scenic

Highway, Mentone AL 35984.
This class is presented by the Little River Arts Council. Each session is limited to 10 adults. To register, email barbaraumland7@gmail.com by November 1.
The cost is \$12 for LRAC members, and \$15 for non-members. Both sessions may be attended for a cost of \$20. All supplies will be provided.



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Cloudland News by Pat Johnson

Burning Leaf Festival

Come join us at our 6th annual Burning Leaf Festival to be held at Cloudland Community Park, 284 Gadsden Avenue, Cloudland, GA, on Saturday, October 26 from 9 a.m.–3 p.m. Eastern time. It is going to be lots of fun with many vendors, live music, lots of great food, a bonfire, and a pie baking contest.

Vendors will include arts and crafts, small businesses and organizations, and direct sales. We will have wood fires to cozy up to and you can roast your own s'mores and hot dogs. Hot chocolate and hot apple cider will keep the cold at bay and the Cloudland Volunteer Fire Department will have their great barbecue plates for sale for \$10.



We will be selling our Burning Leaf t-shirts for \$20 each (\$25 for sizes 3X, 4X, 5X). You can order them via email, Facebook, or our website. See our great bear design (in honor of our Lookout Mountain bears) attached.

If you are interested in being a volunteer,

vendor, sponsor, or performer, or have any questions, please email us. Sponsor and vendor forms are available for download at our website, see contact information below.

Park Work Day

Cloudland Community Park will be having a workday on Saturday, October 12. Times and more information will be posted on our Facebook page.

Movie in the Park

Chattooga County 4H will present a movie, *Scooby Doo*, in the park on Friday, October 4, at 8:30 p.m. Eastern Time. Park will sell snacks, drinks, popcorn.

Halloween in the Park

We will be having Halloween Trick-or-Treat at the park on October 31, 6–8 p.m. Eastern time. There will be a costume contest and we are asking our Cloudland Community residents to come with treats to hand out to the children who come in their costumes. You can give treats from your car or sit at a picnic table. For more details and start time, check our Facebook page.

Please check our Facebook page often for updates on all upcoming events. If you are interested in renting the park for a family or social event or making a donation, just email us.

Cloudland Park Contact Information

Mail: P.O. Box 277, Menlo GA 30731

Email: cloudlandcommunitypark@yahoo.com

Facebook: Cloudland Community Park

Website: cloudlandcommunity.wixsite.com/park



6th Annual Dog Daze at Little River Canyon Center

by Dr. Niki Wayner

Want to get back to nature with man's best friend? Check out the 6th Annual Dog Daze at Jacksonville State University's Little River Canyon Center on Saturday, October 12, from 10 a.m.–2 p.m.

This year will be better than ever with Frisbee and free style demonstrations by Bright Side Dog Training and a Police Dog Demonstration by DeKalb County Sheriff's Department. While at the Canyon Center, participants and pets will have plenty to do. Here are some of the activities on tap:

- Children's Area (Dress Like a Puppy, Agility, Arts and Crafts)
- Dog Games and Activities (Agility, Frisbee, Speed Zone/20 yard dash, Bubble Chase, Scent Trail, Tricks for Treats)
- Brightside Dog Training Frisbee Dogs Demonstrations at 11 am and 1 pm
- DeKalb County Sheriff Police Dogs Talk and Demonstration at Noon
- Jessica Works Photography-Get your Dog's Picture Made
- Alice Circle-Paw Print Art
- High Falls Veterinary Clinic-Learn about Natural Medicine and your pet
- DeKalb Tech Center-Learn CPR for Emergency Response with your dog
- Second Chance Shelter and Rockin P Rescue- Come adopt and support our local shelters
- Encore Enrichment for Shelter Dogs
- Defy Gravity K9 Rehab and Training

As an added bonus this year, bring a bag of dog food to donate to the shelter and receive one entry (per bag donated) into the door prize drawing. Our door prize this year was donated by Bark Box and includes toys, treats, and lots of canine fun!

Bring your own pets, but please make sure they are leashed and up-to-date on vaccines.

For more information, call Dr. Niki Wayner at the JSU Little River Canyon Center, 256-845-3548. 4322 Little River Trail, NE, Fort Payne, Alabama, 35967.

Dr. Niki Wayner is the assistant director of JSU Field Schools.

Valley Head Cemetery Run In Memory Of

GET YOUR RUNNING SHOES ON!

Come run or walk with us in our 4th annual Run in Memory Of 5K and 10K. We give away great door prizes! Prizes and medals are awarded to the overall male and female winners. Medals are awarded in the top three male and female places in each age category

The race will begin on the square in Valley Head. The new route will take runners on a scenic run up Violet Hill Road and back to the town square. Come join us on Saturday, October 26, at 8 a.m. Runners can choose between a 5K or a 10K. Registration forms are available at Nena's Produce and General Store in Valley Head at the foot of Lookout Mountain or register online at Race Roster. All proceeds will go toward maintaining the Valley Head Cemetery. For more info contact Sherryl Lewis at 256-657-1616.



MY INSPIRATION TO HELP TO PRESERVE THE FORESTS & TREES IN MENTONE

by Ruth Ferraz

My husband, Tom, and I moved to Mentone one year ago from Savannah, GA. We decided to move to the mountains in northeast Alabama after we came to the area two years ago, while escaping Hurricane Irma. Since hurricanes do not come to the mountains, we thought we would be safer in the area. We fell in love with Mentone.

While searching for an ideal property in April, 2018, we visited some land in the mountains of Jasper, TN, but we felt the price and taxes were too expensive. In beautiful and charming Mentone, sparsely populated compared to the mountains in Tennessee and Georgia, we found our piece of heaven. Some are saying that a boom will happen in Mentone because more and more people are discovering the area's beauty and reasonable prices.

Our property in Mentone is a mini-farm that was once part of a 20-acre farm. The land had once been cleared for a cow farm and only has a few native trees remaining—very few. At least we have our home, a small old farmhouse that once belonged to the Wester Family, situated on top of a hill from which we can see awesome sunsets while sitting on our porch. We intend to reforest our property with trees and vegetation native to the area. We would like to inspire more people to do the same and to encourage preservation as well.

Working as a realtor, I have seen many different kinds of properties, but one thing has called my attention: how so many properties are being devastated in order to create farms and subdivisions or to harvest timber. Nature needs so many years, sometimes hundreds, yet humans can come and destroy a forest in just hours, often for greed for money. While we need farms and timber, for food and wood to build houses and furniture, there is a smart and sustainable way to have them, food and wood.

I was recently deeply inspired while showing land to a client who is interested in buying land to preserve. She was interested in learning about the kinds of trees we have here and how old they might be. After the showing, we suggested she talk with a Little River Canyon National Park ranger to learn more about the trees and forest here in the area. The ranger spoke to her about the topology in Mentone and the types of trees in the area. He indicated that the forest can vary, depending on the soil underfoot. The species of trees in an area appears to be less dependent on the altitude and climate and more related to soil. My client shared with us some valuable advice she received: "When you first buy land, leave it alone for a year, not cutting anything. After a full year, see what blooms before you cut the first thing because chances are you've got some pretty valuable stuff there, you just don't know it yet." I was so glad to meet this kind lady who brought us more awareness about the importance of preservation.

In order to help to preserve the forest and its trees, Tom and I are creating a project, open to all generations, to help people to be aware of:

- the importance of preservation and sustainability
- how to identify trees, bushes, flowers, and vegetation in general
- how to reforest and replant original native trees
- how to plant tree saplings and seedlings.

Even if land has been devastated, we can reforest and conserve, employing sustainable management of the logs that would be cut, as they are doing in the Amazon rain forest in my native country, Brazil, where old trees are cut and young ones are left in an effort to preserve the forest. Unfortunately, the Amazon forest continues to be devastated, not just by human beings but also by natural disasters, such as fires. Another example from Brazil is Rio de Janeiro's Tijuca Forest, which was once totally devastated. According to Wikipedia: "The Tijuca Forest is a man-made reclamation of land around Rio de Janeiro that had previously been cleared and developed to grow sugar and coffee. Replanting was carried out by Major Manuel Gomes Archer in the second half of the 19th century in a successful effort to protect Rio's water supply. This followed concerns voiced by the Brazilian Emperor Pedro II about erosion and deforestation caused by intensive farming, as declining levels of rainfall had already begun affecting the supply of drinking water." Today Tijuca Forest is one of the biggest urban forests in the world.

I read in September's *Groundhog* about the amazing work the Rhododendron Garden Club is doing at Moon Lake School, teaching the students to identify trees and then measuring them to determine their age. The kids figured out the school has a 220-year-old red oak in the playground area. This is a great example of a simple project that could be done with all ages to help people become more aware of trees and forests here on Lookout Mountain.

Our project is currently being developed and we will share our progress in future articles. If you have any input, please contact me via email at ruthfbyrnes@gmail.com. Thank you very much. God bless y'all!

Mike and Gwen Stone (continued from page 1)

for our Harvest Fest on the last weekend of the month. That's our main fund raiser for the entire year. We usually don't have another fund raiser. So many of the parents up here are struggling financially, so we don't have PTO fees. We have enough money in the bank right now, even before the Harvest Fest, that our plan is to provide supplies for every Moon Lake student next year. Funds have been earmarked for that. We've ended every year with a good chunk of surplus, so we've decided we want to start spending it."

Harvest Fest usually generates between \$8,500 and \$10,000 through donations, games, a cake walk and hay ride, and through bake sales held throughout the month. These funds sustain the PTO through the whole year. "This year, we'll be renting a charter bus for the students going to Space Camp this year," said Gwen. "And we'll help supplement students with Space Camp funds for whatever doesn't get raised through their fund raisers."

"Ryleigh's Closet is my baby," said Gwen. "I love doing Ryleigh's Closet. The donations have been amazing. I had the idea for it when I was still working. During lunch, I'd go for a walk and see people lined up at a clothes closet in a church in downtown Fort Payne."

Ryleigh's Closet began in April of 2018. "The first day we opened, I was worried we didn't have enough clothing. But the amount of clothes we have now is astounding. We've been given so much that I now share with other clothes closets. We have prom dresses, Halloween costumes. If someone needs something specific, I can find it. We have been so blessed." In fact, the closet has so many clothes, they aren't all on display; they are in storage in a small outbuilding on the Stone's property, next to the Squad office.

"We serve an average of 20–25 people every week we're open," said Gwen. "Five or six people might come, but they're getting clothes for their whole family."

"I want the people to feel like they're in a store. I want them to feel they can have quality clothes. If any donated clothing has holes or stains—they're tossed. Everything is on hangers except for jeans and pants. I don't want people to feel diminished because they're going to a clothes closet."

Ryleigh's Closet is open on the second and fourth Mondays of each month between 4 and 7 p.m. Donations can be brought to the closet during open hours, but if those hours are inconvenient, donors can reach Gwen at [facebook.com/RyleighsClothesCloset](https://www.facebook.com/RyleighsClothesCloset) or by calling 256-364-0150 so she can arrange a convenient meeting time. Financial donations would help buy boxes and plastic storage tubs.

As our interview wound down, I asked the couple what they love most about Mentone. "It's so peaceful," said Gwen. "It's so quiet. Everybody knows everybody. In some towns, when you say that it's a bad thing. But up here, you know you're good." Mike continued that thought: "You know that if you need help, there's somebody there, and that they're going to help you. Just like we try to take care of everybody, so does the Mentone community."

FALL FARM-TO-TABLE DINNER

NOVEMBER 2ND

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6:30 DINNER

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Birthdays

- | | | |
|---|---|---|
| 1 Ron Logan
Brian Baine
Kerry Breithaupt
Greyson Collins | 9 Donna Hallahan
Audie Beason
Alaina McElhaney | Glenda Turlington
Barry Sadowski
Kurt Winn |
| 2 Kevin Gifford
Ben Kirby
Avery Burke
Brian Brandon
Tim Ledford
Liam Crawford | 10 Jimmy Worthey
Sally Muschamp
Gayla Smith
Allie Rhodes
Charles Hammonds | 17 Renae Langston
Rose Cox
Alisha Lawton
Katie Poe
Tommy Battles
Eddie Coots
Andrue Smith
Aryan Wallace
Andrea Calvert
Megan O'Shields
Bill Shugart III |
| 3 Angie Shugart
Ansley Blalock
Elizabeth Gentry | 11 Michele Wooden
Amanda Reed
Rhett Freeman
Sam Harrison
Abigail Wallace
Caison Allen
Houston Spillman
Bethany Whittle | 18 Zoey Kate Baggett
Ken Busby
Stacy Smith
Terry Manning
Hollie Dean
Alisha McElhaney |
| 4 Casey Cox
Mandy Corsentino
Reegan Shankles
Jensen Hawkins | 12 Amanda Wright
Ariana Jenkins
Leslie Beason
Craig Smith
Nicholas Senicz | 19 Isaac Underwood
Charles Robert Hammon
Matt Tillman
Chris Porter |
| 5 Grace Wright
Mack Flannigan
Sadler Emory
Starla Cash
Donald Daniel
Kathy Peterson
Stephanie Hester
Savannah Shannon
Lynn Headrick | 13 Sadie Long
JayDan Haynes
Terry Brandon | 20 Harry Hopper
Joseph Lee
Jamie Shankles
Koralyn Parker |
| 6 Tylor Harrison
Breanna Blalock
Katy Tuberville
Casey Hellums
Tanya Thomas
Adyson Hughes
Timdavid Wheat
Jannie McElhaney | 14 Martha Kirby
Tina Langston
Olen Crowe
Ashley Phillips | 21 Darius Turner
Ross Van Pelt
Donna McClure
Joan Harrison
Alex Garrett
Bradyn Jenkins
Alyssa Poe
Emily Stone |
| 7 Christian Henry
Maggie Coots
Macy Smith | 15 Lanita Allen
David "Tater" Hopper
Pam Manning
Casey Cartwright
Tony Crow
Charlie Brown | 22 Kendra Cartwright |
| | 16 Sarah Blalock
Tina Carden
Jacey Traffanstedt | |
| | | 23 Levi McClure
Sandra Padgett
Roberta Kirby
Edith Dean
Joe Piscatelli |
| | | 24 Kyle Rape
Tytan Blevins |
| | | 25 Piper Kate Reed
Jordan Bain
Ethan Smith
Nicole Wolf |
| | | 26 Jeff Harrison
Cindy Butler
Cheri Williams
Jacob Garner |
| | | 27 Teresa Verdon
Charity Pulido |
| | | 28 Judah Grisham
Robert Worthey
Meagan Sutton
Matthew Patterson
Rayford Bethune
Wesley Frost |
| | | 29 Jessica McGinnis
Blake Blevins
Dylan Newberry
Grady Gilbert |
| | | 30 Shannon Wagner
Jennifer Collins
Emmy Smith
Karen Prestwood |
| | | 31 Ashley Sanderson
Charlotte Gentry
John Dersham |

Anniversaries

- | |
|---|
| 1 Chuck & Cheri Williams |
| 5 Donnie & Connie Bell
Jason & Karmen Smith |
| 7 Eddie & Ashley Manning |
| 8 Casey & Madie Gregory
Steve & Carry Pope
Craig & DeeDee Hendricks |
| 9 Nelson & Brenda Kerby |
| 10 George & Sandra Boehringer |
| 15 Nathan & Holly Owen |
| 17 Adam & Alex Dupree |
| 18 Lee & Tina Carden |
| 19 Tim & Jennifer Ledford |
| 22 Larry & Faye Bone
Cody & Kaitlyn Tedder
Austin & Jaymie Potts
Mike & Gwen Stone
Sherman & Charlotte Goss |
| 25 Josh & Hope Deal |
| 27 Coby & Brittany Harrison |

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Day!

Tai Chi for Seniors

Are you interested in improving your health, your balance, and your mind? Consider TAI CHI. Don't confuse tai chi with hard martial arts. Tai chi is an ancient Chinese tradition that today is practiced as a graceful form of exercise. It involves a series of movements performed

in a slow, focused manner. Tai chi teaches patience and gives you confidence. Tai chi will inspire you.

Instructor Frank Kenney will teach a simple form of tai chi that will improve your balance, assist you in falls prevention and perhaps help you to deal with a chronic condition such as arthritis or depression, and neurological conditions like Parkinson's and multiple sclerosis. Make new friends and expand your social network.

The class is geared for those age 60 and older. You'll learn a routine that consists of 21 moves. Sounds like too much? It's not. You can do it!

The free 12-week session meets on Tuesdays from 9:30-10:30 a.m., beginning October 15. It will continue through February 11 at the Council on Aging, 600 Tyler Ave. SE in Fort Payne. Call 256-845-8590 for more information.

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Happy Fall Y'all...Really, in all this heat? by Paula Easter

Recently, I was talking with my Moon Lake Fine Arts students about our upcoming fall activities and all the things we were looking forward to doing when one student piped up and said, "Fall in all of this hot weather is just not right!" We all agreed with him, but decided we would persevere with all our activities even in the hot weather.

The unlike-fall weather didn't keep our Moon Lake third-grade class down. It was their turn to present the monthly PTO program in September, and Mrs. Ballenger came to me with the idea that she would like to do a program about the 18th anniversary of September 11, 2001. I don't think any of us "older youth" will ever forget where we were that day or how we felt about what happened on American soil that day. I agreed with Mrs. Ballenger and thought that would be a great thing to do; our only problem was we would have to educate these sweet kiddos about that event, as none of them had even been born yet. As I began to look up facts and music to share with the students about that day, I was once again overwhelmed by all the devastation America incurred. The third-graders listened, learned, and realized that they performed a very special PTO program. Mrs. Ballenger and I were very



L to R, 1st row: James Wooten, Abby Pullen, Caison Allen, Maggie Heinrich, Aric Collins. 2nd row: Alex Tillman, Lexi Brown, Catie Crawford, Jasmine Stanley, Sydney Crow, Reid Hendon, Jay Hawkins, Madi Hawkins, Trip Battles. 3rd row: Mrs. Kelbi Ballenger

proud of them and all of their hard work.

You may remember that there is an International Dot Day on September 15. It began back in 2009 and encourages people to harness their own

creativity and embrace their own confidence as they make their mark in the world. Just imagine, all of this came from one of my favorite children's books by Peter Reynolds' "The Dot." This is one of the most important books that I ever read to my students, and trust me,

they have ALL had it read to them. To me, everyone should take the lesson this book teaches...it challenges us to "make your mark, and see where it takes you." Something I love is when a new student comes into my classroom and says, "But I can't draw, Ms. Paula!" and there is a sudden gasp by all my veteran students and they all say in unison, "Ms. Paula's # 1 rule, you can't say, I can't, you can say I can't YET!" Here at Moon Lake, we even took the challenge in the heat and celebrated "Dot Day" on Friday the 13th, since we would not be in school on Sunday the 15th. Everyone had fun dressing in dots that day, and Mrs. Lance even took a picture that I am sharing with you.

Whether it is hot or cold, September also means the fair, and who doesn't love our VFW fair? Moon Lake students once again outdid themselves and won first place in our division in the scarecrow competition. They always surprise me and continue to be such outstanding students.

October is bound to be full of excitement here at Moon Lake too, maybe with just a little cooler weather...do you think?

Paula Easter is the Fine Arts teacher at Moon Lake Elementary School in Mentone.



Moon Lake Elementary School won 1st place for their scarecrow at September's county fair. The theme was "Land That I Love."

The feathers in the wings were created by the students, each with an individual message. Congratulations, Moon Lake School!



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Mentone Area Church Directory

Mentone, Alabama

Cove Road Baptist Church invites everyone in the Mentone and Cloudland Communities to services—Sunday School 10am (GA time) Morning Worship 11am (GA time), Wednesday Prayer Meeting & Bible Study 5:30pm (GA time). Bro. Brian Keith is the pastor. 2415 County Road 631.

Howard's Chapel (Church in the Rock) has regular services at 10am each Sunday. You are invited to attend these services or visit the church at other times. Casual dress is always acceptable. County Road 617.

Mentone Church of God of Prophecy has Sunday School at 10am, with Worship at 11am. Evening services begin at 5:30pm on Sunday and 6pm on Wednesday. Bro. Whitney Smith invites everyone to attend. AL Hwy 117 (across from Mentone Post Office).

Mentone Community Church invites you to Crosswalk Sunday School (K through Adult) 9:15am, Adult Worship Service 10:30am, JC Kids Worship Service 10:30am. Pastor Tim Miller. Van Ministry for Children pick-up/take home, ages K-12, for all surrounding areas 8:15am (please call Donna Bunn 706-398-0720). Wednesday small group study 6:30pm. 90 Summerville Rd. 256-634-4210.

Mentone United Methodist Church invites you to come and worship with us. Each Sunday our worship service is held at 11am and is led by Rev. Heidi C. Bender. Sunday School is at 10am. The service of Holy Communion is held the first Sunday of each month and fifth Sundays are a service of music with a pot luck lunch afterwards. 415 Cutler Avenue. 256-634-8006.

Moon Lake Baptist Church is a growing community of believers from various walks of life who endeavor to share the light, life, and love of Jesus with all we meet. We gather together for practical Bible study at 10am on Sunday. You can count on an encouraging and life-engaging message at 11am each Sunday. At 6pm, on Sunday, we enjoy a time of praying together. On Wednesdays at 6pm, we have groups for our children, students, and adults. 4671 Al Hwy. 117. 256-634-4568. Connect with us on Facebook at "Moon Lake" or Pastor Mike at "Mike Ellis".

St. Joseph's on-the-Mountain Episcopal Church welcomes everyone to 10:30am Sunday service of Holy Eucharist. Open for daily prayer and thanksgiving. Celtic Service will be held October 13 at 5 p.m. Everyone is invited to take part in this special service. Supporting our community with outreach. 256-634-4476. 21145 Scenic Highway. stjosephmountain.dioala.org.

Spirit Expression Ministry, a Chapel of the Alliance of Divine Love, invites you to sit with us in sacred circle on the second and fourth Sundays of the month at 11am Central at Heartwood Center, 7 miles from downtown Mentone. Reverend Cathy Haven Howard facilitates a spiritual wisdom topic. Email havenhoward1@gmail.com for directions and questions.

Summit Church of God in Mentone invites you to be in service Sunday morning 10:45am, Sunday night 5pm, Wednesday Bible Study 6:30pm. Pastor Lance Kincer.

Hammondville, Alabama

The **Church of God 7th Day** invites you to Sabbath School classes at 9:30am and Worship Service at 11am. Visitors are always welcome. Located just off Hwy. 11 N. at corner of Hwy. 117 and Palmer Road. 256-717-5040.

Greater Vision Ministries Church of God invites you to Sunday School 10 am, Sunday Worship *10:45 am, (*Nursery & Kid's Church). MidWEEK re-charge Wednesday 6:30pm. Pastor Tim Coppock. 38623 US Hwy 11. 256-601-0679.

Valley Head, Alabama

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 4-18); 6:30pm Praise and Prayer time. 4212 County Road 751. 256-635-1001.

Valley Head Baptist Church invites you to come and worship with us. On Sunday, Bible Study is at 10am & Morning Worship is at 11am; Kidz Connection is at 5pm, Evening Worship at 6pm. Kidz Connection & Youth meet on Wednesday from 5-6pm & a snack supper is provided. On the second Wednesday of the month, there is a church-wide covered dish Fellowship Meal at 6pm. 265 Church Street. 256-465-1242.

Visitors are always welcome at **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at 9:30am. Tony Gunter is the Pastor. All are welcome. 146 Church St.

Wildwood Seventh Day Adventist Church, Mentone Chapter, holds services in the Woodmen of the World Hall. All are invited to attend. Sabbath School and Song Service 9:30-10:45am, Worship Service 11am-12:15pm. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnel.

*Peace begins
with a smile.*
—Mother Teresa

Fort Payne, Alabama

Since 1889, worshippers have gathered at the **Historic First Presbyterian Church PC (USA)** at 300 Grand Avenue North. We invite you to join us for worship this Sunday at 10:55am. 256-845-2915.

The **Fort Payne Christian Center** and Pastors Ken and Elaine Hollman invite everyone to join in Worship on Sunday at 10am, Wednesday evening at 6pm. 3610 Grand Ave. SW. 256-997-0047.

Grace Presbyterian Church (PCA) invites you to Sunday School at 9:45am; Sunday Worship at 10:55am. 256-845-4756. 5760 Gault Ave. NE.

Gravel Hill Baptist Church welcomes you to Sunday School at 10am & Worship Service at 11am each Sunday. All are welcome. Wednesdays at 6pm, we have supper and a brief devotional time together. Pastor George Moses. 14701 Hwy 11 South.

New Oregon United Methodist Church is located just off DeSoto Parkway, 1/4 mile south of Fischer Crossroads. We invite you to worship with us on Sundays. Sunday School for all ages 9:45am, Traditional Worship 11am, and Sunday Evening Service 6pm. Sunday Evening youth meet at 5:30pm. We have Wonderful Wednesdays during the school year with Bible

studies for all ages, meal at 5:30pm and classes at 6:15pm. We also have Wednesday morning Bible study at 8:45am, and knitting every Tuesday at 9am. Pastor Ian Conerly. 1204 New Oregon Drive NE. 256-845-7446.

Our Lady of the Valley Catholic Church holds Sunday mass in English at 10am and 1pm in Spanish. Tuesday at 6pm in English, Wednesday at 5pm bilingual, Thursday at 6pm in English, Friday at 9am in English and Saturday at 6pm in bilingual. 2910 Gault Ave. N. 256-845-4774.

Prince of Peace Lutheran Church holds regular Worship Services at 10am Sunday. Clifford Herd, Pastor. Everyone is welcome. 1519 Smith Gap Road (County Road 85). 256-845-4842.

St. Stephen Anglican Church invites you to attend service on Sunday mornings at 8am. 411 SW Grand Ave. (in the basement of Killian & Killian Attorneys). Father Rodney Jackson, 205-405-0055; Deacon Jack Gilbreath, 256-845-2605.

Walnut Grove Baptist Church, on Highway 11 north of Fort Payne, welcomes everyone at Sunday School 10am, Worship Service at 11am, Wednesday night youth meeting at 6pm, and Wednesday night Prayer Meeting at 6:30pm. 3606 Greenhill Blvd NW. 256-996-0929.

Cloudland, Georgia

Cloudland Presbyterian Church welcomes everyone to come join us for services, with Pastor Jan Warren-Taylor. Bible Study Sunday at 9am (Eastern) and Worship at 10am (Eastern). 150 Partain Road.

Menlo, Georgia

Alpine Community Church Pastor Jeremy Stroop welcomes each and everyone to worship service Sunday mornings at 11am GA time; Sunday School 10am GA time; and Wednesday night Bible Study at 7pm GA time. 1104 Hwy. 337, Menlo GA. 706-862-6641.

Menlo Church of Christ invites you to attend 10am and 11am Sunday services and evening services at 5pm on Sundays and Wednesdays. Visitors are always welcome. Annual Homecoming and Gospel Meeting on July 14-17, 2019: Sunday Services 10am & 11am & 5pm EDT; Homecoming Covered Dish Meal Spread at the Lawrence Center at noon on the 14th; Weeknight Services Mon-Wed 7pm EDT. Visiting Evangelist: Bro. Gary McCurdy of Piedmont, AL.

Menlo Presbyterian Church (ECO) invites everyone to attend services with us. Sunday School at 10am (Eastern) and Worship Service at 11:15am (Eastern). Rev. Jan Taylor is our pastor. We are located at 70 North 6th Ave., next to the park in Menlo.

Summerville, Georgia

Redemption Worship Center invites you to "Find Love, Encouragement, & Purpose!" Wednesdays: Hour of Power Bible Study 6:30pm; Chosen Generation Youth 6:30pm. Sundays: Sunday School 9:30am; Morning Celebration 10:30am. Pastors Dr. David & Penny Reeves. 174 West First Avenue. 706-808-0909.

Send any changes to *The Groundhog*
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- First Fidelity Bank
- Fischer X-Roads Store
- Fort Payne Senior Center
- Hampton Inn
- Holiday Inn

- Huddle House
- Kilgore Drugs North
- Priceless IGA
- Quality Inn
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- Southern Gold & Silver
- Southern Properties
- The Spot Coffee Shop
- The Strand
- Waffle House
- Waffle King

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- Menlo Healthmart
- Menlo Lucky's
- Menlo Town Hall
- Menlo Restaurant
- Mountain Top Country Store
- Reece Tire
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- The Vineyard Cafe

OTHER

- Alabama I-59 Welcome Center
- Little River Canyon Center
- Rim of the Canyon Café
& Grocery

I Met a Horse!

by deJoly LaBrier

I have had the most incredible experience. I met a horse named Waffles. She's the sweetest horse, and a real comedienne.

I had my orientation and training for volunteering with McKenna Horse Therapy Farm in Dallas, GA, and I can't tell you how proud I am of myself for facing my fears of horses.

Six of us sat in the volunteer room, nicely air-conditioned to keep the Georgia heat and humidity at bay beyond the floor-to-ceiling glass doors. There were also two women trainers. Volunteer Coordinator Libby Medlin had us sign our waivers, and then we were on our way. It was a lot of information to take in, as we learned about the rules of the farm, and care of the barn and animals. We were told how each of the various jobs we could choose from make the farm run smoothly. We received papers that describe the disabilities of the children who come to the therapy farm as clients: cerebral palsy, Down syndrome, spina bifida, autism, traumatic brain injury, stroke, developmental delay, and learning disabilities. The Farm is truly a place of service, relying heavily on volunteers. Those of us who volunteer are part of the bigger picture of helping bring life and love into the lives of disabled children.

We left the volunteer room and went to the barn to learn about the details of preparing for a hippotherapy session (session with a horse) and therapy riding. It was all a vaguely familiar language... bridle, lead, carrot stick, tack, bareback blanket, stall, curry comb, pick. I say vaguely familiar, because it is one thing to hear the words, it was another to put my hands on these things and actually use them.

We worked in two groups with two horses, Waffles and Glory. Waffles is

a black mare with a white star on her forehead and three white feet. The trainers showed us how to lay the tack out for dressing the horse for its work session. I couldn't believe how easy it was to put a rope halter on Waffles. She was very cooperative (I'm aware that not all horses are this cooperative, but they have to have a certain temperament to work as a therapy horse, and Waffles is a beautiful example of that temperament). I slid that thing right on her like I knew what I was doing! My heart thumped with joy!

My heart was still thumping when we were introduced to how to comb and clean our horses, including using a pick on their feet. I'd seen this done by the farrier on my previous visits there, and I'd watched Jaen Black, my strength coach, do it with her therapy horse, Coal. As if the trainer had read my mind, she said, "Think about it; it's almost impossible for a horse to kick when they are resting on only three legs." That made so much sense and my fear of getting kicked was abated. Getting down, putting my face within inches of a hoof—well, that was downright scary before. Now, with the first hurdle of the halter behind me, I moved right over to Waffles, lifted her front hoof and cleaned out the crevice, called the "frog" and then internally patted myself on the back. "Good job, deJoly! You did it!"

After all the cleaning and saddling up and tightening, learning to lead our horses, how much distance to give them, how to use a carrot stick, and so much more, Waffles and the rest of us were ready to get to work, moving on to the arena.

The arena is expansive with a huge propeller fan hanging from the ceiling that makes the air move with a low roar. The sandy floor is clean—no poop lying

around to step in. In fact, the barn is clean too.

Our trainers showed us the various holds we would be using on the children as they sat atop their horses—simple non-intrusive holds that allow the children to feel the horse's movements, building core muscle strength, while feeling a sense of safety from the volunteer "sidewalkers."

We were given detailed instruction on how to lead a horse. Waffles is easy to lead. She can miss instructions, just like the rest of us humans, but mainly it's due to "operator error." She is a good sport. We learned how to move forward, backward, right, left, and stop. I really should say, "I" learned about that, because I'm pretty sure Waffles already knows that stuff!

I learned about biting and crowding by the horse. Waffles likes to play and is very curious. While I was leaning over to pick her feet in the barn, with my rear in the air near her head, she decided she was curious about my phone that was sticking out of my back pocket. Fortunately, the trainer saw her and nudged her away from it. (We were asked to take our phones with us everywhere for safety reasons.)

While we were standing in the arena, getting more instructions, I was petting Waffles while she stood on the lead. I was unconsciously scratching behind her ear and she started leaning into it. I got more intense with it and she almost turned upside down with pure pleasure and delight. Everyone laughed and got a big kick out of her. Then she started sneezing, which is rare to witness in this situation. After about 10 sneezes, she decided she was bored and began to yawn. What a hoot! Waffles was our entertainment for the afternoon. And I was next to her all that time, laughing and feeling so much joy.



Waffles

The session in the arena was almost an hour of standing and walking, stopping, walking, turning, and more walking...did I mention walking?

When we took our horses back to the barn, we did a "cool" down with a wet sponge and squeegee. Waffles loved it. Then we gave them treats. Lots of treats. Afterwards, we took them down to their paddock and let them wander off to be with their mates.

I said a silent prayer of gratitude for Waffles and her beautiful spirit. What a blessing to have such a wonderful being assist me in this healing journey.

The next morning, while making my coffee, I reflected on the previous day's miracles. I realized that my fear had come from being small next to a large, unruly horse. I have always thought about horses as if they are all huge, like draft horses or mustangs that race around the prairie. But Waffles is not huge or unruly. She is kind and gentle. And I am a grown woman.

In a way, I could say I was a disabled child in my relationship with horses. I took a step forward, despite my fear, and a whole new world has opened to me. I have now volunteered to be a leader, sidewalker and barn cleaner. Who would have thought I'd be doing this at 70+ years old? Life is good!

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**TUESDAY,
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