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## SportsFit celebrates 15 years in Athens

If you're looking to lose weight, get toned, build muscle, or maintain a healthy lifestyle, the Athens SportsFit at 22423 U.S. 72 East, is the place for you.

"Our goal is to offer a top-notch fitness facility to help you achieve your fitness goals. Whether it's weight loss, a healthier lifestyle, or just to have fun, we want to see you succeed," said SportsFit's Chelsey Smith, who added that Athens SportsFit is celebrating its 15-year anniversary. It is a 24-hour fitness center.

The Athens SportsFit is open Monday-Thursday from 7 a.m. to 8 p.m.; Friday from 7 a.m. to 6 p.m. and on Saturday from 8 a.m. to 2 p.m.

Megan Miller is the staff director in Athens that offers a number of amenities that includes indoor pool, weight machines, cardio equipment, free weights and child care. At Athens SportsFit, they offer month-to-month bank drafts with no contracts, and in January, people can join for free.

SportsFit has four locations in Northern Alabama and offers 200 group fitness classes with aerobics both floor and water. In Athens, the staff may be reached at 256-233-3994.

"No matter your goal, your local SportsFit Fitness Center can help you get there. At our gym locations in Athens, Decatur, Hayden and Haleyville, we provide personal training, group fitness classes, aquatic classes (Athens and Decatur only), and access to top-of-the line cardio and strength equipment. We are a provider of the SilverSneaker Fitness Program. We can help you set and achieve your goals," staff members said.

SportsFit has been providing members a clean, quality fitness environment for over 20 years. SportsFit prides itself on its family friendly environment offering something for everyone. SportsFit is a provider of the SilverSneaker fitness program.

continued on page 4



Pictured left Chelsey Smith and Anna McNeal working leg extensions.

# ANTIQUES on JEFFERSON

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Happy New Year!





# Where have all our geese gone?

There was a time not too many years ago when it wasn't unusual to see and hear geese coming and going from their native Canadian land. Limestone County was a hotspot landing for the big birds.

But, not any more. The few Canadians we have today are more like tame birds that prefer to stay around the pond on the farm.

Many around here still remember the days when the Wheeler National Wildlife Refuge was home to tens of thousands of the honkers visiting annually from Canada. It was really something to see as they flew in and out of the refuge. Goose hunting was also popular, especially in the southern portion of the county.

But you know, time changes just about everything in one way or the other, including birds. Now, instead of geese, we have cranes and a bunch of them.

The celebration of Sandhill Cranes and Whooping Cranes brought together experienced birders and those who would like to learn more about birding and other wildlife that call the refuge home.

More than 12,000 Sandhill Cranes along with several pairs of Whooping Cranes spend the winter each year at the refuge.

A couple of years ago they said the Whooping Crane was on the

verge of a comeback after nearly becoming extinct due to human activities. In 1941, the last migratory flock was reduced to only 16 birds.

Now, don't get me wrong, I guess it's nice to see all those cranes, but I miss the days of old hearing the geese flying in from the north,

and hearing many of the old timers around here say the geese visit meant a big change in the weather wasn't too far away.

We don't have that many geese here now, but we've got plenty of cranes for you to see. As a matter of fact, they say the refuge supports the state's largest concen-

tration of Sandhill Cranes. The Wheeler National Wildlife Refuge Visitor Center is located at 3121 Visitor Center Road in Decatur just off Highway 67, covering 35,000 acres. Like the days of yesteryear, you can see a lot of birds there, more cranes than ducks and geese, but a lot of birds.

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# Athens Main Street 11th Annual Chocolate Walk Feb. 3

**D**o you love all things chocolate? Do you love great places to shop and dine? How about Sweet Deals at your favorite shops?

If so, you will not want to miss Athens Main Street's popular Chocolate Walk presented by Dream Key Real Estate, LLC. The 11th annual walk will take place on February 3, 2024, from Noon to 5 p.m.

The self-guided event will start at the Athens Main Street office (107 N Jefferson St), where walkers will pick up their pre-paid ticket(s), a map to participating businesses, and their bag to collect their chocolate goodies.

For every purchase made at a participating business or

restaurant, patrons can submit their receipts to win \$500 of "Love Bucks" which can be redeemed at any of the downtown participating businesses.

Participating businesses will also have special sweet deals and specials on the day of the event.

Only 350 tickets will be sold for this popular event. Last year, tickets sold out within 5 minutes of release.

Get yours early! This year, tickets will be sold on three different days and times: Thursday, January 18, 2023, at Noon, Friday, January 19 at 7 p.m., and Saturday, January 20 at 9 a.m.

They can **ONLY** be purchased online through Eventbrite.

<https://www.eventbrite.com/e/2024-chocolate-walk-tickets-791094413687>

Tickets are \$10 (plus processing fee)—limit 5 tickets per person.

Even without a ticket, patrons can partake in the sweet deals from the merchants and restaurants that will be posted on Athens Main Street's social media accounts and website, and with a purchase can be entered to win \$500 of "Love Bucks!"

"This event is perfect for couples, families, and groups," said Athens Main Street Executive Director Tere Richardson. "Whether you are a local or it's your first time in downtown Athens, there will be something new and amazing to see and experience."



**Making plans for the walk.**



# SportsFit continued from page 1

SilverSneakers is an overall wellness program that helps you improve your health and live the life you want. SilverSneakers is available through select Medicare health plans, Medicare Supplement carriers, and group retiree plans.

SportsFit is owned by Encore Rehabilitation, Alabama, and Mississippi's largest privately owned rehabilitation company. All SportsFit locations are located next to an Encore physical therapy facility. This allows us to offer Encore patients a post-rehab wellness program to continue their recovery after physical therapy.

SportFit runs friendly, fitness competitions throughout the year to give members a chance to compete against each other and win prizes. These competitions include March Madness, Biggest Loser, Alabama vs. Auburn Cardio Challenge, and the 12 Days of Fitness.

So, don't wait, come join the SportsFit family today!



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## HELLO JANUARY **CALENDAR** HAPPY NEW YEAR!

**Jan. 13, 2024 - 2024 Winter Showcase Athens Bible School Fundraiser** 6-9 PM 700 Highway 31 North, Athens, AL Silent Auction and Baked Good Sale starting at 4 p.m. Talent Showcase beginning at 6 p.m. Funds raised go to scholarships for students from North Alabama to attend Florida College.

**Jan. 14, 2024 - Bradley Walker in Concert** 6:00 p.m. Berea Baptist Church, Lucas Ferry Rd. Athens, AL

**Jan. 15, 2024 - Athens-Limestone Dr. Martin Luther King Jr. Holiday Program** 9:30 AM Alabama Veterans Museum and Archives, Athens, AL Essay and art contest winners will be recognized during the program.

**Jan. 16, 2024 - Book Club @The Alehouse** 6:00 PM

**Jan. 16, 2024 - Coffee with Deborah Goodrich Royce** 10:30 AM-12:00 PM Join us for an author event with Deborah Goodrich Royce! Deborah Goodrich

Royce's thrillers examine puzzles of identity. Reef Road hit Publisher's Weekly Bestseller list, Good Morning America's Top 15 list, and was an Indie Next pick by the American Bookseller's Association for January 2023. **Athens Limestone Public Library 603 S Jefferson St, Athens, AL**

**Jan. 20, 2024 - Drones in the Workforce-** 10:00 am to 12:00 pm Athens-Limestone County Public Library, 603 S. Jefferson St, Athens, Alabama 4-H'ers are holding a free drones in the workforce class at the Athens Limestone County Public Library on January 20, 2024. Participants will gain knowledge surrounding the TRUST Drone Recreational Certificate, which is what one must have to fly drones recreationally. Participants will have the option to test and gain their TRUST Drone Certificate at the end of the class. The class is free of charge and refreshments will be provided! This event is targeted to adults, but youth who are interested are welcome!

# VOTE

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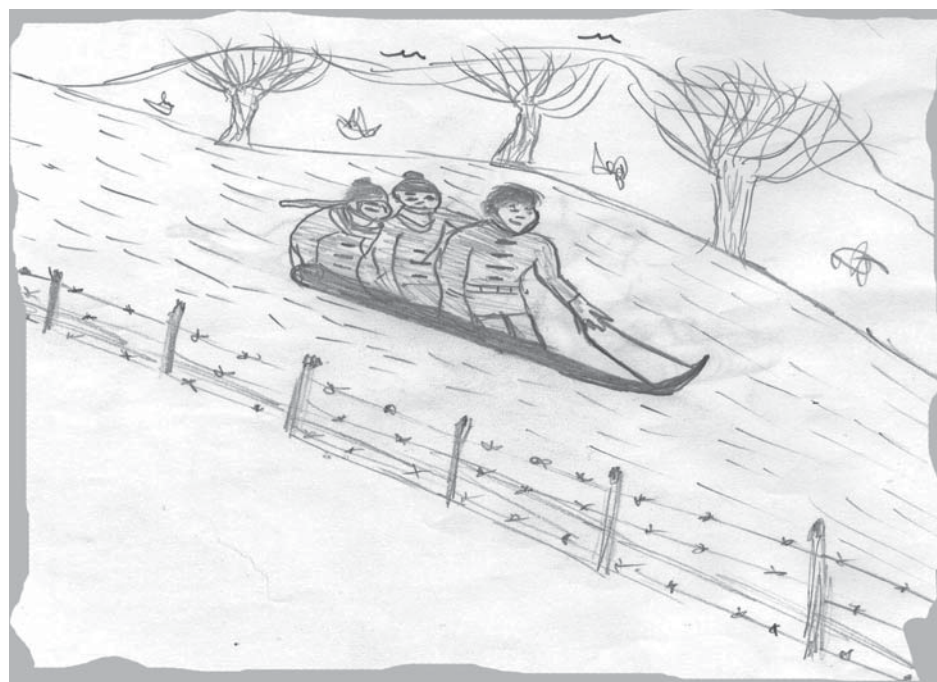


# Snowfall blankets the holler

The winter weather turned cold just after Christmas back in 1942. The war was raging in Europe, and our only exposure to the news was through radio broadcast. Newspapers were scarce, and very few made it to the holler. Weather forecasts were non-existent, and the only weather instrument we had was a Bull-Durham temperature gage. Snows that fell during the night were always a big surprise in the morning when we awoke. The day before the big snow was sunny and fairly warm. Grandma Minnie made the comment, "It sure is warm for it to be January."

She could look at the sky and tell when a major weather change was on the way. High, thin clouds she referred to as mare tails, were a sign the weather was changing in the next 48 hours. Grandma said, "You boys need to make sure we've got plenty of split firewood in the shed because it could snow in a day or two."

Humpy would never talk back to grandma, but under his breath he would whisper, "She always wants us to do something." Dalton would grin and say, "She usually knows what she is talking about." Another tell tale sign was her arthritis. I heard grandma say,



"My old hands are hurting. The weather's going to change."

We all turned in and had a good fire burning in the wood heater. The temperature fell during the night, and I awoke very cold. By 3 o'clock in the morning the fire had usually burned out. I went to the closet in search of another quilt and glanced out the window and saw the snow covering the ground.

The snow was still falling, and the house was as cold as ice. I woke Dalton and told him about the snow. He jumped up and went to the window and was speechless. Dalton said, "Grandma said it might snow. " She had the gift

of forecasting weather until she passed.

Humpy built a fire and had the house warm by the time grandma got up to start breakfast. She laughed out loud and said, "You boys see that snow?" We answered, "Yes ma'am." in a humbling tone. After breakfast we fed the stock and went to the hills for some sliding. An old car hood was the perfect sled for racing down the hill side in the fresh snow.

Humpy said, "Let's take a ride down the hill on the old roadbed." This was a dangerous hill with a sharp curve at the bottom. We

piled on the sheet of metal and down the hill we raced. We were getting faster and faster with the curve coming into view. I rolled off backwards before we got to the curve. Humpy and Dalton stayed on the homemade snow sled. When the duo came into the curve, it was the last I could see of them. The sled and boys went 10 or 12 feet in the air and crashed into a deep ditch.

As I made my way to where the crash happened, I could hear Dalton screaming, "My wrist is broken!" I reached the boys, and Humpy was OK, but poor Dalton had a dislocated wrist.

The mail carrier was running his route and stopped to help out. He volunteered to drive Dalton over to Bethel to see the doctor. Folks were good to help out in time of need. Our mail carrier had chains on his tires, and his car was the only way Dalton could have got medical attention on that snowy day.

The rest of the winter was pretty cold, and we burned down our firewood pile pretty low by spring. Dalton's wrist healed up, and we still laugh about the day our runaway car hood almost killed us all.



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# Festival of the Cranes Jan. 12-14



Over 14,000 Sandhill Cranes along with several pairs of Whooping Cranes spend the winter each year at Wheeler National Wildlife Refuge (WNWR) in Decatur, Ala. In celebration of the winter migration of these long-legged and long-necked birds, Wheeler Wildlife Refuge Association hosts a three-day event offering a variety of indoor and outdoor activities appealing to people of all ages. The 2024 Festival of the Cranes will be held January 12-14 with activities at WNWR and at The Princess Theatre and Alabama Center for the Arts in downtown Decatur.

Festival of the Cranes has become a popular event regardless of the festivalgoer's birding experience. There are activities for experienced birders, for those with little to no birding knowledge and for anyone who would like to learn more about birding and other wildlife that call

the Refuge home. During the three-day event, guests are invited to visit the WNWR Observation Building to view thousands of Sandhill cranes along with several Whooping cranes, ducks, geese, raptors and perhaps a bald eagle from the comfort of the heated building. There are bleachers and spotting scopes available along with volunteers and staff standing by to answer questions. Festivalgoers are encouraged to bring a camera and binoculars.

Additional activities scheduled at WNWR include an introduction to birding, outdoor morning and afternoon walks around the visitor center grounds to see cranes and other waterfowl in their natural habitat and photography workshops.

The Princess Theatre and Alabama Center for the Arts are also offering special events in conjunction with Festival of the

Cranes. The schedule of events includes special activities for children, live bats, raptors, reptiles and amphibians shows, latest news on crane conservation and much more.

Some activities require the

purchase of a ticket. For more information on the Festival of the Cranes including a schedule of events, visit <https://www.friendsofwheelernwr.org/foc-2024> or follow Wheeler Wildlife Refuge Association – WWRA on Facebook for the latest updates.





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CALENDAR	CELEBRATION	COUNTDOWN
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HOLIDAY	MIDNIGHT	NEW YEARS EVE
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## Catfishing on the Tennessee River

By Danny Johnson  
Staff Writer

**C**old weather didn't keep Spencer Blake and his Great-Granddad, Bobby Nixon, from fishing near the Nuclear Plant back in December. Spencer said that was a good day to fish with just a little wind.

He had only caught one fish that day before landing the 'Big' one. He was fishing with chicken for his bait and caught a big Blue Cat that weighed approximately 50 lbs. What a surprise! It turned out to be a good fishing day for Spencer.

The Tennessee River is known for its big smallmouth bass and blue catfish. Blue catfish live nine to 10 years on average, though some have been known to live up to 25 years. An adult blue catfish can weigh over 100 lbs. but the World Record blue catfish: 143 pounds caught in Kerr Lake in 2011.

Wheeler Lake has become known as one of the best catfish lakes in the Southeast. Blue, channel and flathead catfish can be caught out of Wheeler. My favorite bait for catfish is skip jack heads. It's hard for a big cat to pass up a smelly, juicy skip jack. Salt water equipment is recommended to use fishing for giant catfish and heavy line.

A fisherman can only keep one fish over 31 inches per day in their possession. It a shame to kill a giant catfish for food. 1 to 2 pounders are the best for eating.

Rumor has it divers who work in the deep water above the dams see large catfish that makes them uncomfortable to be around. The 360 electronic is a hand tool for seeing the big fish stacked up on the bottom.

The catfish look like long white objects near the lake bottom. Catfish set up below current breaks waiting on their next meal to wash by. In May, catfish move



Spencer Blake with his big Blue Catfish.

into rocky banks to spawn. The up river bank on the northside of the river at Lucy Branch has been a good catfish bank.

My granddad introduced me to catfishing on Shoal Creek near Red Hill. My hook was made out of a safety pin. The fishing pole was a cane cut off the bank. Kite was use for fishing line. I remember it like it was yesterday. The catfish put up a good fight, but I landed it - a 3 pound yellow catfish. Papa always was kidding around and would ask people if they had ever seen a 'cat' fish. The answer was always yes. Then he would follow up with, "How did he hold the pole?" I loved that ole man, and

he was a good role model.

I am sure Spencer cherishes

fishing trips with his great-granddad, Bobby Nixon.

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# Getting the Correct Response

Have you ever watched a horse do some pretty awesome stuff for its handler? I'm not talking about things like circus tricks and such. I'm talking about things you think you can do.

Ever wonder how these horses are taught to do these things?

Teaching horses does take time, but the primary element is conditioned response.

Conditioning is a process where the behavior response becomes increasingly consistent as a result of reinforcement. Reinforcement occurs following the response to a stimulus. Reinforcement can be comfortable or uncomfortable. The comfort or discomfort can be physical or psychological (emotional).

With horses, physical discomfort includes annoying stimuli such as prodding, tapping or poking. Physical comfort, of course, is as water, food, shelter, rest, and grooming (stroking).

Psychological comfort includes, soothing sounds, pleasantness, and the absence of angered impatience.

Psychological discomfort is fear, (usually from anger and impatience from the human). It also exists where there may be



impending physical discomfort.

A horse has fear (a psychological discomfort) because it is fearful of pain (a physical discomfort).

Every horse is different; we have to choose our method of teaching a horse carefully. We have to understand the horse, read the horse and determining if the horse is a right brained horse or a left brained horse. Right brained horse is a very fearful horse, a horse that wants to get away,

an unconfident a horse that is unteachable until it is more left brained.

The left brained horse is the confident horse, the teachable horse, the curious horse and sometimes the dominate horse.

Learn to help your horses understand what it is you're asking and ask the same way every time. Reward the slightest try by taking the pressure off. Stop asking...

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# Stress - Let Go and Let God

**S**tress is a reaction to a situation where a person feels threatened or anxious. Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms. When stress creeps into my family's life, we choose to search the scripture and follow God's plan on how to cope with the stresses of life.

Stress can come from anywhere, at any time. Work, family, school, relationship just about anything can be a source of anxiety in your daily life. And now that you are living in a time of uncertainty due to Coronavirus-related restrictions, the stress might seem even more overwhelming. Some may turn to medicine, therapy, or meditation to help ease their fears or stress, but many pray to God and read the Bible to ease their anxiety, especially during these tough times. With these Bible verses about stress, you can be reminded that the Lord is always watching over you, and if you just ask for help He is there to give it.

My grandmother recently passed away from COVID, and both of my parents are positive for COVID at this time. Families deal with so many challenges that begs the questions: What are some healthy ways to cope with stress; How are families handling the stress; and What are some Bible verses and tips to handle stress?

The first question what are some healthy ways/tips to handle stress?

- Take care of yourself. Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or preacher.
- Take a break. If news events are causing your stress, take a break



from listening or watching the news.

- Recognize when you need more help. If problems continue or you are having more stress, talk to a psychologist, social worker, professional counselor, trusted friend, or a church employee.

The second question how are families handling stress? Spend time with a friend or family member who will listen to you. It is a natural way to calm you and lower your stress. When you connect with people in person, your body releases a hormone that stops your fight-or-flight response. You relax.

Your family can take a trip. This does not have to be an expensive trip whatsoever, in fact, the trip does not have to be costly. Maybe your family wants to go fishing, take a hike in the woods, or just sit on a creek bank and relax with your family.

The final question what are some

Bible verses to help with stress?

James 1: 2-4

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work

so that you may be mature and complete, not lacking anything."

My family clings to scripture to learn God's plan in dealing with stress. In James, it says to consider it a joy when you face various trials because the testing of your faith produces perseverance. Think back to the various trials that Job faced during his life. By trusting God and relying on scripture during stressful times, Job was able to defeat stress and improve his faith in God.

The Good News if you use prayer as a means for comfort, God will provide you with peace of mind. Be sure to thank Him once your worries subside.

To conclude, we do live in unprecedented times in a world full of stress. God has provided an avenue or path to help handle the stresses of life. We must continue to put our trust and faith in Him and not this world that we live in. This too shall pass, and the Lord has overcome the world. As Philippians 4:6 says, we should not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. It is our prayer God for to help us during the times of stress. Let go and let God!



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## Slow Cooker Beef Vegetable Soup

*from Allrecipes*

**W**ith cold days approaching, I think of hot soups and stews. Cooking in the crock pot is a convenient way to have supper ready without staying in the kitchen all day.

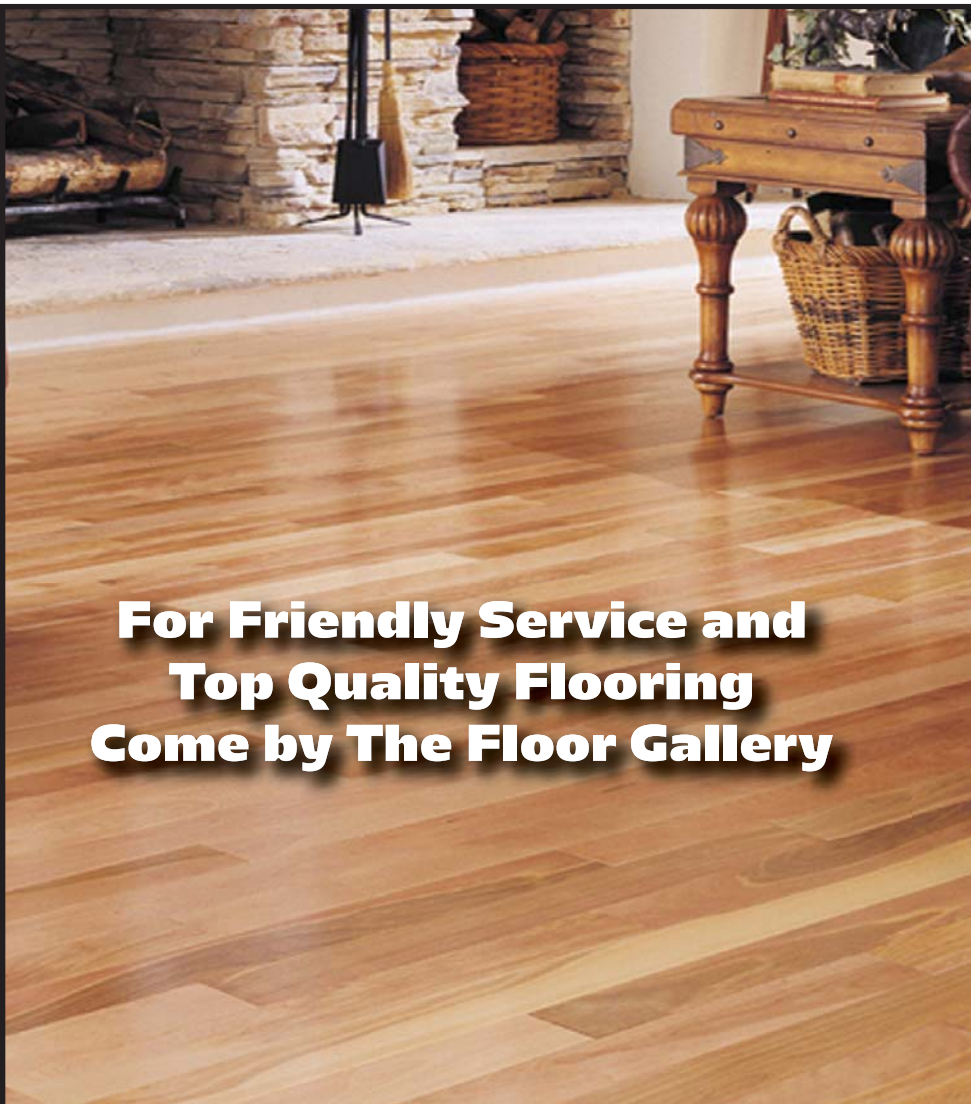
### Ingredients

- 1 (28 ounce) can crushed tomatoes
- 1 pound cubed beef stew meat
- 1 (15.25 ounce) can whole kernel corn, undrained
- 1 (15 ounce) can green beans
- 1 (15 ounce) can carrots with juice
- 1 (15 ounce) can sliced potatoes with juice
- 1 (1.25 ounce) package beef with onion soup mix
- Salt and pepper to taste

### Directions

Place crushed tomatoes, beef, corn, green beans, carrots, potatoes, onion soup mix, salt, and pepper into a slow cooker; stir to combine.

Cook on Low for at least 6 hours. Add water if necessary.



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Owners, Steve & Wanda Clutts



# Pizza on Main Ribbon Cutting in Ardmore

The Greater Ardmore Chamber celebrated the grand opening and ribbon cutting of Pizza on Main on Thursday, January 4, 2024. Pizza on Main is owned and operated by Darian and Brandie Pearson. The Pearsons are originally from Cullman, Alabama. Darian started his career in the auto industry at just 14 years old, when he sold his first car at his family-owned automobile dealership. He loves all things antiques and has a passion for helping others. He has operated new car franchises all over the South for the past 30 years. Brandie has been in the service industry since graduating from college. She has held many titles and many degrees, but her passion has been in the food industry. She has managed several businesses throughout her career. She owned and operated a successful ice cream

business and several other mobile food-type businesses.

After moving to the beach over 14 years ago, their children, grandchildren, and hearts called them to be closer to home. The Pearsons have four daughters and four grandchildren. They came back searching for a place to call home and decided Ardmore was the perfect place for them. They opened Pearson Auto Sales in March 2023 and during the early summer of 2023, they opened the Frozen Frog Food Truck, specializing in shaved ice and loaded teas. They felt the community could also benefit from a quick eat, dine-in restaurant where folks could spend time together and gather with friends and family. They reached out to the community and with an overwhelming response decided to move forward with a sit-down pizza restaurant.



Left to Right: Belinda Penegor, Trent Heard, Ben Whitt, Greater Ardmore Chamber Director Yolandia Eubanks, Jude Seibert, Candace Boldin, Darian Pearson, Crystal Tucker, Pizza on Main Owner Brandie Pearson, Kimberly Miller, James Miller, Brittany Montgomery, Ardmore Alabama Mayor Billy Shannon, Ronny Cornelison, Ardmore Tennessee Mayor Mike Magnusson, Beverly Browning, Gracie Black, JoBeth Smith, Gavin Sides, Liam & Andrew King, Carrie Seibert, Adah Seibert (photo courtesy of Joe Stagner)

Pizza on Main is a dine-in (with inside and outside seating) or carry-out pizzeria where you can choose your pizza toppings and see your pizza made right in front of you. They also offer gluten-free options. In addition to pizza, they offer wings, salads, hoagies, and

several choices of desserts and select beers and Coke products. Pizza on Main is located at 26671 Main Street, Ardmore, Tennessee. They are open from 11 a.m. to 7 p.m. Tuesdays – Thursdays; 11 a.m. to 8 p.m. Fridays & Saturdays; and 11 a.m. to 3 p.m. on Sundays.

# Bliss and Birch Ribbon Cutting and Grand Opening in Ardmore

The Greater Ardmore Chamber held a ribbon cutting and celebrated the grand opening of Bliss and Birch on Friday, January 5, 2024. Bliss and Birch are owned and operated by Jada Miller-Young and David Young.

In addition to Bliss and Birch, the Youngs own and operate North Alabama Maintenance & Janitorial. The North Alabama Maintenance & Janitorial office is in Ardmore and does a variety of business dealing with Multi-Family Housing, Commercial, and Residential businesses around the Southeast.

After operating a business in Ardmore, the Youngs saw a need for a business like Bliss and

Birch. The store is located at 30511 Ardmore Avenue, Ardmore, Alabama. They carry home décor, gift items, men's clothing, plus size women's clothing, perfume and cologne, and designer handbags, purses, and wallets such as Kate Spade and Louis Vuitton.

Bliss and Birch is the only storefront in the Ardmore community that sells men's clothing (jeans, khakis, t-shirts, dress shirts, hats, and more). They are open Tuesdays – Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 6 p.m.

The Youngs have done a wonderful job meeting some of the needs in our community with their store. The Ardmore community and Greater Ardmore Chamber are fortunate that the Youngs chose

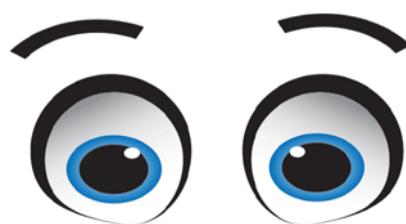
Ardmore for their business, and we appreciate their dedication and

commitment to our community.



Left to Right: Stephanie Smith, Jane Miller, Gavin Sides, Heather Barnes Brown, Limestone County District 1 Commissioner Daryl Sammet, Ben Whitt, Justin Kennedy, Mallory Daley, Ryland Miller, Debi Fillingim, Bliss and Birch Owners Jada Miller-Young & David Young, Jeff Grisham, Ardmore Alabama Mayor Billy Shannon, Jon Smith, JoBeth Smith, Andrew King, Liam & Serra King, Jan Price, Greater Ardmore Chamber Director Yolandia Eubanks, Beverly Browning, & Ardmore Tennessee Mayor Mike Magnusson. (Photo courtesy of Joe Stagner)

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## 1949 Mercury Coupe



If you've seen the movie "Cobra," starring Sylvester Stallone as a cop who loves to blow away everything and everyone, you've probably noticed the other star of the movie, a 1949 Mercury Sports Coupe. That this coupe – and other members of the Merc 9CM line appeared at all in 1949 – is thanks to the intense lobbying of Henry Ford's Uncle Edsel who saw the need for a division to compete

with General Motors mid-range. Ford Motor didn't even come close to having any mid-range competitive edge as it had the base Ford and high-end Lincoln Divisions and nothing in between. To Edsel, it was obvious, the automaker needed another competitive division.

The 1949 Mercury Division – whose products were marketed as Fords with different names

and a little upgrade – was actually the savior of the automaker as its Sport Coupe (Cobra's futuristic – for the time – vehicle) brought buyers back in the mid-price range.

Suffice it to say, Mercury did have a full line, a convertible, two-door hardtop, conventional sedan and conventional coupe and suffice it further than they all did well. However, it's the Sports Coupe

that people remember.

Powered by Ford's flathead V-8, the engine was bored and stroked to where it cranked out 255 horsepower for the Sport Coupe, which was about as much as you'll get from any vehicle whose V-8 engine only runs with roughly a 6.8-to-one compression ratio. It could be mated to a three-speed manual or an automatic.



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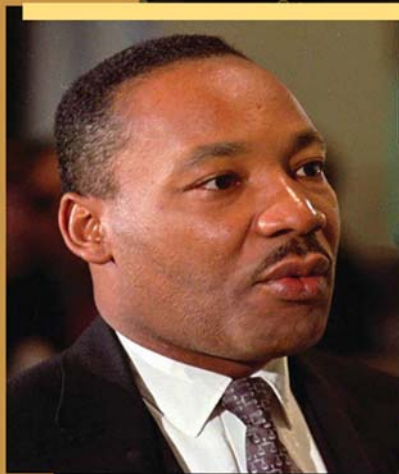
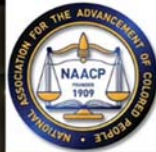
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# 2024 ATHENS-LIMESTONE AL DR. MARTIN LUTHER KING JR HOLIDAY CELEBRATION EVENTS



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Dr. Martin Luther King Jr. was a civil rights leader, an American Baptist minister and an activist. Dr. King was one of the most prominent leaders of the civil rights movement from 1955 until his assassination in 1968.

## Join Us Monday, January 15th

### King Unity March, 9:00AM

- 8:45AM: Line-Up at West Side of Limestone Cty Courthouse - 200 West Washington Street, Athens, AL.
- 9:00AM: Wreath laying and march to the Veterans Museum.

### Dr. Martin Luther King, Jr. Program and 19th Annual Essay & Art Contest, 9:30AM

- Veterans Museum - 114 Pryor St W, Athens, AL.
- Program includes students' essays, and art presentations, music, and awards presentation.

Event details can be found on the Limestone County AL NAACP and Athens Facebook Pages

## Dr. Martin Luther King Jr. Holiday Celebration

Sweet Home Missionary Baptist Church

11 a.m.

803 Westmoreland Street

Guest speaker Rev. Dr. Howard Middlebrooks  
Pastor at Sweet Home

Presented by:

The Lincoln-Bridgeforth Park Committee

Take home lunch plates available after program.



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# Photos from the Past



*Limestone Sesquicentennial 150th anniversary (1818-1968)  
May 3, 1968, in front of Ross Hotel*



*Hollon's Hearse and Undertaking Business in Athens, AL early  
20th Century. Later, it was sold to his son-in-law A. M. McConnell  
(grandfather of U. S. Senator Mitch McConnell).*

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Sunday Morning Worship 10:00 a.m.  
Wednesday Night Class  
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