

# THE VALLEY STAR

A cartoon illustration of a jack-o'-lantern with a carved face, surrounded by autumn leaves. The jack-o'-lantern has a triangular nose, a wide, toothy grin, and triangular eyes. It is orange with a brown stem. The leaves are in shades of red, orange, and yellow.

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## Remember the Flat Top? Grease held it together

While sitting in the barber's chair the other day having my hair trimmed, I got to thinking about all the hair styles I've worn over the years. But none stood out more than the one I had as a teenager.

It was called the "Flat Top," and many of you might remember it was a cut that was just barely above the skin around the sides and in the back. But on top the hair was about a half-inch long and stood straight up with the aid of some grease.

The Flat Top was very popular back in the days of the mid to late 1960's. Once you put on that grease it was there to stay. You certainly didn't have to worry about the wind blowing it every which way. The grease came in a round jar and was available at most drug stores around town. A jar would last a month or two.

Back when I wore a Flat Top, we lived in the country back in the hills of northern Limestone County. I remember the grease was hard to get off because back then the only shower available was the one we had in the dairy barn. Of course, the water wasn't heated. In the winter time, it was jump in and jump out fast.

That was the trouble with outside bathrooms and showers. There was no where to take a warm bath. So, I remember Momma used to tell us before we loaded up to ride the bus to school, "Ya'll make sure you wash up." That meant taking a

wash cloth and the homemade lye soap and scrub your body all over. It might not have been as good as the bath we take today, but it was close enough to do then.

Getting that grease off the Flat Top was hard. But, it had to come off every morning because after sleeping with it overnight made for some awful flat looking hair the

following morning.

I liked it because once I put that stuff on top, I didn't have to worry about my hair. I disliked it because once it was on top, it was hard to get off. Sometimes it made me feel like greased lightning.

After the Flat Top, I think I changed my hair to a short cut, parted

down the side. Then later I considered the old Afro, although I never had the hair for that. In later years, it was changed to a longer cut, parting down the middle. And, of course, who could ever forget using peroxide to change the color just above the forehead to blonde.

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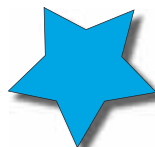


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THE VALLEY  
**STAR**

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# Monte Gaylord named 2023 Tennessee Valley Fiddle Champion

Monte Gaylord from Nowata, Oklahoma was named the 2023 “Tennessee Valley Fiddle Champion” at the 56th annual Tennessee Valley Old Time Fiddlers Convention held at Athens State University on Saturday night. As the top fiddler, Gaylord not only won the title of Alabama State Fiddle Champion but also the Convention’s top prize of \$2,000. Katrina Nicolayeff from Meridian, Idaho, who was the 2022 Fiddle Champion, finished runner-up. The 2023 Tennessee Valley Old Time Fiddlers Convention was presented by Aetos Systems, Inc., with stage sponsorships by Alabama Farmers Cooperative (Founders Hall Main Stage), Pettus Plumbing & Piping, Inc. (Brown

Hall Stage), and The Orthopaedic Center (TOC) (Delmore Brothers Stage Sponsor – McCandless Hall). Other sponsors included JMP Equipment Company, Nanny’s Old Fashion Lemonade, Pepsi, Conklin Metal Industries, Bank Independent, CB&S Bank, and Winsupply of Huntsville. The Convention contributes to Athens State by funding student scholarships and University projects. This project was made possible in part by a grant from the Muscle Shoals National Heritage Area. Music fans are encouraged to save the date for the 57th annual Fiddlers Convention, which will be held Thursday, October 3 through Saturday, October 5 in 2024.



Monte Gaylord (center) with his winning trophy.



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# Elvis Impersonator: Michael Dean

By Danny Johnson  
Staff Writer

**G**len Hall, owner of Yesterdays Event Center, located on Brownsferry Road, scheduled Michael Dean for a show a couple of weeks back. The entertainer from Decatur, AL put on a great show singing Elvis Presley's music.

Dean is the best Elvis impersonator I have had the opportunity to hear. Dean and Memphis, his back up singers, had the place rocking.

Elvis was born in Tupelo, MS and was the leader of rock and roll music. When he was 11 years old he wanted a rifle for his birthday, but received a guitar instead. The rest is history. He disrupted the music world with his music and the affect he had on the audience. Local officials attempted to sensor his dancing and music.

The audience at Yesterdays was from the Elvis era and really got into the favorite songs being delivered. Dean worked the audience and passed out scarves to the ladies in the crowd. The colorful scarves being given to the women in the audience was Elvis' trademark way he interacted with his fans. Not only did Elvis have a one-of-a-kind voice, but he also reflected how much he loved his fans and appreciated their support.

Dean came on the stage with the American Odyssey song booming. He was dressed in the rhine-stoned studded white jump suit. His first song was 'Johnny B Good.' The late Chuck Berry made this number famous and had some stellar lead guitar playing in it.

The performance lasted a little over an hour, and the audience got their opportunity to go back in time and relive the greatest singers that ever lived. A young man from humble beginnings excelled in the music and movie world.



Fans eagerly await Elvis



Debra getting a hug and a scarf from Elvis.



Backup singers Memphis

One of Elvis' first songs he sang before an audience at a talent show was 'Ole Shep.' If my memory serves me, he won second place in the show. On that hot, August day in 1977 we lost a great performer which saddened the whole country.

If you get a chance to see Michael Dean perform, you won't be disappointed. Thanks to Glen Hall and his staff for bringing Dean to his Yesterdays Event Center for everybody to enjoy.



Elvis bringing the vintage songs home



## Ghost Rider in the holler

Pulling pranks and trick or treating with our friends and neighbors

Folks were entertained by listening to their elders tell scary ghost stories. The kids would gather around Uncle Grady on Halloween night and listen to his tales. He would build a big bon fire in a field next to a graveyard and folks would come from miles to hear his tales. He told of seeing spooks coming from the old graveyard every Halloween night.

One of his stories went something like this, "I was riding my gray mare down this very road when a 'haint', another name for a ghost, got on the horse with me. The haint was holding on to me and wouldn't let go. This spooked the horse, and the faster she ran, the tighter the haint gripped on me. When we got to the curve in the road, the saddle slid off the mare spilling me and the haint on side of the road.

The horse ran all the way back to the stable." Uncle Grady would throw a stick of wood on the fire signaling the rider he had waiting in the graveyard to ride out moan and groan like a ghost.

The ghost rider would have a pillowcase mask on. This would scare the day lights out of the kids



and grown-up folks alike. After the scare, the horse man would come back and remove his mask and have a good laugh with everybody.

This night the rider never came back, and this was not normal. Uucle Grady went back home, and the kids went on their way trick or treating. When Uncle Grady got home there sat Dalton on the couch. Uncle Grady asked him,

"Why didn't you come back to the

bon fire after your ride tonight."

Dalton replied, "Because I didn't get to ride. The horse had a stone bruise." Uncle Grady was as white as a sheet. "You're pulling my leg." Uncle replied. Dalton answered, "I promise it wasn't me. I been here on the couch for a hour or so." Grandma Minnie spoke up and said, " Dalton hasn't been anywhere."

That was the last night Uncle

Grady told his ghost story out by the graveyard. This mystery was never solved. I guess strange things can happen on Halloween night.

This ghost story kept the kids from sleeping by themselves for several nights. Grandma said, "You know the ghost stories are entertaining, but kids piling up in your bed from being scared shore ain't."



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# Pink Out for Breast Cancer

First Metro Bank is having a PINK OUT in honor of Breast Cancer Awareness Month! Join us in the fight against breast cancer by participating in our community-wide initiatives throughout October.

**Scarf + Hat Drive:** Donate new, unused, or even homemade hats and/or scarves for local cancer patients at any First Metro Bank location.

**Donations for Research:** All locations are accepting donations for the Breast Cancer Research Foundation of Alabama.

**Branch PINK-OUT Contest:** Each of our locations are having a PINK-OUT to raise awareness. Each branch will have a photo posted on First Metro Bank's Facebook page of their PINK-OUT decorations. The branch photo that receives the most likes on our Facebook page wins the contest, so head on over and vote for your favorite!

## Why Pink for Breast Cancer Awareness?

The breast cancer awareness movement uses the color pink all year long but especially during October as a way to draw attention and build up enthusiasm for supporting this important cause. Pink ribbons have been synonymous with breast cancer awareness for many years, and its identity has continued to grow steadily over the past decade.

The first known link between breast cancer awareness and the pink ribbon was in 1991, when pink ribbons were handed out to participants of the Susan G. Komen Foundation race in New York City. Since then, pink ribbons have been made available at stores and events around the world in exchange for a donation to breast cancer research.



**FIRST METRO BANK.**  
**PINK OUT**  
FOR BREAST CANCER AWARENESS MONTH

*Scarf + Hat Drive*  
Donate new, unused, or homemade hats + scarves at any First Metro Bank location throughout October.

*Donations for Research*  
All locations are accepting donations for the Breast Cancer Research Foundation of Alabama.

*Branch Contest*  
All FMB locations are decked out in pink to raise awareness. The branch that receives the most likes on our Facebook page wins the branch pink-out!

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# Lawlers enjoy fishing

By Danny Johnson  
Staff Writer

**A**fter a long and hot summer, the cool mornings of fall are welcomed by fishermen of the area. Lewis Smith Lake was constructed back in the 60's to provide water to Birmingham and recreation for boaters and fishermen. The water quality in Smith Lake is some of the best found in North Alabama. The lake is known for its large rock fish and plentiful spotted bass. The world record spot was caught by Decatur native, Phil Terry, back in the early 70's.

Jerry and Penny Lawler took a fishing adventure a few weeks ago to Smith Lake. The lake has deep water with standing timber left from when it was constructed. The clean water provides a good environment for bait fish to thrive.

The food supply contributes to the fish's health and size. There are some giant stripers in the lake and schools of spotted bass. Jerry has fished the lake over the years and found some choice fishing holes. Early in the morning just after daybreak, top water lures work well on the schooling fish. I have fished a few times with Jerry and seen him catch good size fish on the spook top water plug.

Jerry's wife, Penny, enjoys fishing and catches her share of the fish. The two have a hobby in common - spending time on the lake and enjoying the outdoors. The Lawlers have fished all over the lower 48 and Canada over the years. The live scope fish finder has proven to be of benefit in locating schools of fish in open water. The spots school up in



**Jerry Lawler with a giant striper bass.**

the fall and feed heavy on the bait fish. Anglers had to depend on seeing minnows jumping and scrambling to escape a school of bass. With the advancement in fishing electronics, the fish show up on your fish finder screen. The device can give a fisherman the distance and the depth the fish are from your boat.

The live view displays your bait in

the water and allows the fisherman to see the fish take your bait. It's like playing a video game.

Smallmouth bass fishermen also depend on the live scope on Northern Lakes for finding big schools of brownies.

Thanks to Jerry and Penny for sharing their fishing outing and photos with me and the readers of The Valley Star Paper.



**Penny Lawler with a nice spotted bass.**

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# The Softer Feel

When I begin teaching people how to teach their horse, I ALWAYS tell them to begin with the softest feel they can get. Lightness is the key to success in getting your horse where you want it. If we begin at a place that is too heavy or with too much pressure, the horse doesn't have anywhere to go back to. What I mean by this is; begin as light as possible and add pressure slowly and as soon as the horse tries, release quickly. We must be more ready to release the pressure than to continue with the pressure. We must anticipate the slightest movement and give the horse release.

This applies to any pressure and release movement we are working with; whether it is yielding the hindquarters, turning the frontend, going sideways and the backup.

When I begin teaching a horse to yield from pressure, I ALWAYS begin on the ground. Teaching the pressure and release in this manner you have a better feel and also you are able to use more vision than you would sitting in the saddle. It is a concept you are teaching the horse. It's not a technique or method but a concept that the horse will quickly understand.

Let's look at the concept of teaching your horse to backup, from the ground then we will get in the saddle. The halter I use is made of 1/4" rope. The 1/4" rope will put enough pressure on the horse's



nose without too much effort, only when needed. Remember we are aiming for lightness. The lead rope is a yachting braid nylon rope and a heavy brass clip. This combination gives a quicker release than does a cotton lead rope.

We're going to be doing two different movements, at this time, from the ground. There are more but these two are the most important.

First you will hold the rope about 6" from the clip as you stand on either side of the horse facing toward the hind quarters. So, if you are on the left side of the horse, you will have the rope in your left hand. Now, pick up on the rope and push it toward the horse's chest, using light pressure. If there isn't any movement add slightly more pressure. Add pressure until you get the lightest try then release quickly. Each time begin with the lightest amount of pressure.

Next, place the palm of your hand, right or left, on the horse's nose. Put your thumb and middle finger on the facial nerves that run along the horses' face. Now begin to

add pressure on these nerves in the same manner as you did with the halter. Be sure to release immediately at the slightest try.

These two tasks will help to teach the horse to move back off the slightest try when you're in the saddle.

Now let's transfer these concepts to the saddle. If you have taken your time in teaching your horse to back using the concepts named above, your horse should begin to understand quicker in the saddle.

Teaching a horse to back when we are in the saddle is the same concept as we use from the ground. We begin with lightness and **add pressure slowly** as we need. When you get the slightest try, release the reins quickly.

Now to try and give you a step-by-step process you can visualize. Whether you use a bit, a hackamore or something else, this applies to all.

You're in the saddle; pick up your reins-one in each hand with them, not real tight, but to where you have contact. Remember, we

are teaching...not making, BIG difference. At this point, you will hold the reins with your thumb and index finger with slight contact. As you add a finger to the reins you will be adding more pressure. Again, I can't emphasize enough, take your time. It will pay off. As you add a finger you will be adding a little more pressure. If you have added all the fingers, you are now holding the reins in your hand, slightly pull back and hold. Lock your elbows by your side and hold. You should have enough pressure that the horse is trying to figure out how to get out of the pressure, but he isn't fighting to get out. If he is fighting to get out, he's not thinking how to get out. And if too much pressure is added too quickly the same will happen.

You add pressure slowly so the horse can think what it needs to do to get away from the pressure. When you get the slightest try in the right direction, quickly release the reins.

Remember, ALWAYS start in the beginning, every time. Not just the first time but every time. When your horse gives you a try and you release, begin again in the beginning.

Remember---The Softer Feel

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## Blessed are the Peacemakers

**M**y grandfather always modeled keeping the peace in and outside of our family to the extent that he would often avoid people and situations known to cause problems. I had much adoration for my grandfather in how he operated his home – a home that was peaceful; however, I think my grandfather avoided hard conversations sometimes just to keep the peace. Should we mistake peacemaking as a passive quality?

During the Sermon on the Mount, known as the Beatitudes, Jesus says, “Blessed are the peacemakers, for they will be called children of God.” Most of us want peace. Very few of us are willing to make it. If we breeze through the Beatitudes, we might mistake peacemaking for a passive quality, one possessed by people who mind their own business. Their virtue is found primarily in avoiding conflict. But that is certainly not Jesus’ intended teaching. A peacemaker does not avoid conflict. A peacemaker engages conflict—not to inflame it, but to resolve it. A peacemaker is one whose posture is primarily active; relentless in the pursuit of justice, harmony, repentance, and reconciliation. The life of Jesus, the su-



preme peacemaker, reveals how difficult and dangerous this work often is. Just think about the word “peacemaker” it is an action word that requires action not to sit back and let bad things happen.

To find success in this endeavor, we must first understand we have to rely on God’s teaching and prayer in order to be a true peacemaker. In Proverbs, God talks about how sowing discord or strife brings disaster. God hates the sowing of strife, so we must plan for peace. I have either taught or been a principal of all grade levels from kindergarten – 12<sup>th</sup> grade, and I am here to tell you that teaching middle school

students how to be peacemakers is a full-time job. I currently teach 6<sup>th</sup> and 7<sup>th</sup> grade students. Often times I can see an issue brewing long before it blossoms into something very negative, so instead of trying to keep the peace by avoiding a conversation with a student, I will plan for peace by guiding the student the right steps to take to avoid conflict. Being a peacemaker is not a passive quality, but an actionable quality to help bring peace in certain situations.

I recently watched the movie, *The Blind*, which is a story about how Phil Robertson (from Duck Dynasty) went from living a very hard life to be a true peacemaker. I high-

ly recommend this movie. Phil went onto say this is not work that can be accomplished by our own strength. Peace can only flourish where there is deep and lasting change within hearts. The free and undeserved grace that secured our peace with God is the same grace needed to make peace in the hearts of others. Remember this as you agonize over conflict between loved ones and God or among members of your church and community. Grace is what is needed. Bathe your peacemaking efforts in prayer. Ask God to honor your imperfect work for the sake of the supremely faithful Son.

Rooted firmly in the peace made by Christ, today’s peacemakers must look to His life as a model. His peacemaking led Him to the cross. In Philippians 4, “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Everything within the Christian’s control must be done to live in peace with all people; however, in order to be a true peacemaker, we must apply the Gospel to help us with conflict management. Ask God to bless you with the qualities of a peacemaker.

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## Chicken Spaghetti *from the Pioneer Woman*

### Ingredients:

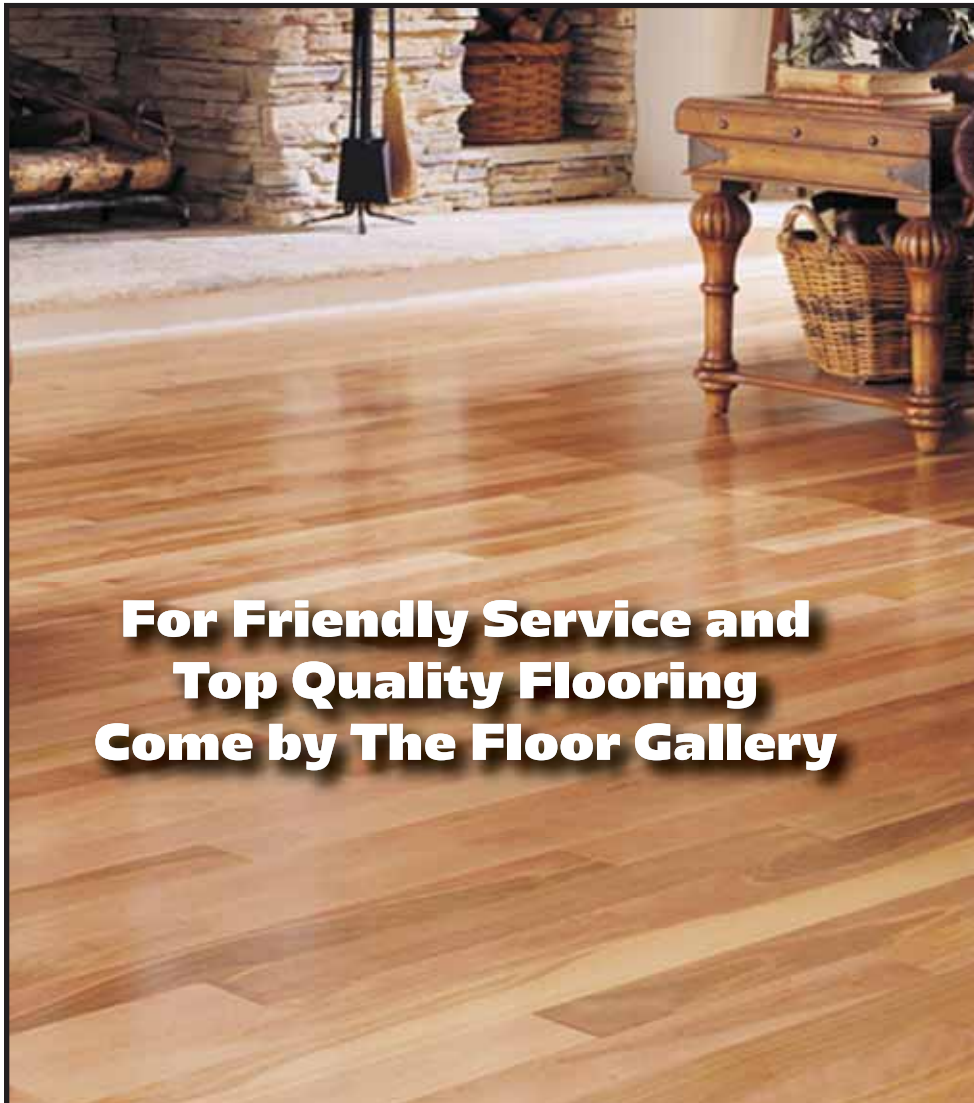
3 c. spaghetti, uncooked and broken into two-inch pieces  
2 cans cream of mushroom soup  
2 c. grated sharp cheddar cheese  
1/4 finely diced green pepper  
1/4 finely diced onion  
1 jar (4-ounce) diced pimentos, drained  
2 c reserved chicken broth from pot  
1 tsp. Lawry's Seasoned Salt  
1/8 tsp. (to 1/4 teaspoon cayenne pepper  
Salt and pepper, to taste  
1 cup additional grated sharp cheddar cheese

not overcook. When spaghetti is cooked, combine with remaining ingredients except additional 1 cup sharp cheddar. Place mixture in casserole pan and top with remaining sharp cheddar. Cover and freeze up to six months, cover and refrigerate up to two days, or bake immediately: 350 degrees for 45 minutes until bubbly. (If the cheese on top starts to get too cooked, cover with foil).



### Directions:

Cook 1 cut up fryer chicken and pick out the meat to make two cups. Cook spaghetti in same chicken broth until al dente. Do



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# Phillip Jarmon named Athens Middle School Teacher of the Year

Each school selects a Teacher of the Year. A district-wide committee then selects one elementary and one secondary Teacher of the Year to represent Athens City Schools at the state competition.

The 2023 Teachers of the Year were announced in September. The Athens City Schools Foundation looks forward to celebrating each teacher and their accomplishments at the annual Gratitude Banquet on Tuesday, November 7. 2023 ACS Teachers of the Year are: Cindy Green-way, iAcademy at Athens Elementary; Lorraine Duncan, FAME Academy at Brookhill; Jada Durden, SPARK Academy at Cowart; Cassidy Goff, HEART Academy at Julian Newman; Dana Pressnell, Athens Intermediate School; Phillip Jarmon; Athens Middle School; Stacy Willoughby - Athens High School; Cassidy Ridgeway, Athens

Renaissance School.

The teacher named as ACS Teacher of the Year will compete for the Alabama Teacher of the Year Award. Alabama Teacher of the Year is the highest honor a teacher can receive in the state.



Phillip Jarmon



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# CALENDAR

**Oct. 13, 2023 - Merchants Alley Happy Hour Music Series-Fridays** 5:30 - 7 p.m. Free to the public Merchants Alley 107 N. Jefferson St. Athens

**Oct. 14, 2023 - Sportsplex Charity Car Show** Thanks to the Limestone County Mustang Club (of which Eli was a member), EBP has been the beneficiary of the Athens Sportsplex Charity Car Show in the past. The show is hosted and run by members of the Mustang Club. Traditionally, it is a "Show and Shine" event with cash prize drawings and 50/50 tickets. It attracts hundreds of vehicles with a variety of unique and interesting makes and models. All proceeds go to the charity being featured. Registration is the day of the event and is typically \$10. Vendors are welcome and should contact Joseph Scott. Food is provided by the concession

stand at the Sportsplex. <https://www.elisblockparty.org/car-shows-and-cruises>

**Oct. 14, 2023 - Free Breakfast for Veterans and First Responders** 7:00am - 9:30am Public Welcome. \$8 for guests.

**Oct. 19, 2023-Yesterdays Event Center Senior Lunch Matinees** "The Cadillacs" oldies, doo-wop, and old country Lunch and show \$20 Doors open 10:30am, program including lunch 11am, showtime 12noon, 1 hr show.

Oct. 19, 2023 - Author Visit with Dr. Thomas O. Ott 6:00 pm - 7:00 pm Athens Limestone Public Library 603 S. Jefferson Street, Athens, AL

**Oct. 22, 2023 - CANEBRAKE WITCHES RIDE SAVE THE DATE. MORE INFO TO FOLLOW. 5:00pm.**

**Oct. 24-28, 2023 - 17th Annual Athens Storytelling**

**Festival 2023** Lineup of Featured Tellers: Donald Davis, Bil Lepp, Josh Goforth, Three on a String, Randy Evensen, Carol Cain, Adam Booth Athens Storytelling Festival provides a variety of ticketing options to fit your schedule. Tickets will be available online and in person at UG White Mercantile in downtown Athens, Alabama.

**Oct. 24, 2023 - Limestone County Farmers Market** 6:30am - 1:00pm 409 W Green Street, Athens, AL

**Oct. 26, 2023 - Coffee with The Sheriff** meet the Sheriff for coffee the last Thursday of each month from 7:00am-9:00am at the Limestone Sheriff's Rodeo Arena.

**Oct. 26, 2023 - Genealogy Basics and Beyond** 11:30am - 12:30pm This program will meet in the Technology Center, you may bring own laptop or other WiFi enabled device OR you may use one of our computers. Call (256)

232-1233 to register.

**Oct. 28, 2023- Apple Annie 5K Race** Contact Information Website: <http://appleannie5k.itsyourrace.com/>

**Oct. 28, 2023 - Fall Chicken Stew at Athens VFW Auxiliary** 4765. 8615 Jefferson St., Athens. \$10 per quart or \$30 per gallon. Pre-orders accepted by calling Nina at 562-879-2557. Pre-order pick up at 1pm Walk-in serving at 2pm





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# 1923 Model T Roadster

The Ford Model T has an extensive history in the automotive market lasting for nearly 20 years. It is often called the ‘Tin Lizzie’ and the ‘Flivver’ and is credited with ‘putting America on wheels.’ During the early 1900’s, the automobile was very new and the marketplace was adjusting to having these horseless carriages carry its passengers rather than bicycles or horses. Steam, electricity, and gasoline were the three means of powering the vehicles.

Up until about 1915, no one really knew which would be the favorable power-source. Steam provided many benefits such as being quiet, clean, and cheap. Gasoline or kerosene fuel was used to heat water in a boiler; the steam produced was channeled to the cylinders, where the pressure

drives the pistons up and down. The shortcomings were that it took a while to start, having to wait for the steam to prepare. It was dangerous, often exploding and causing injury. It had a limited range, lasting about 20-40 miles before requiring refueling. Electricity was popular but it too had a limited range. It was easy to start and was very popular with the ladies for driving around town. Then there was gasoline, which was dirty and hard to start.

It required fueling stations that were sometimes difficult to find in this new and evolving marketplace. The main benefit of the gasoline engine was that it had the most potential and an ever-increasing amount of power. It was said that how a vehicle finished on the racetrack often determined the success of sales. With gasoline



engines winning most of the races, the other sources of power were eventually doomed.

The first Model T was produced on September 27th, 1908 at the Piquette Plant in Detroit, Michigan. There are two classes

of the Model T, those that were produced before 1919 and after 1919. The pre-1919 Model T’s are known as veteran cars while the later models are called vintage cars.



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# Photos from the Past



*Kennamer & McCully ca. 1916. Mac Kennamer and Paul McCulley opened this store between J. Markowitz Store and L. L. Rogers Store on north south square in Athens, AL. Mac was drafted in 1917 for World War I and the store was closed.*



*This building was first built as the Cumberland Presbyterian Church on Washington St. by the railroad in 1852. George Sherrill bought it in 1889 and turned it into The Opera House. With brother W. S., they began a hardware store in 1908. Hendricks and Patton operate there today. (In 1863 Union troops occupied the building for a while.)*

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