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# February Fun Facts & Dates



February 1st begins Black History Month



The February birth flower is a violet



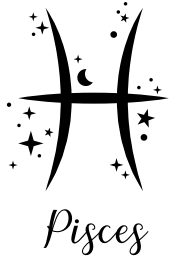
The February birthstone is amethyst



February is Heart Health Month



Aquarius and Pisces are the Zodiac signs for February



February 2

Groundhog Day



February 9

Super Bowl



February 14

Valentine's Day



February 17

President's Day



February 28

Ramadan



# Employee Spotlight



## Bruce Dunnagan

Police Sergeant

19 Years

### What do you like to do in your off time?

My family and I love hiking and camping. I take any opportunity to escape the busy lifestyle and just focus on my family.

### What do you enjoy most about your job?

My favorite part of my job is the recruiting. I get to bond with the public and when I get to be a part of fulfilling someone's dream to be an officer the excitement I see in them is the most rewarding part of my job.



## Terry Cantrell

Fire Lieutenant

12 Years

### What do you like to do in your off time?

I enjoy spending time with my family. When I get the chance I fish, hunt and play golf.

### What do you enjoy most about your job?

I love how exciting the career is. Any given day you get to be someone's hero. That's extremely rewarding as well as very challenging. I love how that drives us to continue to develop personally and professionally to meet those challenges.



## Tyrone McGhee

Operator II

2 Years

### **What do you like to do in your off time?**

Chill with family, watch sports and just try to create memories.

### **What do you enjoy most about your job?**

The people I work with and honestly I just try to be the most positive person I can be. I try to make my coworker's day a little better each and every day.



## Rhonda Pope

Food Services Worker

10 Years

### **What do you like to do in your off time?**

I enjoy spending time with my animals.

### **What do you enjoy most about your job?**

I enjoy the customers the most. I love getting to know them.



## Amy Davis

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Account Clerk - Finance

7 Months

### **What do you like to do in your off time?**

In my off time I enjoy watching my son play baseball/football, shopping with my daughter or being at the beach with my husband & kids.

### **What do you enjoy most about your job?**

What I enjoy most about my job is the getting to know the citizens & business owners of Anniston and working with a great group of coworkers.



## Lawrence Mercer

---

Code Enforcement Officer

2 Years

### **What do you like to do in your off time?**

In my spare time, I enjoy participating in church activities, exercising, and working on simple woodworking projects for family and friends. I also love traveling and exploring new places.

### **What do you enjoy most about your job?**

What I appreciate most about my job is the positive response from citizens who take action to address issues such as overgrown grass, neglected or abandoned buildings and homes, vehicles, and other nuisances. I believe this plays a crucial role in maintaining our communities' safety, health, and overall well-being.



## Paul Wade

---

PARC Labor Supervisor

28 Years

### **What do you like to do in your off time?**

Most of my off time is spent building things. I also enjoy playing golf and riding bikes.

### **What do you enjoy most about your job?**

I enjoy meeting new people and working with my coworkers.



## William Graves

---

Museum Program Manager

2 Years

### **What do you like to do in your off time?**

I enjoy playing music.

### **What do you enjoy most about your job?**

I enjoy serving the community and getting to know new people.



## Shannon English

---

Magistrate

1 Year

### **What do you like to do in your off time?**

In my time off. I spend time with my new grandson and my family. I also love to read, bake, shop and work in my yard when the weather permits.

### **What do you enjoy most about your job?**

What I enjoy most about my job is the people that I serve. Most times these individuals are looking for someone to help them get out of a situation that they have found themselves in.



## Hunter White

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Equipment Operator II

2 Years

### **What do you like to do in your off time?**

I like to go hunting, fishing, and spending time with friends and family.

### **What do you enjoy most about your job?**

I like that we are doing something different everyday and learning to operate equipment.

# FEBRUARY

## BIRTHDAYS



Alyssa Hicks  
Brian Pankey  
Calvin Prince  
Carmen Aguilar  
Ciara Smith  
Clinton Pangburn  
David Clark  
Elijah Jones  
Grayson Wimpee  
Jeffrey Finley  
Jeffrey Waldrep

Johnny Cash  
Justin Sanford  
Kristin Smith  
Lewis Downing  
Mikkalina Spann  
Pam Chapman  
Philip Snyder  
Shedrick Pearson  
Taylor Oblinger  
Valentino Halog  
William Graves



# Happy Anniversary!

## February Work Anniversaries

Shavon Bush	29 Years
Micah Bozeman	21 Years
Joshua Kitchens	18 Years
Cody Mangum	16 Years
Sarah Woolmaker	10 Years
Sterling Fiering	9 Years
Christopher Williamson	9 Years
Jessie Ennis	8 Years
Mark Loyd	5 Years
Jaylen Parker	4 Years
Sharon Hutchinson	4 Years
Kolby Burgess	4 Years
James Hill	4 Years
Charles Fender II	1 Year
Caleb Norton	1 Year

**UPCOMING  
EVENTS**

**IN ANNISTON  
& SURROUNDING  
AREAS**



WHAT'S THE STORY? ALABAMA SANDS TO CEDARS

Saturday, February 1, 11:00 am

Anniston Museum of Natural History

Alabama Sands to Cedars Exhibit Hall

**Feb 1, 2025**

Sat, 11:00 AM (CST)

HOSTED BY: Anniston Museums and Gardens

**What's the Story? Alabama Sands to Cedars**

Museum Dr, Anniston, AL, United States, Alabama  
36206, 800 Museum Dr, Anniston, AL 36206-2813,  
United States



**I SPY! CHINESE NEW YEAR**

SATURDAY, FEBRUARY 1

1:00 PM - 2:30 PM

BERMAN MUSEUM

**Feb 1, 2025**

Sat, 1:00 PM - 2:30 PM (CST)

HOSTED BY: Anniston Museums and Gardens

**I Spy! Chinese New Year**

Museum Dr, Anniston, AL, United States, Alabama  
36206, 800 Museum Dr, Anniston, AL 36206-2813,  
United States



Alabama Year of the Trails

**TRAIL WALK**

Saturday, February 8, 9:30 AM

Meet at the Learning Lodge to walk the  
Mrs. Eugenia G. Brannon Upper & Lower Nature Trails

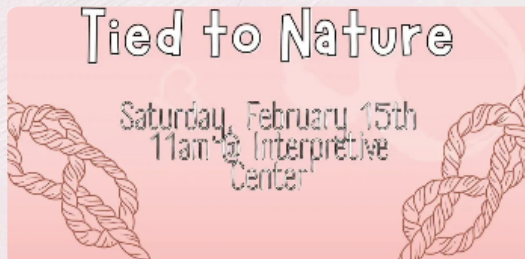
**Feb 8, 2025**

Sat, 9:30 AM (CST)

HOSTED BY: Anniston Museums and Gardens

**Trail Walk**

Museum Dr, Anniston, AL, United States, Alabama  
36206, 800 Museum Dr, Anniston, AL 36206-2813,  
United States



**Tied to Nature**

Saturday, February 15th

11am to Interpretive  
Center

**Feb 15, 2025**

Sat, 11:00 AM (CST)

HOSTED BY: Cheaha State Park-Alabama

**Tied to Nature**

19644 Hwy. 281, Delta, AL, United States, Alabama  
36258, 19646 AL-281, Delta, AL 36258-8702, United  
States



**Wine Tasting  
& hors  
d'oeuvres**

1208 Walnut Avenue,  
Anniston, AL 36201

2025-02-08 11:14  
2025-02-15 11:14

**Multiple Dates Event**

HOSTED BY: Coldwater Mountain Brewpub

**Monthly Wine Tasting**

Coldwater Mountain Brewpub, 1208 Walnut Avenue,  
Anniston, AL, United States



Longleaf Botanical Gardens presents

**PLANT SALE**

Third Thursday

January 16

10:00 AM - 5:00 PM

EBG Greenhouses and Nursery

**Feb 20, 2025**

Thu, 10:00 AM - 5:00 PM (CST)

HOSTED BY: Anniston Museums and Gardens

**Plant Sale**

Museum Dr, Anniston, AL, United States, Alabama  
36206, 800 Museum Dr, Anniston, AL 36206-2813,  
United States



Little River Canyon Center Presents

AN EVENING WITH

**T.A.D. OF  
JAZZ**

FEBRUARY 21 • 6 PM

**Feb 21, 2025**

Fri, 6:00 PM (CST)

HOSTED BY: Little River Canyon Center

**An Evening of Jazz**

Little River Canyon Center, Little River Canyon Center  
Parking Lot, AL-35, Fort Payne, AL 35967, United  
States



**WHAT'S THE STORY?  
ART OF THE DUEL**

Saturday, February 22, 2:00 pm

Art of the Duel Temporary Exhibit Hall - Berman Museum

**Feb 22, 2025**

Sat, 2:00 PM (CST)

HOSTED BY: Anniston Museums and Gardens

**What's the Story? Art of the Duel**

Museum Dr, Anniston, AL, United States, Alabama  
36206, 800 Museum Dr, Anniston, AL 36206-2813,  
United States

45th annual

# HERITAGE FESTIVAL

*Poems of the Past, Whispers of our Ancestors*



ANNISTON MUSEUMS  
and GARDENS

Saturday, February 15, 2025

9:00 am to 3:00 pm

Longleaf Event Center



FEBRUARY

**HEART  
HEALTH**

awareness month

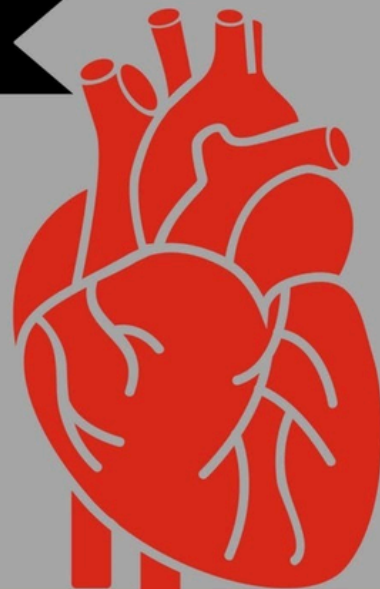


take charge  
of your  
health



## LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking



AMERICAN HEART MONTH



2025

4th Annual

# ANNISTON JOB FAIR

HOSTED BY: CALHOUN COUNTY AREA CHAMBER & VISITORS CENTER, CALHOUN COUNTY ECONOMIC DEVELOPMENT COUNCIL, & THE CITY OF ANNISTON, AL



↑ REGISTER BUSINESS HERE ↑



**WEDNESDAY**

**FEBRUARY 26TH**  
**2:30 PM CT - 5:30 PM CT**



**Anniston City Meeting Center**

1615 Noble St, Anniston, AL 36201



For questions, or more information, please feel free to send us an email at:



[jhodes@annistonal.gov](mailto:jhodes@annistonal.gov)



ARBOR DAY

**TREE  
GIVE AWAY**

SPONSORED BY:



Join us on Thursday, February 13, 2025, from 10:00 AM until 12:00 PM CT for our annual Arbor Day Tree Give-Away! The event will take place at the Anniston City Market (114 West 11th Street, Anniston, AL 36201). We thank Alabama Power for graciously donating the trees each year for this event!

For information on what trees will be available, please contact Doug Gaddy at: 256-241-7164 or [dgaddy@anniston.al.gov](mailto:dgaddy@anniston.al.gov).

# 2025 FREE DISPOSAL DAYS

During our free disposal days, citizens may freely dispose of their items. Please note, some items are not accepted and those items are listed at the bottom of this flyer.

One roll-off dumpster will be located at each of the four locations listed below from 8:00 AM CST until 5:00 PM CST on the following days:

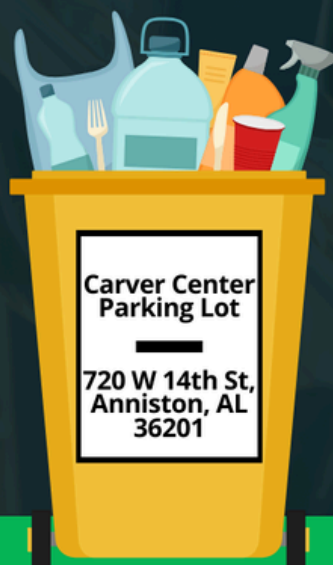
- February 14th - 15th
- March 14th - 15th
- May 16th - 17th
- June 20th - 21st
- August 15th - 16th
- September 19th - 20th
- November 14th - 15th
- December 19th - 20th

• WARD 1 - PELHAM PARK PARKING LOT  
 ◦ ADDRESS: 349 CAVE ROAD, ANNISTON, AL 36206

• WARD 3 - SOUTH HIGHLAND CENTER PARKING LOT  
 ◦ ADDRESS: 229 ALLEN AVE, ANNISTON, AL 36207

• WARD 2 - CARVER CENTER PARKING LOT  
 ◦ ADDRESS: 720 W. 14TH ST, ANNISTON, AL 36201

• WARD 4 - HODGES CENTER PARKING LOT  
 ◦ ADDRESS: 3125 SPRING VALLEY RD, ANNISTON, AL 36207



Please note, the following items will NOT be accepted:

1. Hazardous Waste of any kind (i.e. batteries, corrosives)
2. Paint
3. Electronics
4. Tires
5. Freon Appliances (i.e. refrigerators, freezers)

Also, note the Calhoun County Commission offers free landfills days. The schedule of free landfill days for 2025 is as follows:

- January 2025
- April 2025
- July 2025
- October 2025

# HOW TO EAT BETTER

## ✓ CREATE A HEALTHY EATING PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

### ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.



### LIMIT

sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.



### AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).

## ✓ READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	<b>230</b>
<b>Calories</b>	
<small>% Daily Value*</small>	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.



## TIPS FOR SUCCESS

### WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.

### COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.

### LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.

### IN NEED OF INSPIRATION?

The American Heart Association has hundreds of heart-healthy recipes to choose from.

Learn more at [heart.org/lifes8](https://heart.org/lifes8)



# HOW TO BE MORE ACTIVE

## ✓ MOVE MORE

Adults should get a weekly total of at least



**150**  
MINUTES

of moderate aerobic activity  
(water aerobics, social dancing,  
gardening)

OR



**75**  
MINUTES

of vigorous aerobic activity  
(running, swimming laps,  
jumping rope)

Or a combination of both, spread throughout the week.

## BE STRONG

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

## ADD INTENSITY

Increase time, distance, amount or effort for more benefits.

## SIT LESS

Get up and move throughout the day.

## KIDS & TEENS

should get at least 60 minutes of physical activity every day, including play and structured activities.



## TIPS FOR SUCCESS



### SET GOALS

Set realistic goals and make small, lasting changes to prime yourself for success.



### KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.



### WALK MORE

There are many ways to get active. You may find walking the easiest way to start.



### STAY ACTIVE

Not only can it help you feel, think, sleep and live better, staying active also improves overall quality of life. Every active minute counts toward your goal.



### ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.



### MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

Learn more at [heart.org/lifes8](http://heart.org/lifes8)



# 15 MINUTE BEGINNER WORKOUT

no equipment required



30 second march in  
place



20 forward  
lunges



20 squats



30 second  
cat cow stretch



20 hip bridges



20 second  
air punches



20 bicycle  
crunches

# CRANBERRY-ALMOND ENERGY BALLS

## INGREDIENTS

- ¾ CUP RAW WHOLE ALMONDS
- ½ CUP SWEETENED DRIED CRANBERRIES
- ¼ CUP PITTED DATES
- ¾ CUP OLD-FASHIONED ROLLED OATS (SEE TIP)
- 2 TABLESPOONS TAHINI
- 2 TABLESPOONS FRESH LEMON JUICE
- 1 TABLESPOON PURE MAPLE SYRUP



## DIRECTIONS:

ADD ALMONDS, CRANBERRIES AND DATES TO A LARGE FOOD PROCESSOR; PROCESS ON HIGH UNTIL THE INGREDIENTS ARE BROKEN INTO SMALLER PIECES, 10 TO 15 SECONDS. ADD OATS, TAHINI, LEMON JUICE AND MAPLE SYRUP. CONTINUE PROCESSING UNTIL A THICK PASTE FORMS, 40 TO 60 SECONDS. WITH YOUR HANDS, ROLL THE MIXTURE INTO 25 BALLS, ABOUT 1 TABLESPOON PER BALL.

REFRIGERATE IN AN AIRTIGHT CONTAINER FOR UP TO 2 WEEKS.

# CROCK POT BIRRIA

## TACOS

### Ingredients:

- 3 pounds beef chuck roast cut into large chunks
- 3 dried guajillo chilies stems and seeds removed
- 2 dried ancho chilies stems and seeds removed
- 1 onion quartered
- 4 garlic cloves
- One 14.5 ounce can diced tomatoes
- 2 cups beef broth
- 2 tablespoons apple cider vinegar
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 2 bay leaves
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Corn tortillas
- Oil for frying
- Cilantro and diced onion for garnish



### Directions:

1. Soak dried chilies in hot water for 15 minutes. Blend with onion, garlic, and tomatoes until smooth.
2. Place beef in the crockpot. Pour chili mixture over beef. Add broth, vinegar, oregano, cumin, bay leaves, salt, and pepper.
3. Cook on low for 8-10 hours until beef is tender.
4. Shred beef and mix with the sauce.
5. Heat oil in a skillet. Dip tortillas in the top fat layer of the broth from the crock pot, then fry until crispy on both sides.
6. Fill tortillas with beef mixture, fold, and fry again until crispy.
7. Serve with additional broth from the crock pot for dipping, cilantro, and onion, if desired. Enjoy!