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**Employee Spotlight** 

The City of Anniston "Good Choices" Program
Presents:



## Amniston

# THE 23RD ANNUAL MARTIN LUTHER KING, JR. BREAKFAST AND Yest Variety of the Day!



Calhoun County Commission (Commissioner Fred Wilson), State Rep. Dr. Barbara Boyd, Pandoras Art & Social Club, Iota Mu Omega Chapter of Alpha Kappa Alpha Sorority Inc., Pan Hellenic Council of Calhoun County, the Zeta Mu Sigma (Alumni) Chapter, Phi Beta Sigma Fraternity Inc., and EASTMAN

Anniston City Meeting Center 1615 Noble St, Anniston, AL 36201

JAN

20 th

2025

Starting at 9:00 AM CT

For event information, contact Patricia Pickens at: 256-231-7630

### LTC AMBER WHITE

LIEUTENANT COLONEL - U.S. ARMY SAKS HIGH SCHOOL GRADUATE CLASS OF 2000

An <u>award</u> will be given to the class with the largest participation! All City and County Schools are invited to participate.
Participating students can sign in on-site the day of the event, or by visiting:
www.annistonal.gov/mlk-sign-in





City Hall will be closed
January 30 - 31, 2025
and will reopen
February 3, 2025
for the official move downtown







## **IN ANNISTON**& SURROUNDING AREAS



HOSTED BY: Anniston Museums and Gardens

#### **Edged Weapons**

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



**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



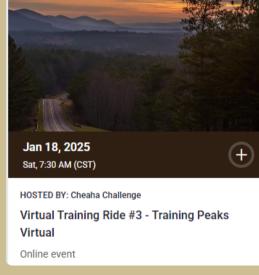
States

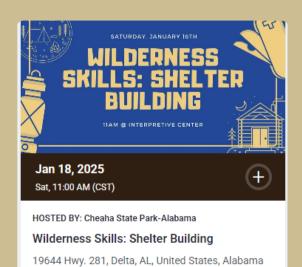
United States



36206, 800 Museum Dr, Anniston, AL 36206-2813,

United States





36258, 19646 AL-281, Delta, AL 36258-8702, United









# Winter Weather Tips

Stay off roads if at all possible. If trapped in your car, then stay inside.

Limit your time outside. If you need to go outside, then wear layers of warm clothing.

Watch for signs of frostbite and hypothermia.

Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.

Stay warm indoors to prevent frostbite and hypothermia.

Before the winter season begins, make sure you can heat your home safely.

Consider using an indoor thermometer or thermostat to monitor the temperature inside.

Plan to check on loved ones and neighbors to make sure they are staying warm.

Avoid travel if you can.





will return

February 2025









## January Anniversaries

Jeff Waldrep	31 Years
Eric Arnold	26 Years
Russell Montgomery	19 Years
Linda Pittman	19 Years
Darren Spruill	17 Years
B <mark>illy Curv</mark> in	13 Years
Jonathan Yarbrough	12 Years
<b>Richard Linton</b>	11 Years
Austin Key	9 Years
Kyle Williams	9 Years
Sean Jones	9 Years
Donald Gaddy	7 Years
Cailee Chaffin	7 Years
Gabrielle Colindres	7 Years
Taylor Underwood	7 Years
Cody Scheurich	6 Years
Jonathan Cox	6 Years
Derwin Perry	5 Years

<b>Rachel Ford</b>	4 Ye <mark>ars</mark>
<b>Reginald Lewis</b>	4 Years
Samuel Mills	3 Years
Rodney Carroll	2 Years
David Hulsey	2 Years
Steven Langston	2 Years
<b>Andrew Howle</b>	2 Y <mark>ears</mark>
<b>Cameron Green</b>	1 Y <mark>ear</mark>
Johnny Cash	1 Year
Nathan Dover	1 Year
Tremaine Royal	1 Year
Mary Brock	1 Year
Andrew Groce	1 Year
Kiana <mark>Montgomery</mark>	1 Year



With our vision insurance, you have access to advanced vision technology at many independent and retail providers, including popular national chains and regional favorites, as well as online retailers. That way, you receive vision care and services when and where it's convenient for you.

- Go to MutualofOmaha.com/vision
- In the Extensive Network section, click on the Locate a Provider link.
- 3 Enter a ZIP code or click on Use My Location to see providers in your area.



If you have questions or need additional assistance during business hours, contact our service team at **(833) 279-4358**.



Download the EyeMed Members app on your iphone, ipad or android to view benefit information and id card.



## BANANA OAT PROTEIN COOKIE



- ·Bananas: You'll want to use very ripe bananas the riper the bananas, the sweeter the cookies.
- ·Oats: Use old-fashioned oats, or quick oats.
- ·Nut Butter: I used peanut butter, but you can also use almond butter, or seed butter if you have nut allergies.
- ·Vanilla Protein Powder: 1 scoop of your favorite vanilla protein powder
- ·Egg: One large egg has six grams of protein.
- ·Salt: a pinch of kosher salt
- ·Flavor: Cinnamon and vanilla make these breakfast cookies smell and taste amazing.
- ·Chocolate Chips: I use Lily's sugar-free chocolate chips, but feel free to use regular semi-sweet chips.

How to Store, Freeze, and Reheat

These healthy protein cookies hold up well and will last up to four days in the fridge. They can be eaten at room temp or warmed in the microwave for 10 seconds.

You can also freeze these cookies for up to three months and thaw for a few hours in the refrigerator or microwave straight from the freezer.