



TABLE OF CONTENTS

● Martin Luther King, Jr
Breakfast

● City Hall Closings

● Upcoming Events

● Winter Weather
Tips

● Employee Spotlight

● Birthdays

● Anniversaries

● Vision Insurance
Info

● Recipe



THE 23RD ANNUAL MARTIN LUTHER KING, JR. BREAKFAST AND *Youth Participation Day!*

This Year's Theme:

★ "Where Do We
Go From Here?" ★



Proudly Sponsored By:

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

Guest Speaker:

LTC AMBER WHITE

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

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

JAN 20th 2025

Starting at 9:00 AM CT

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

An award 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.anniston.al.gov/mlk-sign-in





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



UPCOMING
EVENTS

IN ANNISTON
& SURROUNDING AREAS



EDGED WEAPONS

Saturday, January 25, 2:30 PM
Berman Museum



Jan 25, 2025

Sat, 2:30 PM (CST)



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



Longleaf Botanical Gardens presents
PLANT SALE

Third Thursday
January 16
10:00 AM - 5:00 PM
LBC Greenhouses and Nursery



Multiple Dates Event



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



SEED SWAP

Saturday, January 25, 9:00 AM
Longleaf Event Center



Jan 25, 2025

Sat, 9:00 AM (CST)



HOSTED BY: Anniston Museums and Gardens

Seed Swap

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, January 18, 9:30 AM
Meet at the Learning Lodge, walk the Upper Nature Trail



Jan 18, 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



Jan 18, 2025

Sat, 7:30 AM (CST)



HOSTED BY: Cheaha Challenge

Virtual Training Ride #3 - Training Peaks

Virtual

Online event



WILDERNESS
SKILLS: SHELTER
BUILDING

11AM @ INTERPRETIVE CENTER

Jan 18, 2025

Sat, 11:00 AM (CST)



HOSTED BY: Cheaha State Park-Alabama

Wilderness Skills: Shelter Building

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



WINTERLUDE: COFFEE AND
CAMPFIRE

FRIDAY, JANUARY 24TH
@ UPPER IMPROVED CAMPGROUND - 5PM

Jan 24, 2025

Fri, 5:00 PM (CST)



HOSTED BY: Cheaha State Park-Alabama

Winterlude: Coffee and Campfire

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

January

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.



Employee Spotlight
will return
February 2025

january

BIRTHDAYS



HAPPY
BIRTHDAY

Adam Gieger
Andrew Yancy
Angela Smoak
Anthony Crosson
Branton Cole
Cameron Green
Darlene Berta
David Morgan
Derrick Kirby
Destini Elston
Dillion Wiggins
Donald McGraw
Elijah Teem
Isabella Rose
Jack Draper
Jason Brown
Jason Murphy

Jerre Dingler
Jessie Ennis
John Dryden
John Stanfield
Jonathan Evans
Jorge Galvis Monroy
Katherine Meherg
Kiana Montgomery
Konnor Baswell
Maryellyn Hawbaker
Richard Linton
Rodney Carroll
Roger Hammock

Happy Anniversary!

January Anniversaries

Jeff Waldrep	31 Years		
Eric Arnold	26 Years		
Russell Montgomery	19 Years	Rachel Ford	4 Years
Linda Pittman	19 Years	Reginald Lewis	4 Years
Darren Spruill	17 Years	Samuel Mills	3 Years
Billy Curvin	13 Years	Rodney Carroll	2 Years
Jonathan Yarbrough	12 Years	David Hulsey	2 Years
Richard Linton	11 Years	Steven Langston	2 Years
Austin Key	9 Years	Andrew Howle	2 Years
Kyle Williams	9 Years	Cameron Green	1 Year
Sean Jones	9 Years	Johnny Cash	1 Year
Donald Gaddy	7 Years	Nathan Dover	1 Year
Cailee Chaffin	7 Years	Tremaine Royal	1 Year
Gabrielle Colindres	7 Years	Mary Brock	1 Year
Taylor Underwood	7 Years	Andrew Groce	1 Year
Cody Scheurich	6 Years	Kiana Montgomery	1 Year
Jonathan Cox	6 Years		
Derwin Perry	5 Years		



eye
Med

VISION
INSURANCE



IT'S FAST AND EASY TO CHOOSE A PROVIDER

With Our Online Provider Directory

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.

- 1 Go to MutualofOmaha.com/vision
- 2 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**.



eye
Med

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.