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Tick Tock, Tick Tock

I heard a song on the radio the other day and the words kept playing over and over in my head, "Time keeps on slippin', slippin', slippin', into the future." As I sang along, my mind wandered: Project deadline is due; Graduation invitations need to be mailed; Don't forget that doctor's appointment; Have you finished the staff meeting agenda? How many times have you said, "There just aren't enough hours in the day?" There seems to be a pandemic of "busyness" that we all face. As many of you know, I move at a pretty fast pace. But, if you're organized, fast and efficient, you can get everything accomplished, right? I want to believe this, but it simply isn't true. There will always be tasks to complete, deadlines to meet and events to attend. However, there are a few "tricks" I've



LEAH BOLIN
CHAMBER PRESIDENT

used to squeeze the most productivity out of my day. Perhaps one or two of these can help you too.

Complete the most important tasks first.

This is the golden rule of time management. Each day, identify the two or three tasks that are the most crucial to complete, and do those first.

Sleep at least 7-8 hours.

Some people think sacrificing sleep is a good way to increase productivity and squeeze a couple extra hours out of the day. This is not true. Get some rest, you will be more productive.

Devote your entire focus

to the task at hand.

Close out all other browser windows. Put your phone away, out of sight and on silent. Find a quiet place to work and concentrate on this one task.

Get an early start.

I can accomplish more before 7:00 a.m. than any other part of my day. You are less likely to get distracted in the morning.

Don't allow unimportant details to drag you down.

We often allow projects to take much longer than they could by getting too hung up on small details. I'm much better off getting the bulk completed, and revising things afterward.

Allocate a time limit in which to complete a task.

Instead of just sitting down to work on a project and thinking, "I'm going to be here until this is done," try

thinking, "I'm going to work on this for three hours."

Don't think of the totality of your to-do list.

One of the fastest ways to overwhelm yourself is to think about your massive to-do list. Realize that no amount of thought will make it any shorter. Focus on one, single, solitary task. One step at a time.

Exercise and eat healthy.

This is the hardest area for me. Not because I don't enjoy exercise, but because I have put it too low on my priority list. This is my goal for 2016. You should make it a goal too.

Do something during waiting time.

We tend to have a lot of down-time where we don't try to do much. Waiting rooms, lines at the store, on the elliptical at the gym, etc. I squeeze every minute out

of my day by utilizing those times to return texts, calls and emails.

Lock yourself in.

No distractions, no excuses. Sometimes, the only way I'm going to get something done is if I'm under lock and key, alone in my office.

Enjoyment should always be the goal. Work can be play.

We get so caught up in busyness that we forget to enjoy what we're doing. Even when we focus on working smarter, we're still often too focused on getting things done. The goal should be to arrange your commitments in a way that you're happy living out the details of your daily life, even while you're working.

Credit: Refine the Mind

Cullman Area Chamber of Commerce

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2015-16 4th Quarter Community Improvement Awards

4th quarter sponsor East Side Barber Shop



Congratulations to the 4th Quarter Community Improvement Award winners for the year of 2015-16. These awards are given on a quarterly basis beginning in July of each year, with one overall annual award presented at the Cullman Area Tourism & Community Improvement Awards. The Community Improvement Committee hopes to inspire others to take action to preserve, protect and promote community improvement in Cullman. Nominations are accepted year round for the best examples of community improvement efforts made by business/company owners of properties in the Cullman area. Anyone may nominate a commercial property/organization in the Cullman area. Businesses/organizations are eligible for one award per category each year and must be a Chamber member in order to be nominated. There is no fee to nominate. You must submit a nomination form for the award on a quarterly basis. A sign will be placed in the winner's location each quarter (July, October, January and April). Nomination deadlines are June 15, September 15, December 15 and March 15.

Business/Organization with Best Landscaping – Small: Cullman Cosmetic & Family Dentistry

Awarded for best design, maintenance, litter control and plant materials.

Business/Organization with Best Landscaping – Large: Royal Technologies

Awarded for best design, maintenance, litter control and plant materials.

Business/Organization with Best Curb Appeal: Peoples Bank of Alabama – Main Branch



Royal Technologies - Business/Organization with Best Landscaping – Large,
Awarded for best design, maintenance, litter control and plant materials



Camp Meadowbrook - Business/Organization "Building a Sense of Community"
Awarded to a business that strives to improve the community through additions of a park, play area, park benches or playground, etc.



Buffalo Wild Wings - Business/Organization with New Construction
Awarded for superlative work for those businesses who have undergone careful construction of a new structure completed within the past three years.

Awarded for substantial improvements to the outside of the property with the most attractive presentation from the street.

Business/Organization with Best Restoration: BrickHaven

Event Venue

Awarded for superlative work in the restoration, rehabilitation, reuse of property or sensitive design.

Business/Organization with New Construction: Buffalo Wild



Peoples Bank of Alabama Main Branch - Business/Organization with Best Curb Appeal Awarded for substantial improvements to the outside of the property with the most attractive presentation from the street.



Cullman Cosmetic & Family Dentistry - Business/Organization with Best Landscaping – Small Awarded for best design, maintenance, litter control and plant materials.



Business/Organization with Best Restoration - Awarded for superlative work in the restoration, rehabilitation, reuse of property or sensitive design.

Wings

Awarded for superlative work for those businesses who have undergone careful construction of a new structure completed within the past three years.

Business/Organization

"Building a Sense of Community":

Camp Meadowbrook

Awarded to a business that strives to improve the community through additions of a park, play area, park benches or playground, etc.



Membership Appreciation Cookout

The Cullman Area Chamber of Commerce would like to honor its members on Membership Appreciation Cookout Day, to be held on Wednesday, May 18th at the Chamber. Businesses, organizations and individuals who are current members of the Chamber are invited to attend (limit – 5 attendees per company). Stone Bridge Farms will provide the food, and you may stop by between the hours of 11:00 a.m. and 2:00 p.m. There is no cost to attend. Please RSVP with your company and head count to Magan Bartlett by May 12th – mbartlett@cullmanchamber.org. Thank you to our Presenting Sponsor Stone Bridge Farms, our Corporate Sponsors Near-en Construction and Spectrum Business, and our Beverage Sponsor Pepsi Cola Distributing Company.

Congressional update from Robert Aderholt

Many of us have probably had the experience of being in line behind someone at a store and the person in front of us seemed to be using their SNAP/Food Stamp benefits for something other than nutritional food. It might have been sugary energy drinks or even non-food items like lingerie, and yes the benefits have been used for these type items.

The food stamp program is officially called SNAP, the Supplemental Nutrition Assistance Program. The money for the program is allocated to each state, and the states administer the program.

Currently, there are approximately 46 million Americans using the program. The number has doubled since 2008.

And it should be stated that a large number of the people receiving this assistance have no desire to be dependent on the government and ultimately tax payers for their food. However, the national economy, which remains stagnant, has forced people into this reality.

While it is ultimately up the legis-

lature to determine how these benefits are used, Congressman Robert Aderholt is also looking into the SNAP program. The Congressman recently introduced legislation that would allow the states that choose to do so, to drug test those who receive SNAP benefits.

"Millions of hard working Americans get up to go to work in factories, on farms and small businesses to pay the taxes that provide welfare assistance to those that qualify," Aderholt, chairman of the Agriculture Appropriations subcommittee with jurisdiction over SNAP, said in a statement released to the media. "This is meant to be temporary assistance, not a way of life. Many major employers and small businesses require applicants to pass a drug test, this bill will ensure that welfare recipients are job-ready."

Current federal law has served as a roadblock to states wishing to implement the testing. Aderholt's legislation would not require testing, but would simply give states the ability to do so.

The Congressman says this legislation is not simply meant to implement drug testing, but would also provide funding for treatment.

"This bill provides states with the ability to identify those who are gaming the system as well as those who are struggling with addiction," Aderholt went on to say. "For those struggling, it provides funds to assist states in providing drug treatment."

A stable and ready-to-work job force can't be maintained with an increasing dependency on illegal drugs, in particularly opioids like heroin. Not only is it putting a strain on local doctors, hospitals and emergency medical crews, but also businesses that can't keep qualified employees.

"The goal is not only to break welfare recipients' dependence on government programs but also on their addiction to drugs."

Written & Submitted by:
Jennifer Butler-Taylor
Congressman Aderholt's Office

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May 6, 2016

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Hosted at
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May 6, 2016
7.30AM - 3.30PM

For More Info:
LeadercastCullman@gmail.com

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Visionary leaders have the ability to see a preferred future, operate in the present, and utilize the resources around them to architect a clear path to a new destination. Join us on May 6, 2016, to be equipped with insights and tools that will enhance your capabilities as a visionary leader.

event.leadercast.com/location/cullman

Leadercast Cullman is this week! It's not too late you purchase your ticket for this event! The Cullman Area Chamber of Commerce has partnered with Chick-fil-A Cullman to bring this event to Cullman. Leadercast is the world's largest one-day leadership conference, broadcast LIVE from Atlanta and simulcast to hundreds of locations around the world on May 6, 2016. The simulcast will be shown

at Daystar Church – Good Hope Campus. For more information and to purchase tickets, please visit <http://event.leadercast.com/location/cullman>.

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May Morning Blend

The Chamber's Morning BLEND

Find out what's happening in the Cullman area
May 18th | 8AM-9AM

Presented by: **KARMA'S COFFEE HOUSE** Join us at Karma's Coffee House Sponsored by: **EvaBank**

Come join us in the morning on Wednesday, May 18th for delicious coffee and great discussion at our Morning Blend, held every third Wednesday of each month from 8:00-9:00 a.m. at Karma's Coffee House in the Warehouse District. The Chamber staff welcomes members and visitors every month to attend this free event and discuss the hottest topics in business and share tips, ideas and viewpoints. Thank you to our Presenting Sponsor Karma's Coffee House and to our Monthly Sponsor EvaBank.

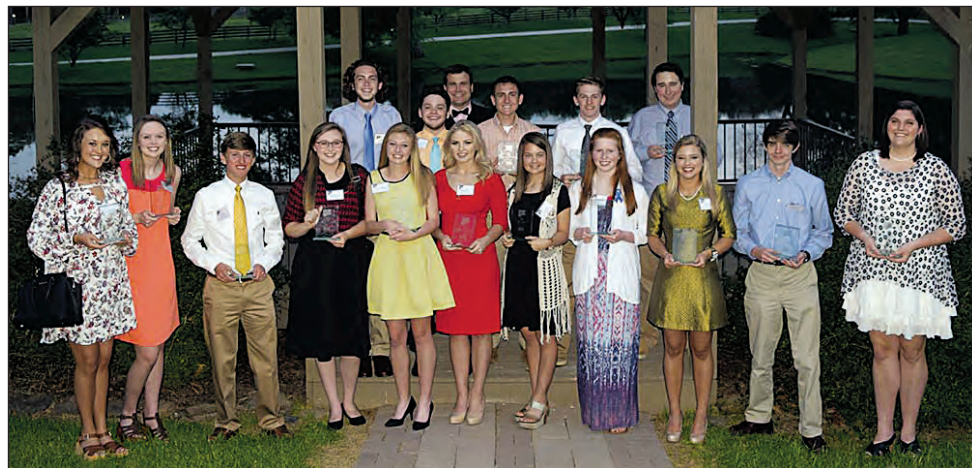
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Youth Leadership Cullman County Class of 2015-16 Graduation



The Cullman Area Chamber of Commerce is proud to announce the graduation of their 2015-16 Youth Leadership Cullman County class. The students completed the program in early April and officially graduated on Tuesday, April 19th. The 9-month long program included an opening social for the students to meet one another, and then a session each month focusing on a wide array of topics: August - Experiencing Leadership Day, September - Tourism & Community Day, October - Education & Etiquette Day, November - Quality of Life Day, December - Public Safety Day, January - Local Government Day, February - Business & Industry Day, March - State Government (Montgomery Drive-in) Day, and April - Ag Day. Each session portrayed an in-depth experience for these high school juniors, allowing them to receive first-hand knowledge and involvement. As a newly integrated part of the program this year, the Mentorship Program was introduced. This program is a collaboration between Youth Leadership and the adult leadership program, Leadership Cullman County, and allowed students to job shadow and interview the adult leadership class by pairing up in mentorships. Congratulations to this year's graduating class! If you know of a youth that would benefit from this program, please call Natalie Bonner at the Chamber for an application at 256-734-0454 or email nbonner@cullmanchamber.org. Students must be current sophomores who will be juniors in the fall. The deadline for nominations is May 6, 2016. Thank you to all of our sponsors this year for your investment in our youth.

State Track Meet May 6 and 7

The Cullman area is proud to host the AHSAA (Alabama High School Athletic Association's) track event at Cullman High School on May 6th and 7th. Roughly 10-15,000 people will experience the Cullman area through restaurants, retail, lodging and pastimes. This is the 2nd year

of the 3-year contract, Cullman will retain the outdoor track and field championships for the next year for classes 1A, 2A and 3A. This will be hosted at CHS on the main field at Oliver Woodard Stadium. The community is thrilled and honored to host this prestigious event on our

Cold Springs High School
Emme Willoughby
Tucker Kilgo
Cullman High School
Kendall Adkison
Zac Bell
Fairview High School
Morgan Wilson
Taylor Dover
Good Hope High School
Maggie Stewart
Cohen White
Hanceville High School
Erin Wise
Cameron Brockman
Holly Pond High School
Macy Ray
Dawson Foust
Home School
Ashley Tackett
Lexie Allred
St. Bernard Prep School
Darby Dickinson
Nick Nicholas
West Point High School
Taylor Eady
Caleb Barnette

home turf. Always looking to grow our reach and support local endeavors, the Cullman Area Chamber of Commerce, the City of Cullman and Cullman City Schools are proud partners of this event. For more information, call the Chamber at 256-734-0454.

May Community Luncheon


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Local law enforcement answers questions for organizations and business.


MAY 20 (NEW DATE) | ALL STEAK RESTAURANT | 11:30AM - 1:00PM

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2016 Cullman Area Tourism & Community Improvement Awards

The Cullman Area Chamber of Commerce & Visitor Center is excited to announce their 3rd Annual Cullman Area Tourism & Community Improvement Awards program. The State of Alabama Tourism Department has declared 2016 "The Year of Alabama Makers." In light of this, our annual Tourism Awards program will feature "Cullman Makers." We are excited to showcase some of the very best makers we have in the Cullman area, those who have an organic approach to making something wholly original. To give you a better idea of what we mean by "maker," – think of the famous festival, Southern Makers – per their website definition, we mean celebrating our Cullman creativity and innovation by bringing together highly curated, handpicked top talent that "make" things of interest such as: music, designs, buildings, farms, art, food, beer, clothing, soap, coffee, and tea – essentially the top makers in their respective trades. Ranging from experts in architecture to art, fashion, food, repurposing and everything in between, the event explores southern-based creativity that enriches lives. Our event aims to cel-



brate, network, learn, inspire and cultivate the Cullman creativity and Southern soul, which makes our community unique and special.

The Cullman Makers event on May 12th, 2016 will allow Cullman Makers an opportunity to showcase their items from 9:00 AM – 10:00 AM. Following the Cullman Makers vendor show, the Cullman Area Tourism & Community Improvement Awards program will kick-off with a brunch starting at 10:00 a.m. The entire event will take place at the Brown Stone Centre at Stone Bridge Farms. The guest speaker will be Sean Miller. Miller is a Certified Personal Trainer, Cofounder of MOTIVATE - Redefining Workforce Health, Owner of Miller Fitness in Decatur, AL, and provides athlete preparation for Olympic Development Programs. The theme will be "Improving Overall Performance" - Maximizing Your

Potential.

Single tickets are priced at \$20 for chamber members and \$25 for future members. Table sponsorships start at \$200 and include reserved seating for eight in a prime location with table signage. The presenting sponsor for the event is The Community Shopper's Guide. Corporate sponsors include Cullman County Parks & Recreation, The Cullman Times, and The Smith Lake Book. The program sponsor is Johnny's Bar-B-Q. There are gold, silver and bronze table sponsorships available for this event.



If you would like to reserve your seats to the 2016 Cullman Area Tourism & Community Improvement Awards, email info@cullman-chamber.org or call 256-734-0454. There are a limited number of seats available and tickets are on a first-come, first-serve basis.

Here are this year's categories:

The Business Awards
These awards recognize businesses and events that differentiate themselves by providing exceptional service, anticipating customers' needs and consistently exceeding visitors' expectations.
Exceptional Festival or Event Award
Best Attraction Award
Near Nature. Near Perfect Award

Spirit of Cullman Award
Rockin' Retailer
Extraordinary Everyday Eatery

The Individual Service Awards

These awards recognize hospitality and frontline individuals who consistently deliver warm, friendly and helpful service, exceed visitors' expectations, anticipate customers' needs and have received written or verbal feedback about their exceptional service from their colleagues, supervisors or their customers.
The White Glove Award
The Silver Spoon Award
Superior Service Award
Savvy Retail Sales

Associate Heart of the House Award
Hospitality Volunteer of the Year
Rising Star Award
Tourism Professional of the Year Award

The Community Improvement Yearly Awards will also be presented at this program as a part of the event. These awards are given on a quarterly basis with one overall annual award winner in each category including: Best Landscaping (Small), Best Landscaping (Large), Best Curb Appeal, Best Restoration, Best New Construction, and "Building a Sense of Community."

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April Small Business of the Month - Jennifer's Treasures Boutique

April Supporter - Cullman Auto Mall

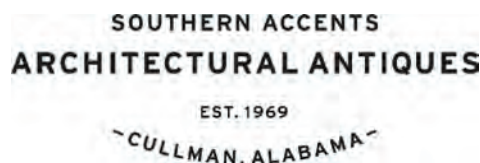
May Winner - Stone Bridge Farms

The Chamber's Retail Committee would like to congratulate Jennifer's Treasures Boutique as April's Small Business of the Month, sponsored by Cullman Auto Mall. In addition to offering quality products and services, owner Jennifer Bennett, strives to support and contribute to her local community. Last year, she participated in Chamber events of 2nd Fridays, and Christmas Open House, as well partnering in various community programs of Octoberfest, Strawberry Fest, Little Black Dress, the Pilot Club, Celebrate Cullman and others.

As an experienced fashion consultant, Jennifer has long helped customers with proms, pageants, weddings and any special occasion or event. She carries fashionable and beautiful apparel for pre-teens, adults, and enhanced sizes. Her lineup of jewelry is tastefully selected and priced respectfully. Jennifer boasts that her store is the largest carrier of Alabama / Auburn items in Cullman - carrying everything you may need for your Game Day experience, or to decorate and place the perfect touch on your man cave! A variety



May Supporter - Southern Accents



of gifts are also available - including Secret Jewel Candles and Soap. As a Director with Nerium AD, the #1 anti-aging and skin care company in America, she is prepared to service your cosmetic needs.

Jennifer's Treasures offers free gift wrapping all year, gift certificates, and layaway. Jennifer likes to refer to her store as the "perfect one-stop affordable, quality shoppe!". Come by and see her at 322 1st Ave SE, Cullman, AL, 35055, contact her at (256) 734 -



Jennifer's Treasures Boutique

2517, or check her out on Facebook at Jennifer's Treasures Boutique! Again, congratulations for all your hard work and contribution to this community.

Each month, a sponsoring business helps celebrate and acknowledge the Small Business of the Month winner. If you have a local

business you would like to nominate for their outstanding service, please contact Ben Smith at bsmith@cullmanchamber.org. Monthly winners will be entered into the nominations for the annual Small Business of the Year award, which is presented at the Chamber's Annual Meeting & Gala.

YPCullman - New Young Professionals Group to Meet on Cinco de Mayo

YPCullman - New Young Professionals Group to Meet on Cinco de Mayo

The Cullman Area Chamber of Commerce Young Professionals Group (YPCullman) is a professional development program that encourages YPs to take ownership in the community and provides opportunities to grow so these young individuals are inspired to lead with enthusiasm, determination and passion. YPCullman is an outlet for the next generation of leaders to channel their energy and enhance their leadership potential. This new program is designed for young



professionals, ages 22-39. Over time, we envision YP Cullman members to take

strides in several facets of the Cullman area, including but not limited to: community

awareness and concern, committee involvement, entrepreneurial roundtables, and eventually leadership roles. The Chamber's second YPCullman event will take place on another fun holiday - Cinco de Mayo (May 5th) - at the newly opened local brewing company, Goat Island Brewing Company. This time, we will network and have some fun, but attendees will also get to enjoy an exclusive tour of Goat Island, hear a little bit of history about its founding, and see what they have to offer. Food catered by Jim 'N Nick's will be available, along with beverages. Come out for a great

night of fun and networking as we get to know one another and discuss the future of the Cullman area. Tickets are \$15. For more information, please call the Chamber at

256-734-0454 or email info@cullmanchamber.org. Thank you to our Presenting Sponsor Zeb Little Law and to our Quarterly Sponsor Homtex, Inc.



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State of the Schools/Student & Teacher of the Year



Career Tech Student of the Year - Evan Scott, center, Cullman County Schools Superintendent Shane Barnette, right and Wescoat Free of Knight-Free Insurance.

The annual State of the Schools / Student & Teacher of the Year Banquet was held this past month on April the 7th at Wallace State Community College, presented by Chick-fil-A. Addresses were provided from Cullman

City Schools Superintendent Dr. Susan Patterson, Cullman County Schools Superintendent Mr. Shane Barnette, and Wallace State President Dr. Vicki Karolewics. Tanner Rusk, a senior from West Point High School was presented



Student of the Year - Tanner Rusk, center, with Cullman County Schools Superintendent, right and Wescoat Free of Knight-Free Insurance.

the Student of the Year award. Evan Scott from Cold Springs, a senior enrolled at the Cullman Area Technology Academy, was presented the Career Technical Student of the Year. Each student was presented scholarships from both the

Wallace State Future Foundation and the Cullman Area Chamber of Commerce. Congratulations to both Tanner and Evan as they follow and pursue their academic and career goals!

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