

APRIL 2021

ATN SIDER

Fun & Lighthearted Internal Newsletter

APRIL -

We've made it to the fourth month of the year — April is a very confusing month; rainy and wet one day, the next full of a warm promise of green growth to come. Besides the weather, the month is full of surprises and contradictions, prized for rebirth and endings, and a birth month to amazing geniuses and crazed despots both, making fun of astrological predictions. You must love April. It is just like life. April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals that were planned for April included Parrilla, a day celebrating the founding of Rome.

ADMINISTRATIVE PROFESSIONAL'S -

APRIL 21 - We salute all ATN administrative professionals! Thank you for your hard work and dedication. We appreciate you!

Alex City & Gadsden – KELLEY CARDEN

"I love my job! Being an Admin Professional means doing the most and best I can to support all peeps and things ATN. I am here to help! And in case you were wondering, Spring is my favorite season. Just not the stormy part. I'm most happy when the sun is shining and the days are warmer & longer. I love playing in the dirt; I love planting things, watching them grow, then sharing the fruits...or veggies of my labor."

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Birmingham – CASSANDRA SPENCER

(from website bio) "When not hard at work, Cassandra enjoys shopping."

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Central Office – CAMIE HUETT

"Act as if what you do makes a difference. It does." — William James

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Cullman – ASHLEY LACKEY

"Being an Office Manager is like being a Housewife, no one quite appreciates or understands what you do all day until you stop doing it." - Unknown

FUN DATES

- 4/1 April Fool's Day
- 4/1 International Fun at Work
- 4/1 Sweet Potato Day
- 4/3 Find a Rainbow Day
- 4/5 Find a Dandelion Day
- 4/6 International Pillow Fight
- 4/7 National No Housework
- 4/7 World Health Day
- 4/10 Golfer's Day
- 4/10 National Siblings Day
- 4/11 8-track Tape Day
- 4/13 International Plant Appreciation Day
- 4/13 National Peach Cobbler
- 4/15 National High Five Day
- 4/16 National Stress Awareness
- 4/17 Blah, blah, blah Day
- 4/18 International Juggler's Day
- 4/21 Go Fly a Kite Day
- 4/21 Administrative Professional's Day
- 4/23 Take a Chance Day
- 4/27 National Sense of Smell
- 4/27 Babe Ruth Day
- 4/29 International Dance Day
- 4/29 National Zipper Day
- 4/30 Arbor Day
- 4/30 National Honesty Day

Eufaula, Enterprise & Montgomery – CYNTHIA WALKER

"I love coffee. I sometimes get excited at night thinking of the coffee I'll get to drink in the morning. Coffee is reason to wake up. There are other reasons, of course. But coffee is the incentive, at the very least." – Annie Clark

Mobile & Thomasville – SANDY LEE

Administrative Professional, what exactly does that mean? Just my two cents, I see the title as one of the most prestigious roles in a company. Administrative Professionals play a major part in an organization's success. We are the "Heart" (if you will) of the company. We are leaders as well as mentors and we display strong work ethics. We offer valuable solutions to various issues that may arise as we wear many hats. At ATN we work together as a TEAM and we are proud of it!

Muscle Shoals, Rainsville & Opelika – PAM ELROD

My twins are Seniors and will be graduating on May 27, 2021. How can this be?"

Sumiton – BROOKE WALDROP

(from website bio) "When not hard at work, she enjoys reading, fishing, spending time with family and raising her two beautiful little girls."

FEEL GOOD TASTE BUDS -

Easy Breezy Fruit Salad

Ingredients:

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|--|------------------------------------|
| 1 can (8-1/4 oz.) Pineapple Chunks, undrained | 1 cup Coconut Flakes (or shredded) |
| 1 can (11 oz.) Mandarin Oranges, drained | 1 cup Miniature Marshmallows |
| 1 container (8 oz.) Sour Cream (can use light) | |

Directions:

Step 1

Drain pineapple chunks, reserving 1 Tbsp. of the juice.

Step 2

Mix pineapple chunks, reserved juice, mandarin oranges, sour cream, coconut flakes and miniature marshmallows; toss lightly. Cover.

Step 3

Refrigerate several hours or until chilled.

NOTES

- You can add Greek yogurt instead of sour cream if you prefer.
- Fresh mandarin oranges can be used instead of canned.
- Feel free to add more fruit like chopped apples or grapes.

STRESS RELIEF

SOME PEOPLE SAY THE GLASS IS HALF FULL. SOME PEOPLE SAY THE GLASS IS HALF EMPTY, BUT ENGINEERS SAY THE GLASS IS TWICE AS BIG AS NECESSARY.



DID YOU KNOW

APRIL IS THE KICK-OFF MONTH FOR BASEBALL, (AND THE LAST MONTH FOR YOUR KIDS TO BRING UP THEIR GRADES BEFORE FINALS)