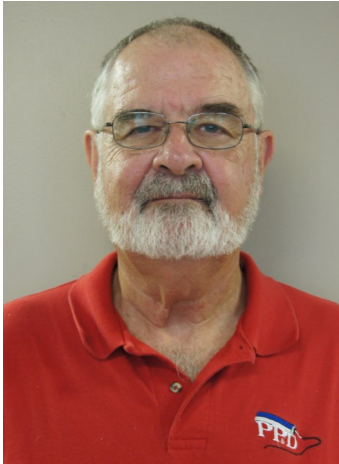




BURNT MOUNTAIN MATTERS



JULY 2013



Board Member Spotlight

This month's Board Member Spotlight is on Pete Olson. Pete has served on the Board several years. He co-owns a packaging business, Precision Packaging and Distribution, located in Jasper. Several of our individuals work there on a daily basis, where they package ant bait, glue, and other various items. Pete lives in Roswell, GA with his wife. In his spare time, he enjoys riding his motorcycle and attending car shows. He is very kind, caring, and dedicated and we are very proud to have him as a part of our Board of Directors.

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Outdoor Kitchen

Work has finally begun on our new outdoor kitchen! Workers from North Georgia Stone began grading on Tuesday, June 25 and were already laying the patio down by the next day. The kitchen will be complete with a grill, refrigerator, sink, counters, and storage space. We hope that the kitchen will be complete in time for Burnt Mountain Center's 40th Anniversary Celebration in August, which is still in the planning process. The kitchen will allow us to have more outdoor functions at BMC. We can't wait to get it finished!



Upcoming Events:

- Closed: Independence Day—July 4 & 5
- Closed: Labor Day—September 2
- Closed: Halloween Party—October 25
- Closed: Thanksgiving—November 28 & 29
- Closed: Christmas Banquet—December 13
- BMC Christmas Breakfast & Party—December 20
- Closed: Christmas Holiday—December 23-27
- Closed: Staff Training—December 30 & 31

New Employees

Check out BMC's newest employees:

Thomas Hart: Thomas is a driver at BMC. He is originally from South Carolina, and currently resides in Jasper. His laid personality and friendly persona makes him a hit with everyone.

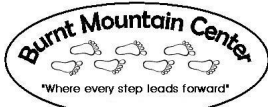
Jimmy Parker: Jimmy is the newest driver at BMC. He retired from the U.S. Postal Service after 32 years. He currently resides in Jasper and has a very outgoing personality.

Kelley Kaylor: Kelley is a 2012 graduate of Fannin County High School. She is currently attending North Georgia College.

Kaitlyn Poole: Kaitlyn is a 2013 graduate of Pickens County High School. She currently lives in Jasper and will be attending North Georgia College in the fall.

SUGGESTIONS WELCOME!

Any suggestions to better enhance the services of BMC are welcome. There is a suggestion box located in the front lobby of the building.



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Check us out on [Facebook!](#)

Job-Site Spotlight

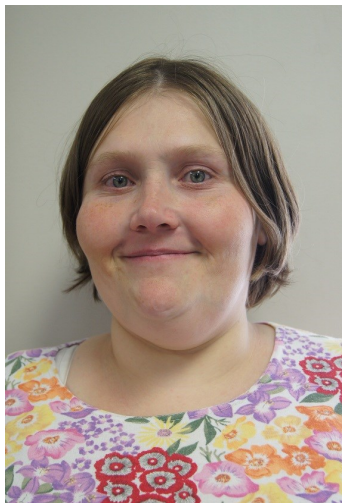
This month's spotlight is on North Georgia Medical Center. NGMC is located in Ellijay, GA and has employed one of our BMC individuals for several years. Her job duties include cleaning, washing dishes, and other kitchen duties in the cafeteria. She is very proud to have such a rewarding position at NGMC.

BMC Birthdays

July 2013

| | |
|----------------|-----------------|
| Hugh—2nd | Louise—16th |
| Kyle—9th | Susan—26th |
| Dianne C.—10th | Kris—28th |
| Jason S.—12th | Diane Q.—29th |
| Amanda—12th | Michael J.—30th |

Employee of the Month

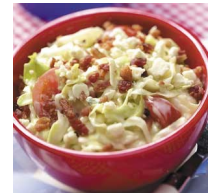


Peggy is July's employee of the month due to her kindness to others and her willingness to help out when needed. In her spare time she enjoys shopping, singing, and dancing. She has a great personality and we are glad to have her as a part of the Burnt Mountain Center family. Congratulations, Peggy, on earning this great award!

July 4th Recipe

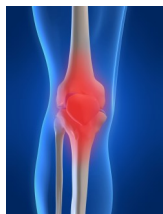
Red, White, and Bleu Slaw

- 6 cups angel hair coleslaw mix
- 12 cherry tomatoes, halved
- 3/4 cup coleslaw salad dressing
- 1/2 cup real bacon bits
- 3/4 cup crumbled bleu cheese, divided



In a large bowl, combine the coleslaw mix, tomatoes, coleslaw dressing, and 1/2 cup of the bleu cheese. Cover and refrigerate. Just before serving, sprinkle with bacon bits and remaining bleu cheese.

BMC Mean & Lean in 2013: Just Say No to Junky Bones July



Here are some tips to help you keep your bones and joints healthy:

Exercise: Exercising can help you keep your joints working properly. If you don't use it, you lose it.

Eat Healthy: Losing weight can take extra strain off joints.

Vitamin D: Making sure your body has enough Vitamin D helps to absorb calcium, which is a key factor in bone health.

Wear Proper Footwear: Make sure you have good support on your feet. Wearing the wrong shoes can put strain on your body.

Change Positions: Sitting or standing all day can cause joint pain. Vary your routine by taking a walk a couple times throughout the day.

Stop Smoking: People who smoke have a higher risk of osteoporosis and fractures than those who don't smoke.

Stars of the Month

Check out the July Stars of the Month:

The Stars of the Month for July are Tony Greiner (left) and Amy Rice (right). Tony is a job coach in the workshop and in his spare time he enjoys sports and spending time with family. Amy is an HSP and Quality Assurance. She enjoys traveling and also spending time with family. Congratulations, guys, on earning this wonderful achievement!

