



Begins, Friday, July 22, 2023



Tax Free Weekend

Tax Free Weekend is observed the 3rd weekend of July in Alabama.

Woodstock 5k/ Kidstock 1K 2023

City of Anniston employees can participate for free!! Check below, sign up and use the code at check out. The museum has a team if you would like to join, it is "Totally RAWRsome Runners". When on the sign up page, click Woodstock 5K Teams and scroll down to Totally RAWRsome Runners and click join.

[Woodstock 5K \(runsignup.com\)](https://runsignup.com)

CODE: SPONSORBIRD23

Click [here](#) for more details about Woodstock 5K.





CIARA SMITH
Councilman Ward 3

FROM THE DESK OF COUNCILWOMAN SMITH

"Our employees have set a standard that is unmatched. They are the force that keeps this city moving. I am thankful and grateful for their constant hard work and dedication to public service. It is wonderful to be part of a team that always makes decisions with people in mind."

The Downtown Market

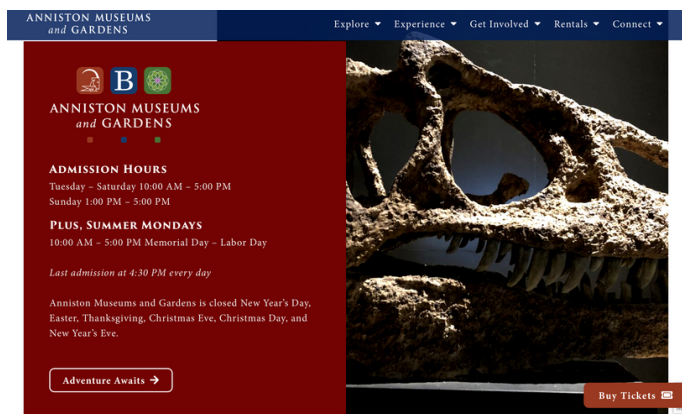
Every Saturday from 7 AM to 11 AM,
May to September.



Welcome July



ANNISTON MUSEUMS
and GARDENS



Fourth Fridays

Every fourth Friday, from 6 PM to 9 PM
June, July, August, and September.





Improve Your Overall Health Through Exercise.

Everyone knows exercise is important. But how many of us really **MAKE** time to get moving? Another question to ponder, especially for our employees who work in physically demanding roles, is how many of us exercise in addition to laborious workloads? Exercise is one of the best defenses against some of the toughest aspects of aging.

Exercise is not just good for your heart and lungs, but research shows that physical activity improves brain function, mood as well as muscles and bones. There are a number of studies that have found that lifelong exercise may keep people healthier for longer and can delay the onset of more than 40 chronic conditions or diseases. Exercise can also aid in weight loss, reduce the risks of falls, alleviate depression and anxiety and may even help people live longer.

“Exercise is the best defense and repair strategy that we have to counter different drivers of aging,” says aging researcher Nathan LeBrasseur, professor of physical medicine and rehabilitation at the Mayo Clinic in Rochester, Minn. It can’t reverse aging, per se, he cautions, but “there’s clear evidence that exercise can activate the machinery necessary for DNA repair.”

Here in the City of Anniston, many of us work in positions that involve several hours of sitting. While for others, the daily workload is physically demanding. It’s important that we make time to get moving to improve our overall health.

I know you're thinking, "how do I get moving when I am stuck behind a computer or I don't have much time after work to get to a gym?" Here are a few ideas to get moving in sedentary jobs or physically demanding jobs.

- Leg lifts or squats while checking e-mails
- Leg lifts while monitoring or directing traffic
- Park in the back of the parking lot
- Stand or walk around during a conference call
- Put your file cabinet across the room, making you get up when you need an item
- Use the restroom that is farthest away from your desk or work vehicle
- 10 push-ups every hour
- Walk around the building during your lunch break
- Water bottle arm curls or tricep kick backs

Remember: Exercising increases circulation of blood, builds strength and prevents stiffness in joints and muscles. Exercise improves endorphins and endorphins improves your mood and reduces stress. Exercising at your desk can also improve coordination and flexibility, builds confidence and self esteem.

In next month's newsletter I will give you photo examples of exercises you can do while at work.

Employee Spotlight



Jasmine Smith

Revenue Compliance Specialist 8 months

Q: What are your hobbies or things you like to do in your spare time?

A: "I enjoy spending time with my family, trying new foods, and reading."

Q: What do you enjoy most about your job?

A: "I enjoy being a part of a positive department, working through the different challenges that are presented, and making morning coffee for the team."



Chris Sparks

Police 19 years

Q: What are your hobbies or things you like to do in your spare time?

A: "I spend most of my off time with my family and serving my Savior. My wife and I have six boys and they keep us on our toes! I am the pastor at Angel Grove Baptist Church in Jacksonville and I love incorporating family and ministry!"

Q: What do you enjoy most about your job?

A: "The City of Anniston has been an incredible place to work and have a career. The job has been very rewarding throughout the years. Getting to know the citizens as individuals has been the greatest part of the job."

Employee Spotlight



Rachel Hall

Code Enforcement Officer

1 year

Q: What are your hobbies or things you like to do in your spare time?

A: "I spend the majority of my off time at baseball fields. I am the book keeper for my middle son's travel baseball team, and a dugout mom for my youngest son's team. I also enjoy fishing, hiking, caring for our farm animals and spending time with my husband, Craig, and our children, Conner, Mason, Sarah and Cole."

Q: What do you enjoy most about your job?

A: "I have learned so much the past two years with the City of Anniston. I love coming to work knowing that I will likely encounter a new scenario every day and be able to pass on information that can positively impact a citizen and their property."



Toby Bennington

Director of Planning

15 years

Q: What are your hobbies or things you like to do in your spare time?

A: "I love to spend time outdoors as much as possible and visit my children and grandkids when I can. They all live far away. I enjoy traveling and fun time conversation along with binge watching Law and Order."

Q: What do you enjoy most about your job?

A: "People, working with all groups; citizens, visitors, developers, investors and working with professionals I have met over the years and seeing how they have progressed and building successful projects."

Employee Spotlight



Branton Cole

Senior Engineering Aide

7 years

Q: What are your hobbies or things you like to do in your spare time?

A: "When not at work, I enjoy hunting, fishing, and spending time with my family."

Q: What do you enjoy most about your job?

A: "As Senior Engineering Aide, I review civil plan sets submitted to the City and I am responsible for overseeing the City's MS4 program, as well as many other responsibilities and task that are too long to list. I enjoy being presented with a problem, whether it be drainage, a roadway issue, etc., develop a solution, see that solution put to action and the problem be solved."



Steven Langston

Museum Groundskeeper

5 months

Q: What are your hobbies or things you like to do in your spare time?

A: "I enjoy cycling."

Q: What do you enjoy most about your job?

A: "I love gardening and teaching others and giving them experiences that they couldn't learn anywhere else."

Employee Spotlight



Anthony Crosson

Parks Maintenance Supervisor 18 years

Q: What are your hobbies or things you like to do in your spare time?

A: "I enjoy spending time on my farm where I have grass fed cull cattle."

Q: What do you enjoy most about your job?

A: Over the years Anthony has held many positions within PARD Maintenance. He has moved up through the ranks starting at a Semi-Skilled worker to Athletic Field Maintenance to Park Maintenance Supervisor. Anthony is humble and well respected. His hard work and dedication are commendable.



Jason Brown

Assistant Fire Chief/ Fire Marshall 14 years

Q: What are your hobbies or things you like to do in your spare time?

A: "I enjoy spending time with my family, hunting, fishing and riding my motorcycle."

Q: What do you enjoy most about your job?

A: "I like helping citizens and business owners go through the process to get their businesses up to code and ready for opening."

THANK YOU!

FROM THE HUMAN RESOURCES TEAM

Many thanks to July's Employee Spotlight participants. We appreciate you taking the time to complete this process with us and look forward to including other employees in the future. Thank you for representing your departments well and being a valuable member of the City of Anniston team.

Bersheba Austin, HR Director

Shelby Shiflett, HR Clerk

Gemini Sigler, HR Specialist

APRIL EMPLOYEE APPRECIATION



MAY KONA ICE PHOTOS



HUMAN RESOURCES UPDATES



July Birthdays

Caliee Chaffin
Chris Denney
Max Riley
Jodie Trapp
Sabra Gossett
James Cullen
David Caussey
Aimee Grey
Steven Langston
Evan Wilson
Cody Graves
Jackson Stubbs
James Hill
Lawrence Mercer
William Totherow
Brandon Wheeler

David Thompson
Dawson Brown
Bradley Buchanan
Susan Campeaux
James Black
Justin Hartley
Rebecca Scott
Jakarian Jackson
Corey O'Tinger
Michael Dover
Josh Barkley
Terry Cantrell
Logan Gilreath
Thais Torres
Quentin McDaniel

HUMAN RESOURCES UPDATES



July Anniversaries

Paul Young	28 Years	Willie Pierson	5 Years
Jimmy Duncan	24 Years	Jeffrey Beason	5 Years
Fraizer Burroughs	23 Years	Logan Johnson	3 Years
Frankie Owens	19 Years	Allen Alexander	2 Years
Dustin Walker	17 Years	Rachel Hall	2 Years
April Jones	16 Years	Zane Farr	2 Years
Joshua Cornett	15 Years	Ashley Talley	2 Years
John Futrell	14 Years	Angela Smoak	1 Years
David Clark	13 Years	Chris Denney	1 Years
Kenneth Coppock	11 Years	Andrew Howell	1 Years
Jason Murphy	8 Years	Layne Samples	1 Years
Van Heibel	7 Years		
Sabra Gossett	6 Years		
Joseph Champion	6 Years		

*Thank you for
going above
& beyond.*

HUMAN RESOURCES ANNOUNCEMENTS

NEOGOV

NEOGOV training is still in full swing! If you have not already, please make sure you activate your NEOGOV account by using the activation link that has been sent to the email that you have on file in KRONOS. This should be the same email address that you receive Paystub notifications and newsletter information. If you need to receive another activation link for your account, please email us at humanresources@anniston.al.gov or call 256-231-7712.

Please note you **MUST** activate your account before you can proceed with the training.