



nd just like that, summer is coming to a close.

Summer fun is almost done and in the coming weeks it will be time for teachers, students and administrators to go back to school!

I don't know about you but it's been a great summer! We've had lot of things going on within the city. From the parks and rec Summer Camps, Heritage Festival, Fourth Fridays, Wacky Wednesday, Camp Camelot at the Bernam Museum, to the Farmer's Market on Saturdays, it has been an eventful summer in the city of Anniston! I hope that each you took advantage of at least one of these great events within our community. If you haven't attended an event, take advantage of the last 2 Fourth Friday events in historic downtown Anniston, August 25th and September 22nd.



Fun August Facts

For this area, August represents so much. August means the end of summer, back to school time and it also marks the beginning of football season around the country. The month of August is the hottest month of the year. Whew...don't we southerners know it? Even though it is the last month of the summer, the heat index reaches its highest temperatures during this month.

Formally known as Augustus, the month of August was named after Augustus Caesar. During this time period of 8 BC, they used a 10 month Roman calendar. Augustus is known for leading the transformative season in Rome from republic to empire. He was the first Roman emperor and the grandnephew of Julius Caesar.

Another fun fact about August is that in the northern hemisphere, traditionally, it is the time of year to reap the harvest of summer vegetables. Whereas in the southern hemisphere, winter is coming to close which is a sign that spring is near.

- August 4th National Friendship Day
- August 9th National Book Lovers Day
- August 16th National Tell a Joke Day
- August 24th International Strange Music Day



Fourth Friday's are held near Noble Street Park from 6 to 9 PM. Go to Main Street Anniston [Facebook Page](#) for more details.



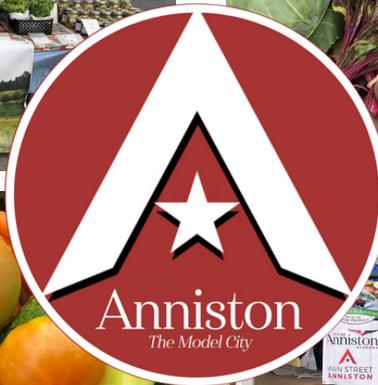
MILLIE HARRIS
Councilman Ward 4

FROM THE DESK OF COUNCILWOMAN HARRIS

On behalf of the city council, I want to express our sincere admiration for your outstanding efforts in making our city a great place to live. We so appreciate the endless hours that you devote to your jobs and the professionalism you have shown. Together, we are moving our beloved city forward, to unprecedented heights. We simply cannot thank you enough.

The Downtown Market

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



WHAT'S HAPPENING IN THE CITY OF ANNISTON?



Woodstock 5k/ Kidstock 1K 2023

City of Anniston employees are participating in this years Woodstock 5K/Kidstock 1K. The 1st race starts at 7:30 AM. Our team is called "Totally RAWRsome Runners." If you're interested in joining its not too late! Check out the link below. If you're not interested in joining but want to show your support come out to see your coworkers at this event on Saturday, August 5, 2023.

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



Fourth Friday Flashback...



HELLO August



ANNISTON MUSEUMS
and GARDENS



Set your eyes on some "Hidden History" on Friday, August 4th and 11th. The Berman Museum is home to many artifacts. At the Hidden History hour, you will get to see some fabulous items from the museums archives that are not currently on display.



Get your tickets now to party like its the 1920s! The AMAG would like to invite you the Longleaf Event Center for a Decades Dance. Enjoy a 1920s themed dance with cocktails, delicious food and live entertainment. Click [here](#) to purchase your ticket.

*1920s fashion encouraged.

10 Short Exercises You Can Do at Your Desk

Remember in last months newsletter we quoted aging researcher professor of physical medicine and rehabilitation at the Mayo Clinic in Rochester, Minnesota, Nathan LeBrasseur, in saying, "Exercise is the best defense and repair strategy that we have to counter different drivers of aging." It's important to take care of our bodies to improve our health and wellbeing. Continuing with that thought I wanted to provide some examples of exercises that can be done at the office.

In July's newsletter, I gave some text examples of exercises traditionally sedentary employees can do during their work day to break up the monotony of sitting for several hours of their day. Exercises can improve focus, blood circulation, and posture all while reducing stress.

The graphic below is one that [Regency Assurance](#) used to encourage their office staff to get moving to break and to break up the monotony of sitting for long bouts.

I love this graphic because it gives you great stretching exercises as well as physical exercises. While sitting at your desk make sure you stand regularly, sit up with good posture, engage your core muscles and move your head or body to be better positioned to see things to reduce eyestrain. *See image below.

Exercise examples:

1. Alternating single leg extension with arm flexion.
2. Tricep Dips (Click [here](#) for video.)
3. Wrist Extension. Gently hold for 10 seconds and switch hands.
4. Alternating leg extension
5. Head/neck rotations. Gently hold for 10 seconds and change directions.
6. Shoulder stretch. Gently hold for 10 seconds and switch arms.
7. Ankle rotations. Clockwise & counter clockwise. Rotate for 10 counts and switch legs.
8. Overhead arm stretch. Gently hold for 10 seconds and switch arms.
9. Seated crunches.
10. Alternating single leg flexion.



Photo credits: [Regency Assurance](#) Warning: Please consult your physician before beginning any exercise regimen.

Employee Spotlight



Jasmine Elston

Revenue Compliance Specialist 5 Years

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

A: "I like to travel, try new places to eat, and spend time with my family and friends."

Q: What do you enjoy most about your job?

A: "Gaining trust and having good communication is a key part of my role. I'm in direct contact with at least one person from every department of the city on a daily basis. I really enjoy the relationships I've built with these individuals over the years."



Kyle Price

Police 19 years

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

A: "Anytime I get to spend with family and friends is awesome. If I get to spend that time golfing or on the river, let's call it a bonus."

Q: What do you enjoy most about your job?

A: "I have memories attached to just about every square inch of the City. The relationships I have built making those memories will last a lifetime."

Employee Spotlight



Bernadette Mack-Burroughs

Senior Adult Center Director 27 years

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

A: "I spend my time off taking time to practice self-care, designing and painting tumblers and other crafting projects, and enjoying family."

Q: What do you enjoy most about your job?

A: "I enjoy seeing the growth of the programs, as well as the participants engaging in the activities and the smiles on their faces. I'd like to think that I have one of the most rewarding positions in the department because of the interaction that I have with the two populations that I serve, the Golden Agers, senior citizens and the Therapeutic Recreation participants and the life-long relationships that are develop. I also enjoy working with such a dedicated staff."



Todd Kirkland

Fire Lieutenant 8 years

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

A:"I enjoy spending time with my family and friends."

Q: What do you enjoy most about your job?

A: "My position allows me to interact with so many different people from all of the United States and around the world who come to the Anniston Regional Training Center for the different parts of their career's from the beginning in recruit schools to the Higher levels in Chief Officer classes."

Employee Spotlight



Dan Spaulding

Museum Curator

29 years

Dan has been curator at Anniston Museum of Natural History for 29 years. In addition to his role at the museum, Dan has a passion for botany specifically plant life in northeast Alabama. He has written articles in several publications including Journal Alabama Academy of Science, Oxford University Press and the University of Alabama Press. He has also co-authored A Gosse Nature Guide book called "Ferns of Alabama" and Annotated Checklist of Vascular Plants of Alabama. If you come across a plant or snake and want more information about it, Dan is the man.



Alan Hughes

Electrical & Building Superintendent 3 years

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

A: "I enjoy being outside. No matter if its hunting or fishing, I enjoy it all."

Q: What do you enjoy most about your job?

A: "Everyday there's a new challenge. No two jobs are alike. I enjoy the challenge and resolving the issues."

THANK YOU!

FROM THE HUMAN RESOURCES TEAM

Many thanks to the August 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

HUMAN RESOURCES UPDATES



August Birthdays

Aaron Campbell
Alan Hughes
John Futrell
Skyler Bass
Clint Dover
Paul Nichols
Amanda Roberts
Hunter White
Marcus Tillman
Kyle Williams
Ternesha Molock
Tony Tousey
Micah Myles
Sylven Johnson
Chris Hughes
Jeremy Felton
Andrew Hayes
Demetrious Gaston
Jamie McFarlane
Alexis Cleveland

James Oswalt
Latasha Thigpen
Joseph Champion
Tyrone Wysinger
Kennedy Byrd
Joshua Cornett
Chris Cardwell
Rhonda Pope
Scottie Pruitt
Jamel Roston
Shavon Bush
Edward Price
Bersheba Austin
Myra Bushard
Clint Parris
Landon Bushard
Emily McCullars
Dalton Chandler
Byron Jennings
Bernadette Mack-Burroughs

HUMAN RESOURCES UPDATES



August Anniversaries

Charles Bush	28 Years	Daniel Oswalt	10 Years
Bersheba Austin	23 Years	Rebecca Scott	5 Years
Nick Bowles	23 Years	Matthew Spath	4 Years
Chris Sparks	20 Years	Brandon Wheeler	4 Years
Brian Brockman	17 Years	Sam Bean	3 Years
Rudy Jimenez	17 Years	Brittney Arrington	3 Years
Emily McCullars	17 Years	Makaila Carpenter	2 Years
Tana Bryant	16 Years	Maryellen Hawbaker	2 Years
Jeff Hamrick	16 Years	Avanti Ammons	2 Years
David Clark	13 Years	Zachery Davis	2 Years
Trenton Gaddis	11 Years	Austin List	1 Year
Chris Trammell	11 Years	Matthew Masiak	1 Year
Thomas Freckman	10 Years	Matthew Tucker	1 Year
Shawnette Myers	10 Years	Branden Saylor	1 Year

Summer Retirees

May: Jackie Owens	20 Years
June: Mark Burnhart	24 Years
July: Lee Bullock	23 Years



HUMAN RESOURCES ANNOUNCEMENTS



The BOGO Scholarship provides one FREE course for every paid course at Gadsden State for the Fall 2023 Semester.

To be eligible, you must be employed by a member of one of the participating Chambers of Commerce.



CALHOUN COUNTY AREA
CHAMBER AND VISITORS CENTER

THE CHAMBER

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GadsdenState.edu/BOGO