



CITY OF Anniston

We Are More!

Happy New Year!

Photo Credit: Jackson Hodges



Happy New Year to you and yours! We hope that you had a relaxing and auspicious holiday. As we look forward to the new beginning this new year brings, let us take time to make our health a priority! This quarter we will post some tips on how to supercharge your New Year's resolutions.



Remember!

 **BlueCross BlueShield of Alabama**

We cover what matters.





Remember you can access your cards, claims, benefit/coverage information and other must have tools at [myBlueCross](https://myBlueCross.com).

New Year. New Me. New Beginning.

As we embark on the journey of a new year, many of us set resolutions with the heartfelt desire to replace unhealthy habits with positive lifestyle changes. However, studies reveal that only a small percentage of individuals manages to uphold these resolutions. Wondering why? It could be that we're missing out on the wonderful opportunity to leverage proven tools that can pave the way for our success. This quarter let's explore these tools together and make this year one of fulfillment and accomplishment!

Tool #1 S.M.A.R.T. Goals

Resolutions often involve grand, overarching declarations like "My new year's resolution is I will exercise more," "I will lose weight," "I will start eating healthier,"

But what does "exercising more" really mean? Is it committing to the gym once a week, taking evening walks, or working out at home while catching up on TV shows?

And when it comes to weight loss, how many pounds do you aim to shed? Are you setting weekly or monthly goals?

In the quest for healthier eating, will you cut out soda, limit fast food, or make it a routine to have a proper breakfast instead of just coffee? What defines healthy eating for you?

Resolutions often lack specificity, making it challenging to know where to begin and difficult to measure progress. Consider setting goals instead. Set goals that are specific and actionable. Embrace S.M.A.R.T. goals.

What are SMART goals?

SMART Goals

- **Specific:** Clearly state what you want to do and write it down.
- **Measurable:** Make sure you can keep track of how well you're doing. (Keep a journal.)
- **Achievable:** Set goals that are possible for you. (If you're new to running, start with a 5K goal instead of aiming for a marathon right away.)
- **Relevant:** Pick goals that matter to you and fit with your life.
- **Timely:** Set deadlines for your main goal and smaller steps along the way.

If you've decided to adopt healthier lifestyle habits, fantastic! Now, increase your likelihood of success. Turn your resolutions into goals! If you didn't start January 1st, no worries! The most important thing is that you start. You've got this!

"First steps are always the hardest, but until they are taken the notion of progress remains only a notion and not an achievement." -Aberjhani



January is a month of new beginnings and endings. Some of us set out on new journeys to improve our health and end bad habits. Celebrating these new beginnings and new journeys hasn't always been a January tradition. Here are a few fun January facts.

March was the first month of the year until around 700 B.C. Numa Pompilius, the Roman king during that time, changed the calendar and added January and February. Many cultures and religions continued to celebrate March and December according to their church calendars until 1582, when Pope Gregory developed the Gregorian calendar. After this calendar was created, most of the world came around to celebrating the New Year on January 1.

The word January comes from the ancient Roman religion and mythical two-headed god named Janus. According to a blog on Andersonlock.com, "Janus is the god of doors, gates, and transitions. Janus represented the middle ground between both concrete and abstract dualities such as life/death, beginning/end, youth/adulthood, rural/urban, war/peace, and barbarism/civilization."

Other fun January facts:

- Birthstones: Garnet
- Zodiac signs: Capricorn and Aquarius
- Birth flowers: Carnation and Snowdrop
- World Health Esteem Month, National Soup Month, National Braille Literacy Month, National Blood Donor Month, National Hobby Month
- New Years Day, January 1st
- National Clean Off Your Desk Day, Second Monday in January
- Save the Eagles Day, January 10th
- Martin Luther King, Jr. Day - Third Monday in January
- National Popcorn Day, January 19th
- National Fun At Work Day, Last Friday in January
- Holocaust Remembrance Day, January 27th
- National Backward Day, January 31st



City of Anniston Holidays

City of Anniston offices will be closed on the following days in observance of the January holidays:

January 1st New Year's Day

January 15th Martin Luther King's Birthday



STEVEN FOLKS
City Manager

Photo Credit: Jackson Hodges

FROM THE DESK OF STEVEN FOLKS, CITY MANAGER

Hello Team nniston,

Welcome to 2024! I sincerely pray for blessings and prosperity for you, your families, our great city, County, Region, State and Nation.

Let us not complicate simple by making New Year resolutions that we know we will not keep. Let us simply vow that we will endeavor to be better people/servants this year than we were in 2023! In addition, let us respectfully work to hold each other accountable to this vow... I look forward to spectacular things in 2024 and I know working in unison, we will make them happen!!

So let us resolve to move forward and Keep Our Eyes on the PRIZE!!!

Sincerely yours.



Steven D. Folks, Sr.

WHAT'S HAPPENING IN THE CITY OF ANNISTON?



January

The City of Anniston "Good Choices" Program
Presents:

CITY OF
Anniston
ALABAMA

THE 22ND ANNUAL MARTIN LUTHER KING, JR. BREAKFAST AND *Youth Participation Day!*

This Year's Theme:
★ "It Starts With Me!" ★



Guest Speaker:
TERRY SMILEY
VICE PRESIDENT EASTERN DIVISION OF
ALABAMA POWER COMPANY

Proudly Sponsored By:
Calhoun County Commission (Commissioner Fred Wilson),
State Rep. Dr. Barbara Boyd, Pandoras Art & Social Club,
Iota Mu Omega Chapter of Alpha Kappa Alpha Sorority Inc.,
Pan Hellenic Council of Calhoun County, & the Zeta Mu
Sigma (Alumni) Chapter Phi Beta Sigma Fraternity Inc.

Anniston City Meeting Center
1615 Noble St, Anniston, AL 36201

JAN	15th	2024
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For event information, contact
Patricia Pickens at: **256-231-7630**

An award will be given to the class with the
largest participation! All City and County
Schools are invited to participate.
Participating students can sign in on-site
the day of the event, or by visiting:
www.anniston.al.gov/mlk-sign-in



WHAT'S HAPPENING IN THE CITY OF ANNISTON?

January

EXPLORE *The Outdoors*

Schedule of Activities for January 2024



January 13 - Loop Hike in the Dugger Mountain Wilderness

This will be a loop hike beginning and ending at the Burn's trailhead located on Cleburne County Road 55 (also known as the Rabbittown Road). Google directions are: Burns Trailhead. Jones Branch Road offers several tranquil views of Jones Branch and the surrounding valley. Pending group interest, there may also be a short side hike to the "Indian Cave" a large rock overhang that archeological evidence suggests was used by aboriginal cultures for several years. Participants should pack a lunch with something to drink and dress appropriately for the forecasted weather conditions for the day. The meeting time for this hike will be 9:00 am at the Burns Trailhead. To register for this hike, please call or text Keith Hudson at 256-453-9527, or email him at anniston.outdoor.assn@gmail.com. The registration deadline for this trip is Thursday, January 11.



January 27 - Day Hiking at Lake Yahou with Lunch to follow at the Cane Creek Grill

Beginning and ending at Lake Yahou, this will be about a 2.83 loop hike using the UXO trail (1- mile), the Golden Buck Trail (.94 miles), and the Oscar Trail (.89 miles). There is an optional .79-mile path around the lake for those desiring a shorter hike. Participants should pack snacks and water and dress appropriately for the forecasted weather conditions. An optional stop at the nearby Cane Creek Grill is planned for lunch. The Grill has a variety of great sandwiches and burgers. The meeting time and location for this outing will be 9:00 am at Lake Yahou Please contact Keith Hudson by emailing him at anniston.outdoor.assn@gmail.com, or by calling or texting him at 256-453-9527, to register for this outing. The registration deadline for this trip is Thursday, January 25.



WHAT'S HAPPENING IN THE CITY OF ANNISTON?



ANNISTON MUSEUMS *and* GARDENS



I Spy! America's First Female Codebreaker

Saturday, January 6
10:30 AM - 12:00 PM
Berman Museum



Designed for ages 6-10,
but all are welcome!
Pre-registration encouraged



Check out these
amazing events and
exhibits at the
Anniston Museums
and Gardens.



DINO DIG

Saturday, January 13, 10:00 am - 12:00 pm
Anniston Museum of Natural History
Pre-registration recommended



Seed Swap

Saturday, January 27, 9:00 AM - 11:00 AM
Longleaf Event Center





2024 CITY OF ANNISTON BRUSH PICKUP SCHEDULE

Citizens of Anniston, below you will find our 2024 Brush Pick-Up Schedule. The calendar is colored by week according to the area of our city that the street department will be working through. Months with a ★ icon indicate a free disposal day month. The dates of the free disposal days for that month will be circled in red. On the next page you will find the Brush map that corresponds to the colored calendar below. **NOTE: This schedule is only for brush not loose leaf pickup.**



2024 BRUSH PICKUP SCHEDULE



PROJECT PHASE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

OFF WEEK

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



FULL 2024 BRUSH PICKUP CALENDAR



JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S									
	1	2	3	4	5	6						1	2	3						1	2				1	2	3	4						1									
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8		
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21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22		
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29		
														31																				30									
JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
	1	2	3	4	5	6						1	2	3	1	2	3	4	5	6	7												1	2	1	2	3	4	5	6	7		
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21		
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28	29	30	31				25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31						

Months with a ★ icon indicate a free disposal day month. The dates of the free disposal days for that month will be circled in red.

FOR MORE INFORMATION PLEASE CONTACT OUR PUBLIC
WORKS DEPT. AT: 256-231-7742 | M-F: 7:00AM - 4:00 PM

Employee Spotlight



Trenton Gaddis

PARD Parks Maintenance

11 Years

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

A: "I really enjoy spending time with my family and attending church. My favorite past time of all has to be playing golf any time I can. I also manage my own lawn care business outside of work."

Q: What do you enjoy most about your job?

A: "My co-workers are my favorite part of my job. Being able to interact with them daily really brings a smile to my face and joy to each day. "



Chris Williamson

Museum Collections Manager

7 years

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

A: "My hobbies are games and reading books. I enjoy spending time with family and friends."

Q: What do you enjoy most about your job?

A: "What I love most about my job is that I am constantly learning. The research into our collection of specimens and artifacts fascinates me. The learning and then sharing the learning with our patrons is what I really enjoy."

Employee Spotlight



Tim Suits

Police Lietenant

26 years

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

A: "I love being outdoors. I am currently training with a friend to hike the Pinhoti Trail beginning next spring."

Q: What do you enjoy most about your job?

A: "The Anniston Police Department has been a great place to work and have a career. I have been employed here for over 26 years. The department has become a second family to me. The relationships and memories I have built with my coworkers and citizens of Anniston will last a lifetime."



Lee Owens

Fire Sergeant

19 years

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

A: "On my off days I enjoy kayaking and camping with family and friends. "

Q: What do you enjoy most about your job?

A: "What I enjoy about my job is I really enjoy the people I work with and I also enjoy helping the community we serve."

Employee Spotlight



Josh Forrest

Fire Sergeant

16 Years

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

A: "My wife and I, as well as our two boys, enjoy spending time outside doing things such as hunting, fishing, trail running, and hiking. I also am a volunteer coach for Sardis High School baseball in Sardis City. I enjoy helping and mentoring the kids that I get to be around through that."

Q: What do you enjoy most about your job?

A: "The Anniston Fire Department is very well known for its dedication and service. I enjoy being just a small part of this department. I enjoy and consider it a blessing to be able to serve the citizens of Anniston alongside so many great people that make up our department."



Doris Crawford

Concessions Cashier

24 years

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

A: "I love to hang out with my girl friends and shop and maybe visit some other friends who are sick or unable to get out of their home. I also love to just rest and relax as much as I can."

Q: What do you enjoy most about your job?

A: "I enjoy meeting all the different people that come to the golf course. Since I myself came to Anniston from Nebraska through military ties, it makes my day to meet someone who is not from the same walk of life as you. I also enjoy all of the staff here at Cane Creek and learning about golf, even if I don't play it."

Employee Spotlight



Ashley Talley

PARD Parks Maintenance

2 Years

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

A: "I really enjoy camping and the outdoors. I also have my own garden that I tend to. I love spending time with my best dog Maxx. I enjoy watching NASCAR and attending dirt track racing events even if I am no longer participating in them. "

Q: What do you enjoy most about your job?

A: "The best part of my job is seeing all the happy kids when they visit the different playgrounds that we manage. Seeing them playing in a clean and safe environment is the highlight of my day. "



Brittney Gossage

Court Clerk-Magistrate

6 months

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

A: "I enjoy spending time with my fiancé and our 4 kids. We always enjoy going on vacation and being outdoors. You can usually find me at the ballfield with my oldest son. My kids always keep me on the go."

Q: What do you enjoy most about your job?

A: "Besides my coworkers, I enjoy being able to help both parties in a legal matter. It's nice to help the people who truly want help and Watch them better themselves. Being a magistrate has it's hard moments but at the end of the day I can leave knowing I love my job."

Employee Spotlight

FROM THE HUMAN RESOURCES TEAM

Many thanks to the December 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.

*Thank
you!*

Bersheba Austin, HR Director

Shelby Shiflett, HR Clerk

Gemini Sigler, HR Specialist

2024
H A P P Y N E W Y E A R


CITY OF
Anniston
We Are More!

HUMAN RESOURCES UPDATES



January Birthdays

Kat Meherg
Andrew Yancy
Donald McGraw
Aniya Jones
Derrick Kirby
Jason Brown
Nadia Estelle
Maryellen Hawbaker
Richard Linton
Jaeron Wise-Orr
Deveon Coffey
Konnor Baswell

Dillon Wiggins
Jessie Ennis
Mirian Robinson
Darlene Berta
Jerre Dingler
Destini Elston
Jonathan Evans
Anthony Crosson
Marcus Wood
John Dryden
Roger Hammock
Jack Draper
Jason Murphy

HUMAN RESOURCES UPDATES



January Anniversaries

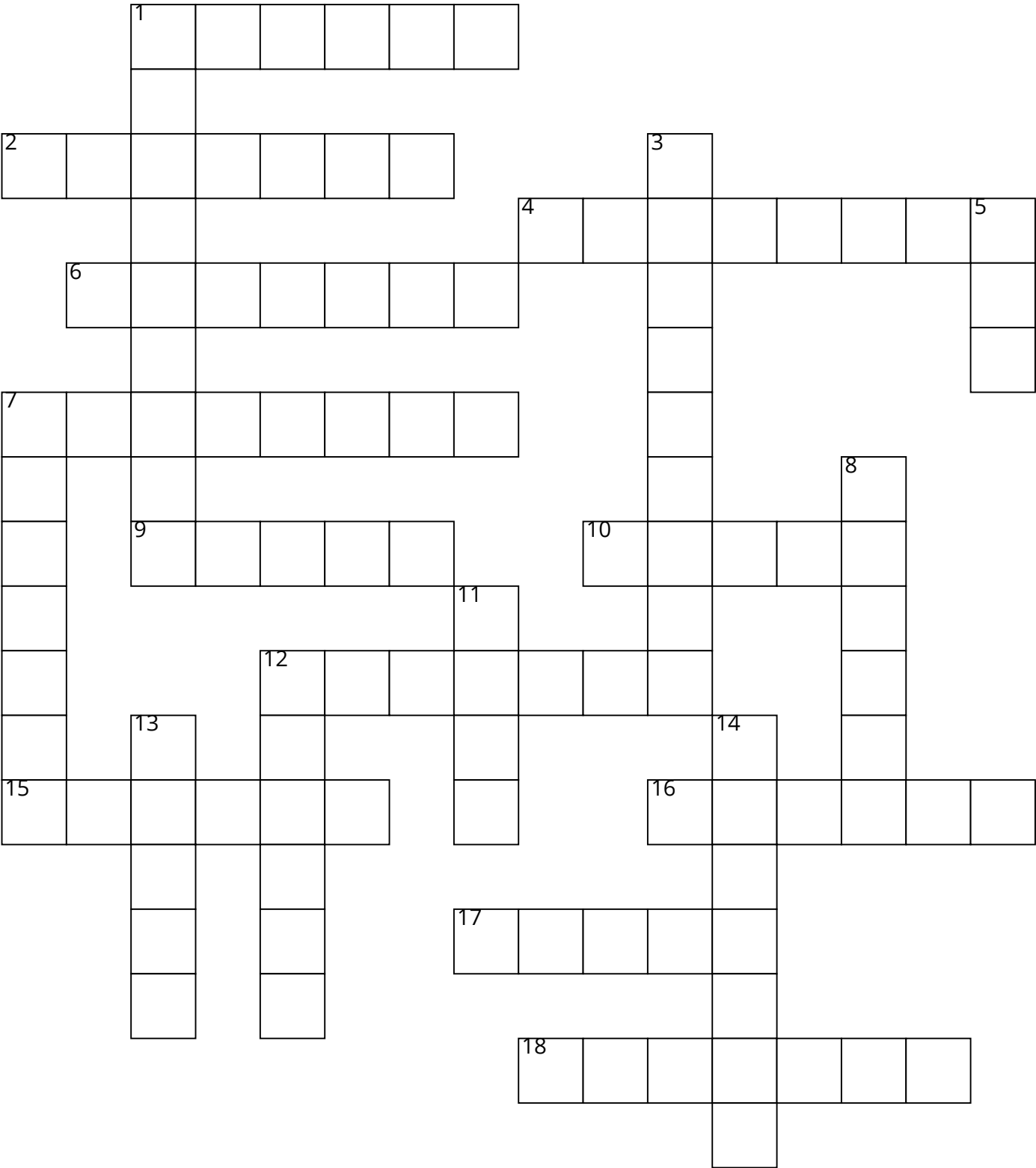
Jeff Waldrep	30 Years	Austin Key	8 Years
Eric Arnold	25 Years	Kyle Williams	8 Years
Kevin Baker	24 Years	Sean Jones	8 Years
James Pinkard	20 Years	Doug Gaddy	6 Years
Russell Montgomery	18 Years	Cailee Chaffin	6 Years
Linda Pittman	18 Years	Gabrielle Colindres	1 Year
Darren Spruill	16 Years	Taylor Underwood	1 Year
Billy Curvin	12 Years	Leland Viena	1 Year
Jonathon Yarbrough	11 Years	Jonathan Cox	1 Year
Heather Stephens	11 Years	Cody Schuerich	1 Year
Richard Linton	10 Years	Derwin Perry	1 Year
		Rachel Ford	1 Year

— HAPPY — Retirement

January Retirees

Captain Chris Sparks served the Anniston Community 20 years
Lieutenant Michael Pinkard served the Anniston Community 20 years
Sergeant Charles Starr served the Anniston Community 21 Years

JANUARY



By Jimmy and Evelyn Johnson - www.qets.com

JANUARY

ACROSS

- 1** Uncomfortably cold sensation
2 Protective covering for ears
4 Heavy and widespread snowstorm of lengthy duration
6 First month of the year
7 Snow covered ground blends with white sky
9 Sharp cold
10 Warm outer jacket, often with a hood
12 Apparatus in which heat is generated
15 Large, long-handled scoop for digging heavy material
16 Season of the year between autumn and spring
17 Bed covering consisting of multiple layers
18 Used on bed for warmth

DOWN

- 1** Traditional flower for this month
3 Remain dormant in den or burrow
5 New Year's ____
7 Fabric or garments of wool
8 Traditional January birth stone
11 Frozen form of precipitation that falls as flakes
12 Water hardens into ice
13 Coverings for the feet worn for protection
14 Hand covering with one thumb