



Greetings, Dearest Reader! As we embark upon the splendid month of February, I am excited to share with you the enchanting aspects that make this time of the year truly exceptional. This month holds a special place in my heart, adorned with an array of festivities and observances that add vibrancy to the days ahead. February, with its mere 28 (or 29) days, stands as the briefest chapter in the calendar, yet it is bursting at the seams with an abundance of joyous occasions.

Let's embark on a journey through the tapestry of celebrations that paint February with hues of excitement and significance. Groundhog Day marks the whimsical prediction of the length of winter, while the lively revelry of Mardi Gras sweeps through with its vibrant parades and lively masquerades. Ash Wednesday signals the commencement of the reflective period of Lent, inviting introspection and spiritual contemplation. Love takes center stage on Valentine's Day, where hearts intertwine in gestures of affection and kindness. Simultaneously, Presidents Day honors the leaders who have shaped the course of history, providing a moment for reflection on the principles that guide our nation. It's a kaleidoscope of emotions and reflections, a blend of history, tradition, and the warmth of heartfelt connections.

## CONTINUED...

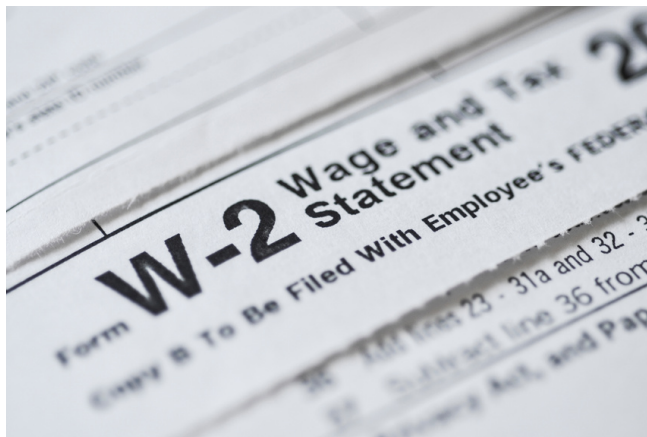
In addition to these widely recognized occasions, February is also a time to pay homage to Black History, acknowledging the rich tapestry of African American contributions that have left an indelible mark on our collective heritage. American Heart Month reminds us to prioritize our cardiovascular health, promoting habits that nurture the beating core of our existence. And let's not forget the comforting embrace of National Hot Breakfast Month, encouraging us to savor the warmth and nourishment that a hearty morning meal brings.

So, Dearest Reader, as we navigate the whirlwind of February's festivities and observances, may each day unfold like a cherished chapter, filled with moments of joy, reflection, and connection. Embrace the beauty of this remarkable month, where each day is a precious page in the book of life.



Remember!

you can login to KRONOS at anytime and update your contact information such as your phone number, email and mailing address, emergency contact, direct deposit and withholdings forms.

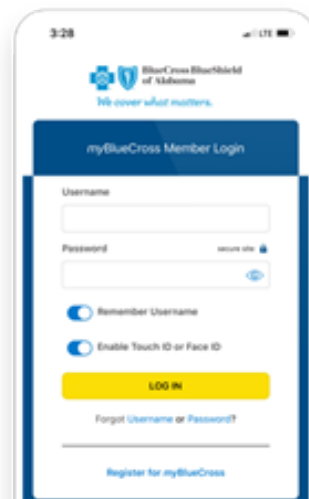


For a comprehensive understanding of federal tax withholdings, we encourage you to visit the official website of the Internal Revenue Service (IRS) at [www.irs.gov/individuals/tax-withholding-estimator#why](https://www.irs.gov/individuals/tax-withholding-estimator#why).



**BlueCross BlueShield  
of Alabama**

*We cover what matters.*



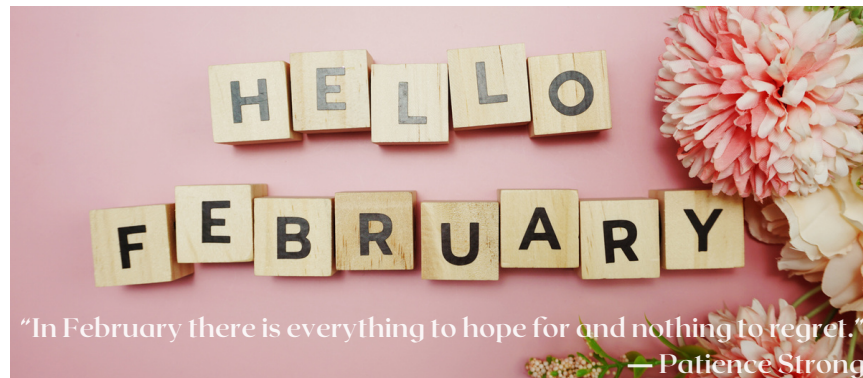
Please know that you can access your cards, claims, benefit/coverage information and other must have tools at [myBlueCross](https://myBlueCross.com).





Photo Credit: Jackson Hodges

Welcome to February 2024. To introduce myself, I am David Arnett, the Public Works Director for the City. Public Works is responsible for the following divisions: Engineering, Street Department, Building and Electrical Maintenance, Cemetery, Airport and IT. We strive to provide the absolute best city services and customer service possible. To help us provide the best service, I urge everyone to use our online work order request portal located at [www.anniston.al.gov/work-order-request-online-portal](http://www.anniston.al.gov/work-order-request-online-portal). This portal can be used to request the removal of bagged leaves, to alert the Street Department to potholes that need to be filled or any other general concern you may have. If the request or concern is not under the supervision of the Public Works Department, we make sure to get it to the correct department to be addressed. As I type this, I cannot help but think about our 60 Public Works employees and all they do for us each day. Simply stated, our employees are the best, most dedicated employees I have ever had the pleasure to work with in my career. If you see them out removing your leaves and brush, or fixing a sidewalk or road, please give them a wave and say thank you. With that being said, thank you to everyone reading this and thank you to every citizen and business owner in the City. We appreciate all that you!



Hello, February, the second month on the calendar and the shortest month of the year! Did you know that originally, February was the last month of the calendar? I sure didn't. More details on that later.

February derives its name from the Latin word "februa," meaning "to cleanse." This name was inspired by Februalia, the ancient Roman festival dedicated to purification. Februalia was a month-long observance focused on purification and atonement, celebrated during this season of the year.

Currently standing as the second month in the Gregorian calendar, February had a different historical placement—it was actually the last month added to the Roman calendar around 713 BC! Originally, the Roman calendar consisted of only 10 months, with winter considered a dormant season without designated months. The addition of January and February occurred under the rule of the Roman king Numa Pompilius, aiming to align the calendar more accurately with the lunar year.

Here are some other fun facts about February:

- Birthstones: Amethyst
- Zodiac signs: Aquarius and Pisces
- Birth flower: Violet

An individual born on February 29 is often referred to as a "leapling," a "leaper," or a "leap-year baby." In years without a leap day, some leaplings choose to celebrate their birthday on either February 28 or March 1.

February is known for National Cancer Prevention Month, Chinese New Year, American Heart Month, National Hot Breakfast Month, Black History Month, National Self-Check Month, and many other observances.

Notable February dates include:

- Groundhog Day, February 2nd
- National Play Outside Day, observed on the first Saturday of the month
- National Girls & Women in Sports Day, February 7th
- Mardi Gras (Fat Tuesday), February 13th
- Ash Wednesday, February 14th
- Valentine's Day, February 14th
- International Book Giving Day, February 14th
- President's Day, February 19th
- National Love Your Pet Day, February 20th



4







Last month we discussed creating S.M.A.R.T. Goals as a proven tool that can pave the way for our success in becoming the healthiest version of ourselves.

### **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.

### Tool # 2 Show your heart some love!

With February being American Heart Month, we thought it would be fitting that we share some proven tips from an article from the U.S. Department of Health and Human Services. (See a copy of the article below.)

Heart disease is a leading cause of death in the U.S. for both men and women. But you can take steps to protect your heart and stay healthy.

To start, you can learn and keep track of some important heart health numbers, like your weight, blood pressure, cholesterol, and blood glucose (blood sugar). Then take action to improve your numbers.

One key number to know is your body mass index, or BMI. BMI is an estimate of body fat. Your BMI is based on your height and weight. Having a higher BMI is one factor that increases your risk for certain conditions, including heart disease and type 2 diabetes.

Get your blood pressure checked at least once a year by a health care professional, and ask what your target numbers should be. Then ask for tips to keep your blood pressure under control. Keep track of your numbers.

Getting enough physical activity can help you meet your heart health goals. Aim for at least 150 minutes of moderate-intensity activity each week. Consider wearing a device that counts your steps to track how much you walk every day. Or simply jot down how much time you spend each day with different activities.

Eat a heart-healthy diet and keep a record of what you eat and drink each day. This can also help you stay on track.

Find tips and tools for calculating your BMI, tracking your blood pressure, eating a heart-healthy diet, and more here. (<https://newsinhealth.nih.gov/2023/02/show-your-heart-some-love>)



American  
Heart  
Association.

# 10 ways to improve your heart health

1

Balance calories eaten with physical activity.



2

Reach for a variety of fruits and vegetables.



3

Choose whole grains.



4

Include healthy protein sources, mostly plants and seafood.



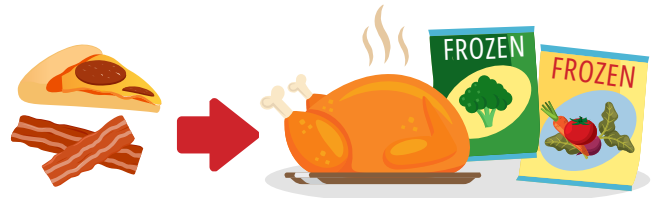
5

Use liquid non-tropical plant oils.



6

Choose minimally processed foods.



7

Subtract added sugars.



8

Cut down on salt.



9

Limit alcohol.



10

Do all this wherever you eat!





# **Learn what's in store & more for 2024!**

If you're within 5 years of retirement eligibility, come learn more about your retirement benefits at a

## **2024 ERS Retirement Preparation Seminar.**

To register, log in to your account at [www.rsa-al.gov](http://www.rsa-al.gov) or complete and mail the Registration Form.

Please share copies of the Schedule & Registration Form with your fellow employees.

Questions? Please call RSA Field Services at  
(877) 517-0020

Thank you for your support!





# Employees' Retirement System of Alabama

## 2024 Retirement Preparation Seminars

<b>April</b> 9 <sup>th</sup>	Trussville
April 10 <sup>th</sup>	Trussville
April 17 <sup>th</sup>	Prattville
April 18 <sup>th</sup>	Prattville
April 24 <sup>th</sup>	Priceville
April 25 <sup>th</sup>	Priceville
<b>May</b> 8 <sup>th</sup>	Enterprise
May 9 <sup>th</sup>	Enterprise
May 15 <sup>th</sup>	Foley
May 16 <sup>th</sup>	Foley
May 22 <sup>nd</sup>	Tuscaloosa
May 23 <sup>rd</sup>	Tuscaloosa
<b>June</b> 26 <sup>th</sup>	Florence
June 27 <sup>th</sup>	Florence
<b>July</b> 18 <sup>th</sup>	Oxford
July 19 <sup>th</sup>	Oxford
July 24 <sup>th</sup>	Mobile
July 25 <sup>th</sup>	Mobile
<b>August</b> 14 <sup>th</sup>	Gardendale
August 15 <sup>th</sup>	Gardendale
August 21 <sup>st</sup>	Huntsville
August 22 <sup>nd</sup>	Huntsville
August 28 <sup>th</sup>	Spanish Fort
August 29 <sup>st</sup>	Spanish Fort
<b>September</b> 4 <sup>th</sup>	Opelika
September 5 <sup>th</sup>	Opelika
<b>October</b> 30 <sup>th</sup>	Mobile
October 31 <sup>st</sup>	Mobile
<b>November</b> 6 <sup>th</sup>	Athens
November 7 <sup>th</sup>	Athens
November 13 <sup>th</sup>	Montgomery

### Instructions:

- **To Register:** Click 'Member Log In' on the RSA website at [www.rsa-al.gov](http://www.rsa-al.gov), to log in to your account, and select a seminar date and location under the 'Schedule' tab or complete the registration form and mail to the address provided on the form. Registration forms are accepted by mail only. **No registration forms will be accepted by fax or by phone.**
- **Spouse/Guest:** If your spouse/guest is to accompany you, **please indicate so when registering.** Spouses/Guests are counted toward the site capacity. If you register a spouse/guest and he or she is unable to attend, please call and cancel the registration for the spouse/guest.
- **Letters:** You will receive either a Confirmation Letter or a notice stating the reason you were unable to be registered; i.e., seminar is filled, etc. If you have not received a letter from us **within 2 weeks of the seminar**, please call the **Field Services Division** at the number listed below to inquire about your registration.



### Questions:

Call RSA Field Services

**(877) 517-0020**

**Ask for the Field Services Division.**



## WHAT'S HAPPENING IN THE CITY OF ANNISTON?

# February



ANNISTON MUSEUMS  
and GARDENS



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





# 2024 FREE DISPOSAL DAYS

During our free disposal days, citizens may freely dispose of their items. Please note, some items are not accepted and those items are listed at the bottom of this flyer.

One roll-off dumpster will be located at each of the four locations listed below from 8:00 AM CST until 5:00 PM CST on the following days:

- February 16-17, 2024
- March 15-16, 2024
- May 17-18, 2024
- June 14-15, 2024
- August 16-17, 2024
- September 20-21, 2024
- November 15-16, 2024
- December 20-21, 2024

- WARD 1 - PELHAM PARK PARKING LOT

- ADDRESS: 349 CAVE ROAD, ANNISTON, AL 36206

- WARD 2 - CARVER CENTER PARKING LOT

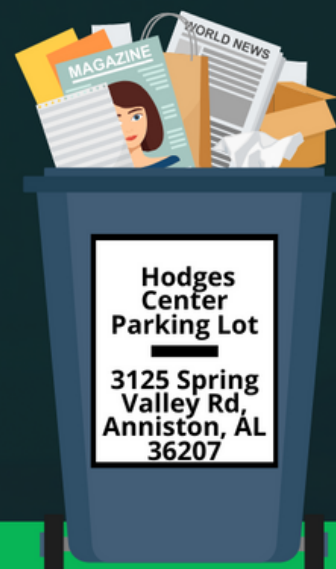
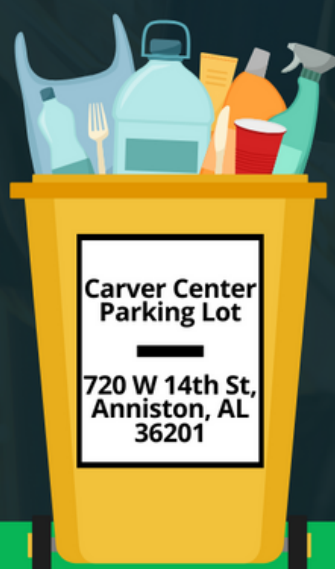
- ADDRESS: 720 W. 14TH ST, ANNISTON, AL 36201

- WARD 3 - SOUTH HIGHLAND CENTER PARKING LOT

- ADDRESS: 229 ALLEN AVE, ANNISTON, AL 36207

- WARD 4 - HODGES CENTER PARKING LOT

- ADDRESS: 3125 SPRING VALLEY RD, ANNISTON, AL 36207



Please note, the following items will NOT be accepted:

1. Hazardous Waste of any kind (i.e. batteries, corrosives)
2. Paint
3. Electronics
4. Tires
5. Freon Appliances (i.e. refrigerators, freezers)

Also, note the Calhoun County Commission offers free landfills days. The schedule of free landfill days for 2024 is as follows:

- January 20, 2024
- April 20, 2024
- July 20, 2024
- October 19, 2024



WHAT'S HAPPENING IN THE  
CITY OF ANNISTON?

# 2024

## CITY OF ANNISTON PARKS & REC. CITY OF Anniston ALABAMA SPRING YOUTH SPORTS



### SPRING SPORTS:



**SPRING SOCCER**



**T.O.T. SOCCER**



**BASEBALL &  
SOFTBALL**



**T-BALL**



**SWIM**



**TRACK**



**REGISTER HERE:**



**REGISTRATION DEADLINE:  
FEB. 29, 2024**

# Employee Spotlight



## Destini Elston

Food Service at Cane Creek Grill 4 Years

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

**A:** "In my spare time, I like to go shopping and visit my family. I also enjoy playing with my Golden Doodle."

**Q: What do you enjoy most about your job?**

**A:** "I love to interact with other people more specifically the customers. I also enjoy learning from the people I work with. I've gained a lot of experiences while working here, like working in the Cart Barn, Pro Shop, Concession Stands, working at the bar and working the events we host."



## Thais Torres

Cook at Cane Creek Grill 1 year

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

**A:** "I enjoy spending time hiking, going through Cheaha State Park, taking nature trails and walking through the park with my husband."

**Q: What do you enjoy most about your job?**

**A:** "I enjoy the work environment at Cane Creek Grill. Its a team based environment. We all get along well and we enjoy one another's company. There's never a dull moment."



# Employee Spotlight



**Clint Dover**

Fire Lieutenant

20 years

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

**A:** "On my days off, especially when I have a weekend off, I enjoy taking the family out on the boat and enjoying some good BBQ. We also enjoy the fall and spending time in Tuscaloosa for Alabama football games. Roll Tide!"

**Q: What do you enjoy most about your job?**

**A:** "I have been a firefighter with the city of Anniston for almost 21 years. And I have enjoyed every minute I'm on shift with the guys. I chose to be a firefighter because I love helping others and what we do as firefighters touch people in a positive way, even at some of the worst days of their lives. The job has been good to me and my family over the years. I have made friendships that will last a lifetime. I'm also proud to have two sons who have chosen to be firefighters and are on the job now. I hope after 20 years they can have the same love for the job as I do."



**Rudy Jimenez**

Firefighter/AEMT

17 years

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

**A:** "I enjoy spending time off with my family, camping, and being outdoors."

**Q: What do you enjoy most about your job?**

**A:** "I enjoy the time spent at work with coworkers and being able to serve the community."

# Employee Spotlight



**Doug White**

Police Corporal

9 years

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

**A:** "I enjoy playing music and golf. I play bass guitar in a couple of bands, Railroad Avenue and Blues Deluxe."

**Q: What do you enjoy most about your job?**

**A:** "I truly enjoy helping people around Anniston and the people I work with. While I dedicated a few years to patrol duty, providing immediate assistance to people in need, my transition to investigations allows me to follow cases from start to finish."



**Chris Cunningham**

Police Corporal

6 years

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

**A:** "Spend as much time as I can with Family!"

**Q: What do you enjoy most about your job?**

**A:** "What I enjoy most about my job is having the opportunity to make a change. A positive interaction with an individual can sometimes change one's mindset, which could then change one's environment. I enjoy being a positive resource for the community. I was once asked the question: "Is the juice worth the squeeze?" As I look back at the impact on the people I was able to help, my answer would be Absolutely!"



## HUMAN RESOURCES UPDATES

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### February Birthdays

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**Elijah Jones**  
**Latoya Smedley**  
**Carmen Aguilar**  
**Calvin Prince**  
**Brian Pankey**  
**Johnny Cash**  
**Kristin Smith**  
**Clinton Pangburn**  
**Justin Sanford**  
**Valentino Halog**  
**Taylor O'blinger**  
**Pamela Chapman**  
**Ciara Smith**  
**David Clark**  
**Mikkalina Spann**  
**Mitchell Bonds**  
**Lee Willis**  
**Jason Hawkins**  
**Billy Clark**  
**William Graves**  
**Gemini Sigler**  
**Rosemary Rice**  
**Philip Snyder**

## HUMAN RESOURCES UPDATES



# Anniversary

### February Anniversaries

Carol Bush	28 Years	Jessie Ennis	7 Years
Micah Bozeman	20 Years	Jon Hamilton	7 Years
Myra Bushard	19 Years	Mark Lloyd	4 Years
Jon Dougal	17 Years	Jaylen Parker	3 Years
Josh Kitchens	17 Years	Sharonda Hutchinson	3 Years
Cody Mangum	15 Years	Kolby Burgess	3 Years
Sarah Woolmaker	9 Years	James Hill	3 Years
Sterling Fiering	8 Years	Corey Harris	2 Years
Chris Williamson	8 Years	Latoya Smedley	1 Year

### FROM THE HUMAN RESOURCES TEAM

Many thanks to the February 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.

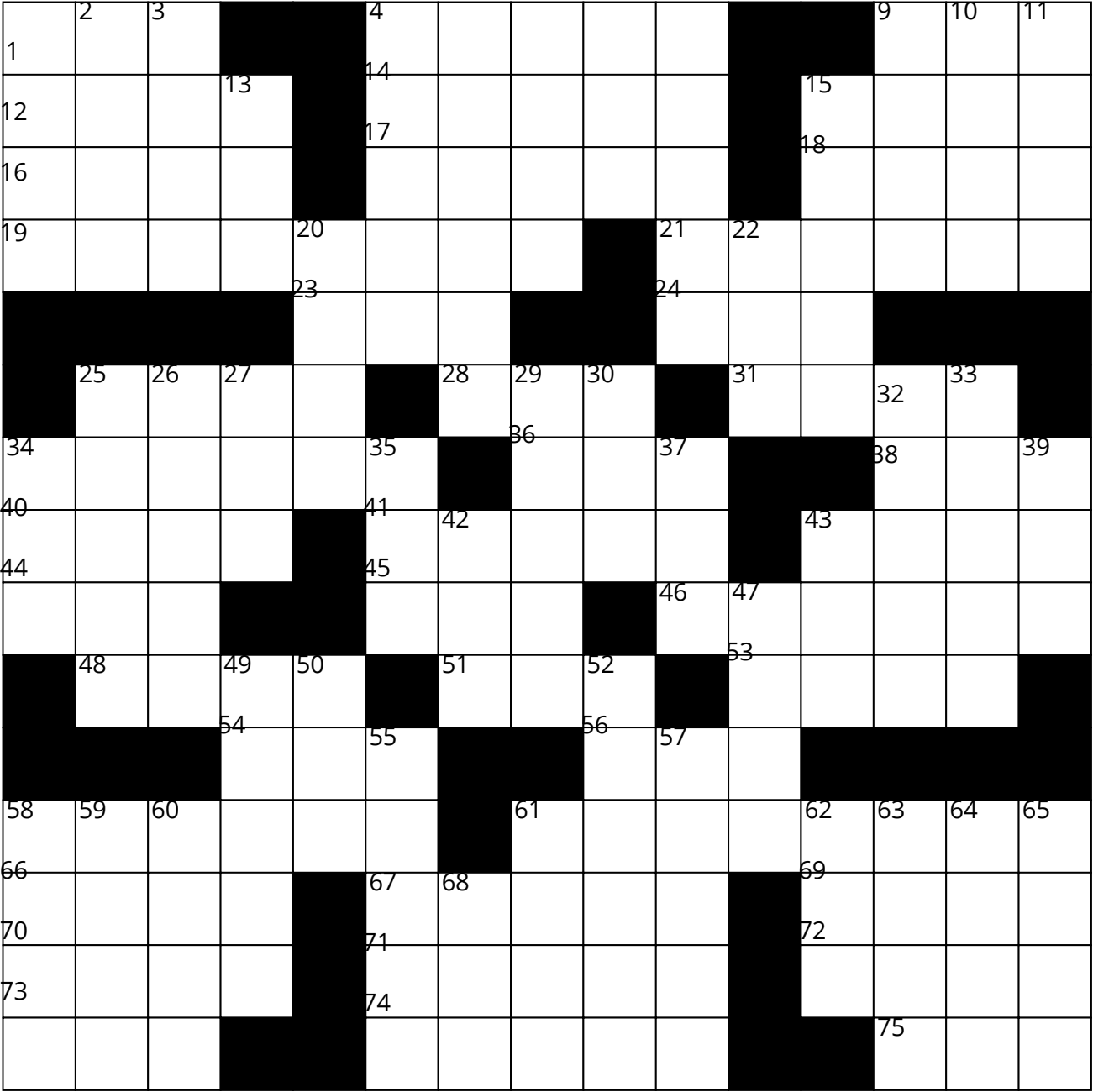
*Thank  
you!*

Bersheba Austin, HR Director  
Shelby Shiflett, HR Clerk  
Gemini Sigler, HR Specialist



# FEBRUARY

5 6 7 8



By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

## FEBRUARY

### ACROSS

- 1** Compass Point
- 4** Vast number of celestial bodies
- 9** Hubbub
- 12** Distort
- 14** Cavity
- 15** Skidded
- 16** Type of cheese
- 17** Speak in public
- 18** Greeting \_\_\_\_\_
- 19** Pertaining to or characteristic of winter
- 21** Ends
- 23** Nervous system
- 24** Propel with oars
- 25** Talk about, with "over"
- 28** Stage of life
- 31** First letter of the Arabic alphabet
- 34** Caper
- 36** Ship initials
- 38** Couple
- 40** Accent mark
- 41** Dense
- 43** Supplication

- 44** Large van
- 45** Pain unit
- 46** Its own
- 48** Snaky fish
- 51** Aye
- 53** Acquired Immune Deficiency Syndrome (abbr.)
- 54** Tree
- 56** Tender loving care
- 58** Gully
- 61** American game played on rectangular field
- 66** Sounds of disapproval
- 67** Slender pointed shaft shot from a bow
- 69** Buckeye State
- 70** Tender and passionate affection
- 71** Feudal superior
- 72** Points
- 73** Stretch to make do
- 74** Snake
- 75** Still



## FEBRUARY

### DOWN

**1** Southwest by west  
**2** Indonesian island  
**3** Small bird  
**4** Reject  
**5** Mother \_\_  
**6** College (abbr.)  
**7** Trail  
**8** Spread out  
**9** Winged  
**10** Unpaved  
**11** Chances of winning  
**13** Set  
**15** Frown  
**20** Reverberate  
**22** Snake  
**25** Netherlands' capital  
**26** Entertain  
**27** Compass point  
**29** Cunning  
**30** Escudo  
**32** Left out of gear  
**33** Combustibles  
**34** Gossip  
**35** Limited (abbr.)  
**37** Slide on snow  
**39** Clod

**42** Used to attract attention  
**43** Pressure unit  
**47** Sensitivity  
**49** Free  
**50** Tell  
**52** Moe, for example  
**55** Marsupial bear  
**57** Under  
**58** Apt  
**59** Chessman  
**60** Wander  
**61** Wilma Flintstones'  
husband  
**62** Frame  
**63** Sailors "hey"  
**64** Low-cal  
**65** Astray  
**68** Free of

## JANUARY ANSWER KEY

Solution:

