



"I Martius am! Once first, and now third! to lead the Year was my appointed place:

A mortal dispossessed me by a word and set there Janus with the double face."

-Henry Wedsworth Longfellow

Greetings, Dearest Reader! Mr. Longfellow beautifully personifies March as formerly being first but now relegated to third place in the Gregorian Calendar. This excerpt underscores the themes of change and the relentless march of time.

We've reached the third month of 2024. It's a good time to look back on the goals we've set for ourselves, our departments, and our city. Let's recall our starting point, our destination, and the journey in between. While time keeps moving forward, we have the power to shape the changes we wish to see in our beloved Anniston.

As the days get longer and the spring breathes new life and new tapestries all around, let us continue to press toward our goals with unwavering determination. Let's embrace the opportunities ahead, learn from our experiences, and work together to make our city even more vibrant and prosperous. Together, we can create positive change and leave a lasting impact on the beautiful community of Anniston.



EMPLOYEE NEWSLETTER MARCH- 2024





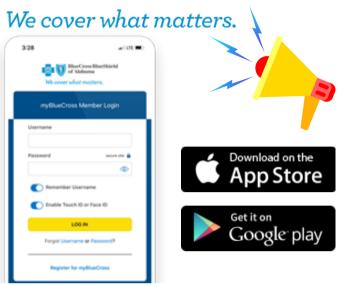
you can login to KRONOS at anytime and update your contact information such as your phone number, email and mailing address, emergency contact. direct deposit and

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





Please know that you can access your cards, claims, benefit/coverage information and other must have tools at myBlueCross.



NATIONAL NUTRITION MONTH

To commemorate National Nutrition Month, we've enclosed a flyer provided by the Academy of Nutrition and Dietetics. Titled "Eat Right." This informative pamphlet sheds light on the significance of maintaining a healthy routine and delves into the intricacies of food cultivation.

Additionally, the second flyer presents "Smart Tips for Successful Meals." We trust that you'll find these suggestions and strategies beneficial in fostering a balanced and health-conscious lifestyle.

EMPLOYEE NEWSLETTER MARCH- 2024





As we begin the month of March, I want to say a huge thanks for all you do for the City of Anniston and its residents. Each team member plays an essential role in accomplishing the overall mission of serving the City of Anniston.

This month, we are promoting health and wellness. What we feed our bodies and brains impact our lives at home and work. Our goal is to make sure you are well-informed of the benefits available to assist you with improving your health and wellness. The next few pages provide information on health and wellness, including the Employee Assistance Program (EAP). If you have questions regarding benefits, please contact a Human Resources team member. We will happily assist you.

Again, thank you for all you do. Enjoy this month's newsletter and have a memorable March.

Sincerely,

Bersheba Austin

Bersheba Austin

Eat Right



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Beyond the Table

This year's theme for National Nutrition Month® inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.



School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

These are a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what's involved in growing your food

There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate.

You also can grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches and other places may offer community gardens where you can participate in the growing process and share in the harvest.

Not quite ready to get your hands in the dirt?

Many local farms offer programs, which include "farm shares" of produce during a growing season.

Depending on the farm, additional products such as eggs or meat might be included.



Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind. Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting. You also can add more plant-based foods to your meals and snacks.

National Nutrition Month® is a great time to start thinking about how you can go *Beyond the Table* to improve both your health and the planet's.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org.

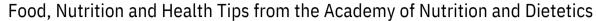


The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



Eat Right





Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- •Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- •Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- •Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- •Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- •Frozen poultry or seafood



Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious.

You can create healthy and tasty meals without a recipe.

For example:

- •Baked fish with sautéed veggies and rice
- •Black bean and vegetable burrito
- •Scrambled eggs with cheese, salsa and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- •Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- •Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- •If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- •Cauliflower can replace broccoli in casseroles and soups.



Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- •Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- •Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- •Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.
- •Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

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eatright.org			

Find more healthy eating tips at:

kidseatright.org

MyPlate.gov____

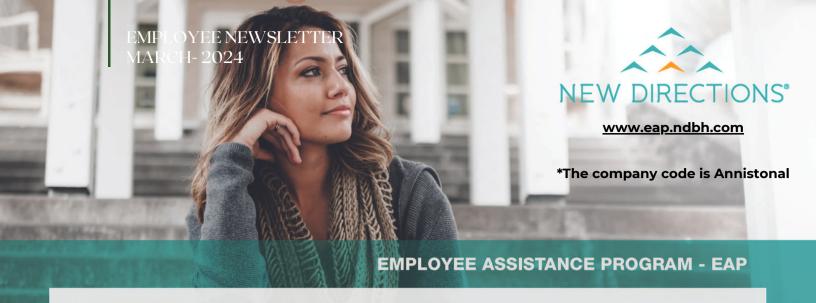
For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit <u>eatright.org.</u>

eat® Academy of Nutrition and Dietetics

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This tip sheet is provided by:





When life's a little much, reach out and get in touch.

Let's be real: life can be tough. When your responsibilities start to feel overwhelming and showing up each day with a smile on your face seems difficult, it's important to reach out for help. You can lean on your free and confidential Employee Assistance Program (EAP) for support.

We've got your back.

A free benefit from your workplace, the EAP can help you or anyone in your household:

- Be more present and productive at work
- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Grow personal and career skills
- Be a caring, loving friend or family member
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life

We're here for you, always.

Life happens, regardless of the day or time. That's why we make ourselves available 24/7, even on holidays. So whenever you need to reach out, we're here for you.



Call anytime 800-624-5544



Mobile app Search for New Directions EAP



Web
Visit eap.ndbh.com
for resources

SERVICES

- **☑** Counseling
- - Finances
 - Legal needs
 - Managing employees
 - Life
- **☑** Crisis support
- **☑** Coaching
- Adult and child care resources
- Personal and professional training
- ☑ Digital behavioral health tools

eap.ndbh.com 800-624-5544

Services are free and your employer will not know you reached out.

Flip this sheet over to see some common reasons people use EAP.

EMPLOYEE NEWSLETTER MARCH- 2024





March, the third month on the calendar. To many of us, March is all about spring. bringing longer days, warmer weather and time change. March symbolizes a time of transition, growth, and celebration, embodying themes of renewal, resilience, and the repeating pattern of life.

The name "March" comes from the Latin word "Martius," named after Mars, the Roman god of war, because it was the time when military campaigns resumed after winter. Nevertheless, we predominantly associate it with the onset of spring, as March heralds the vernal equinox, the Full Worm Moon, and the reinstatement of Daylight Saving Time!

Some time around 700 BCE, March became the third month when January and February were added to the end of the Roman calendar. Later in 450 BCE January and February were moved to become the first and second month.

Here are some other fun facts about March:

- Birthstones: Aquamarine and Bloodstone
- · Zodiac signs: Pisces and Aries
- · Birth flower: Daffodil
- Easter Sunday is not a fixed date but is determined by the lunar calendar. Easter always occurs on the first Sunday after the Paschal Full Moon that follows the spring equinox. This could happen anytime between March 22nd and April 25th.

March is known for Women's History month, National Nutrition Month, and many other observances.

Notable March dates include:

- What If Cats and Dogs Had Opposable Thumbs Day, March 3rd
- International Women's Day, March 8th
- Daylight Saving Time, March 10th
- International Fanny Pack Day, March 11th
- Ides of March, March 15th
- St. Patrick's Day, March 17th
- Vernal/Spring Equinox, March 19th
- World Meteorological Day, March 23rd
- Palm Sunday, March 24th
- Borrowing Days, March 29th-31st
- · Good Friday, March 29th
- Easter Sunday, March 31st



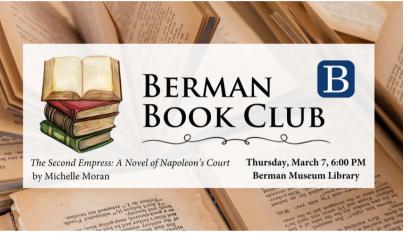




WHAT'S HAPPENING IN THE CITY OF ANNISTON?







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





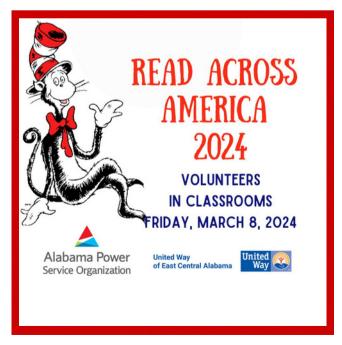


WHAT'S HAPPENING IN THE CITY OF ANNISTON?

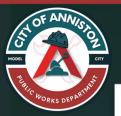




Click here to save \$10 if you sign up before the day of the race.



If you would like to volunteer for the Read Across America event, please click <u>here</u>.



2024 FREE DISPOSAL DAYS

Anniston

The Model City

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







S. Highland Center Parking Lot 229 Allen Ave, Anniston, AL

36207

Hodges Center Parking Lot 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 <u>offers free</u> <u>landfills days</u>. The schedule of free landfill days for 2024 is as follows:

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





MARCH 25-28

AGES: 3-12

MONDAY THROUGH
THURSDAY FROM 7:00 A
UNTIL 5:30 PM



Scan here for camp schedule!

Anniston
The Model City

\$50 FOR
THE WEEK
OR \$15 DAILY
CAMPERSHIPS
AVAILABLE



Learning Programs, Arts, Sports, Swimming & a Field Trip!





For More information, contact us: cbush@annistonal.gov

256-231-76282202 W 17th St, Anniston, AL 36201





Kevin Baker

Hodges Recreation Center Director 24 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 fishing and watch Auburn sports."

Q: What do you enjoy most about your job?

A: "I've enjoy watching the progress of seeing children growing up through the City of Anniston PARD programs and the impact we have on children's lives within the community."



Tony Tousey

Park Equipment Operator

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, camping and fishing, trolling weekend yard sales and gardening."

Q: What do you enjoy most about your job?

A: "I like cutting grass. I love the smell of fresh cut grass. I also enjoy the people I work around." Tony has enjoyed working for the city but he is also looking forward to one day retiring. He says, "I plan to spend time with my wife traveling and camping."





Brian Brockman

Police Lieutenant

17 years

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

A: "In my off time I enjoy coaching my sons baseball and basketball teams. I also enjoy playing golf when time allows."

Q: What do you enjoy most about your job?

A: "The thing I like most about my job is being a part of a team that chooses to make a difference in the community that we serve."



Patrick Lackey

Police Corporal

11 years

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

A: "I enjoy spending time with my wife and four kids. I also enjoy playing Fantasy Football."

Q: What do you enjoy most about your job?

A: "I started working for the City of Anniston when I was in high school. This city has always taken care of me. I have made lifelong friendships with people I met in the community and at the police department. The best part about this job is getting to come to work and see those friends, getting to help them, and be there for them."





Reed Hill

Equipment Operator III

3 years

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

A: "I spend most of my time doing outdoor activities. Mostly riding my side-by-side and off-roading with my friends. I also enjoy watching football and real professional wrestling, not WWE."

Q: What do you enjoy most about your job?

A: "I really enjoy everyone that I get the opportunity to work with. I also enjoy getting to operate the different kinds of equipment that we use in our job. My favorite machine to operate is the excavator because it's so large and can do so many different tasks."



Austin Honea

Mechanic

2 vears

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

A: "I like keeping myself busy. Whether that's doing work outside or helping someone who is needing some kind of work done. I also like to hang out with my friends. I enjoy hunting and fishing during the season, playing golf when I can, and thoroughly enjoy University of Alabama sports."

Q: What do you enjoy most about your job?

A: "I really enjoy the opportunities that working for the city has brought me. Whether that's training or providing me with resources to perform my job better. I believe our crew at the garage is amazing and I enjoy coming to work and taking on new tasks with them. Every day is an opportunity for us to fix something that is broken and that keeps it interesting."





Sean Jones

Firefighter Sergeant/Paramedic

8 vears

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

A: "I like to spend whatever free time I can with my family, whether that's at their games, church, or home game nights."

Q: What do you enjoy most about your job?

A: "I enjoy the opportunity to make a difference in somebody's worst day. Listening to Chief Findley, Captain Kitchens, and Lieutenant Dover's wisdom has taught me a lot about the pride of the fire service."



Seth McAllister

Fire Sergeant Driver

6 years

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

A: "On my off time I like being outdoors, hunting, and spending time with my family."

Q: What do you enjoy most about your job?

A: "I enjoy my job because it gives me the opportunity to have a positive impact on people. I also like being a part of the service, professionalism, and family that the fire service is known for."



FROM THE HUMAN RESOURCES TEAM

Many thanks to the March 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

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



7 TIPS FOR ENJOYING LIFE

- 1. **Let It go** Let go of what happened in the past, focus on what you can control
- 2. **Ignore Them** Ignore people that bring you down. Listen to the people that empower you
- 3. **Give It Time** Healing takes time, everyone's path is different. Healing is not linear.
- 4. **Don't Compare** Comparison is the thief of joy
- 5. **Stay Calm** It's ok not to feel ok, but stay calm and in the end it will all work out.
- 6. **It's on you** Don't let anyone control your destiny, your future is on you.
- 7. **Smile** Smile so much that your mouth hurts, life is too short not to be smiling.



HUMAN RESOURCES UPDATES



Jamie Dorroh Jeremy Thomas Sam Dade **Mady Champion Herbert Brown Kevonte Marrie Winfred Davis David Rollins** Jimmy Duncan **Russell Montgomery** Sean Goodman **Frankie Owens Charles Fender Shelby Douglas Tim McCurry Heather Stephens Aaron Vaughn** Vivian Hill Roger Nowland **Dyces Kirksey** Floyd White Laynah Medders Nicholas Maguire



HUMAN RESOURCES UPDATES



March Anniversaries

Donny Smith 25 Years

Keith Crider 22 Years

Matthew Caballero 20 Years

Jodie Trapp 19 Years

Brett Lloyd 15 Years

Shawn Morehead 15 Years

Nathan Jackson 14 Years

Matthew Wright 9 Years

Sean Goodman 4 Years

Chantz Anders 3 Years

Corey O'Tinger 3 Years

Karla Eden 3 Years

Tim McCurry 2 Years

Mirian Robinson 2 Years

Winfred Davis 2 Years

Latasha Thigpen 2 Years

Aaron Vaughn 1 Year

Cameron Bearden 1 Year

> 1 Year James Dorroh

Shane Denman 1 Year

William Totherow

1 Year

March Retirements

Rosemary Rice

25 Years



MARCH Word Search

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

O G R A S S U G N I R P S W
W R B A S K E T B A L L O L
E I H F E I S M A A R B L C
A G H S W E S A R T N B E K
T H R E I D R I , I I S P C
H A V O U R E A A R D G R I
E E S O W S I R D A A N E R
R D L H S I H S B T F E C T
D C R E A C N N L N F N H A
E N I N R M O G O A O U A P
N E I A H O R U O L D S U R
M P M W D K L O M P I Z N Q
D A Y L I G H T C D L T R T
G N E L I T R E F K Z R L L

Aries	Fertile	Plant				
Basketball	Grass	Rainbow				
Birds	Growing	Shamrock				
Bloom	Irish	Spring				
Clouds	Leprechaun	Sun				
Daffodil	March	Weather				
Daylight	Patrick	Wind				



FEBRUARY ANSWER KEY

1S	² B	³ W			⁴ S	⁵ T	⁶ A	⁷ R	⁸ S			⁹ A	10 D	11
12 W	A	R	¹³ P		14 C	Е	С	U	M		¹⁵ S	L	1	
¹⁶ B	L	E	U		¹⁷ O	R	Α	Т	E		¹⁸ C	Α	R	
19 W	1	N	Т	20 E	R	Е	D			²² B	0	R	Т	5
				²³ C	N	S			24 R	0	W			
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34 G	A	М	В	0	35 L		36 U	S	³⁷ S			38 D	U	39
40 A	G	U	E		⁴¹ T	42 H	1	С	K		⁴³ P	L	E	1
⁴⁴ B	U	S			45 D	0	L		46 	⁴⁷ T	S	E	L	F
4	⁴⁸ E	E		50 S		51 Y	Е	⁵² S		53 A	I	D	S	
			⁵⁴ O	A	55 K			⁵⁶ T	57 L	С				
A	R	R	0	Y	0		⁶¹ F	0	0	Т	62 B	63 A	64 L	65 L
⁶⁶ B	0	0	S		67 A	R	R	0	W		69 O	Н		C
70 L	0	V	E		71 L	1	E	G	E		⁷² D	0	Т	5
73 E	K	E			74 A	D	D	E	R			75 Y	E	7

APRIL 20TH-APRIL 21ST, 2024
DUBLIG EMPLOYEE
APPRIL 21ST, 2024
DUBLIG EMPLOYEE
APPRIL 21ST, 2024
DIBLIG EMPLOYEE
APPRIL 21ST, 2024







OR CONTACT CODY PARRISH AT CPARRISH@NASCAR.COM OR 386-681-4538