



We Are Anniston...
and We Are More.

CITY OF
Anniston
We Are More



August

2025

EMPLOYEE NEWSLETTER

The City of Anniston HR Team

cordially invites you to join us for the

Employee Service Appreciation Luncheon

Thursday, August 21, 2025
from 11:00 A.M. to 1:00 P.M.
at the City Meeting Center

Please stop by and sit down for lunch or
grab-n-go. Thank you for all you do for
the City and residents.



FUN



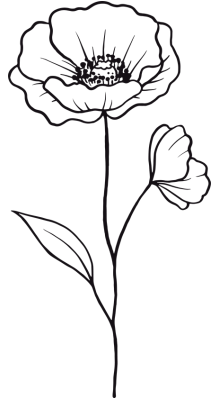
FACTS



Birthstone: Peridot

Zodiac Signs: Leo & Virgo

Birth Flowers: Gladiolus & Poppy



National Peach Month

8/2 - National Ice Cream Sandwich Day

8/3 - National Watermelon Day

8/4 - National Chocolate Chip Cookie Day

8/9 - National Book Lovers Day

8/10 - National S'mores Day

8/13 - National Left Handers Day

8/16 - Tell a Joke Day

8/20 - National Lemonade Day

8/22 - National Tooth Fairy Day

8/26 - National Dog Day

8/30 - National Beach Day

Happy Birthday

Alan Hughes
Amanda Roberts
Andrew Hayes
Aubrey Lackey
Bernadette Burroughs
Bersheba Austin
Christopher Cardwell
Christopher Hughes
Clint Dover
Demetrious Gaston
Derrick Delaney
Derrick Taylor
Edward Price
Emily McCullars
Evan Beadles
James Oswalt
Jarod Smith

Jaylen Jackson
John Futrell
Johnthan Stancil
Joseph Morgan
Joshua Cornett
Kyle Williams
Marcus Tillman
Paul Nichols
Rhonda Pope
Shavon Bush
Skyler Bass
Ternesha Molock
Tony Tousey
Tyrone Wysinger
Whitney Wilson
William Parris
Zackary Murray

Happy Anniversary

Nicholas Bowles 25 Years
Bersheba Austin 25 Years
Brian Brockman 19 Years
Rudy Jimenez 19 Years
Emily McCullars 19 Years
Tana Bryant 18 Years
Jeffery Hamrick 18 Years
Christopher Trammell 13 Years
Trenton Gaddis 13 Years
Thomas Freckman 12 Years
Daniel Oswalt 12 Years
Brandon Wheeler 6 Years
Sam Bean 5 Years
Avanti Ammons 4 Years
Zachery Davis 4 Years

Austin List 3 Years
Matthew Masiak 3 Years
Tylor Cornwell 2 Years
Jackson Pugh 2 Years
Carmen Aguilar 2 Years
Konnor Baswell 2 Years
Canyon Mickler 2 Years
Michael Weiss 2 Years
Elijah Teem 1 Year
Rodney Glass 1 Year
Jarod Smith 1 Year
DeMondri Sykes 1 Year
Grayson Wimpee 1 Year
Aubrey Lackey 1 Year

EVENTS

IN ANNISTON & SURROUNDING AREAS



Aug 2, 2025
Sat, 7:30 AM (CDT)



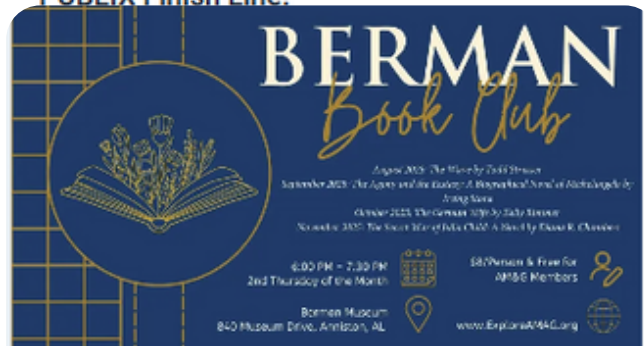
HOSTED BY: Woodstock 5K (Anniston, AL)
**WOODSTOCK 5K/KIDSTOCK 1K - RRCA
NATIONAL 5K Championship with the
PUBLIX Finish Line.**



Aug 2, 2025
Sat, 11:00 AM (CDT)



HOSTED BY: Anniston Museums and Gardens
Tree Ring Art Workshop
Museum Dr, Anniston, AL, United States, Alabama



Aug 5, 2025
Tue, 6:00 PM (CDT)



HOSTED BY: Anniston Museums and Gardens
Berman Book Club



Aug 16, 2025
Sat, 9:30 AM (CDT)



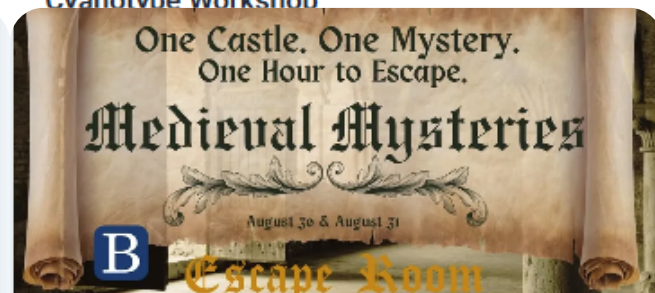
HOSTED BY: Anniston Museums and Gardens
**Art in the Garden Sunlight & Nature: A
Cyanotype Workshop**



Aug 16, 2025
Sat, 12:00 PM (CDT)



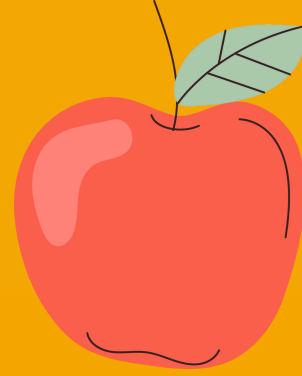
HOSTED BY: The Scoop Event Studio
Bully Showtime 2.0
1800 Martin Luther King Dr, Anniston, AL



Multiple Dates Event



HOSTED BY: Anniston Museums and Gardens
Medieval Escape Room
Museum Dr, Anniston, AL, United States, Alabama



6 tips for easing into the new school year



Set out clothes and backpacks and pack lunch the night before school.



Label sweatshirts, bookbags, lunch boxes, and other items.



Ask questions that help tell a story.



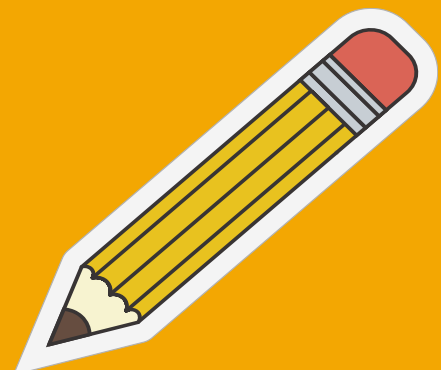
Memorize important names and numbers.



Read school notices.



Communicate with your child's teacher.



Congratulations to **LaKea Bailey, Human Resources Generalist**

LaKea successfully completed the Payroll Certification course last fall. She received the official AAPPA Payroll Certification at the 2025 Alabama Chapter Public Sector Human Resources Association (PSHRA)



Congratulations
to

Toby Bennington

on receiving the
Alabama Transportation
Planners Association
Lifetime Achievement Award!



Employee Spotlight



Chris Bush

Police Corporal

4 Years

What do you like to do in your off time?

I spend majority of my off time outdoors whether that be fishing, hunting, or hiking. I also look forward to being with my beautiful wife and precious son any free moment I get!

What do you enjoy most about your job?

I enjoy assisting victims of crime in efforts of bringing them justice and peace of mind. I also enjoy the relationships I've built with the several businesses and individuals throughout our city. I also enjoy focusing my efforts towards the drug crimes in Anniston.



Odin

K9

2 Years

What do you like to do in your off time?

I'm always working! Dad thinks when we go inside this house at the end of the day that I'm supposed to just sleep? I'm always alert, watching, barking, and sniffing for things. I also spend a few minutes here and there chasing a ball with my good friend Ruger, and taking a nap with an eye open, dreaming about food and toys!

What do you enjoy most about your job?

I enjoy riding around the city. I also enjoy when dad allows me to sniff random vehicles and items. Anytime I smell these certain smells, I alert to dad and show him where it's coming from. I enjoy everything about my job honestly.



Dalton Stephens

Fire Sergeant/Paramedic

10 Years

What do you like to do in your off time?

I enjoy gardening and being outside with my family and boys.

What do you enjoy most about your job?

Not knowing what to expect every day when you show up for work. Every day is something different.



Shasta Hayes

Account Clerk Finance

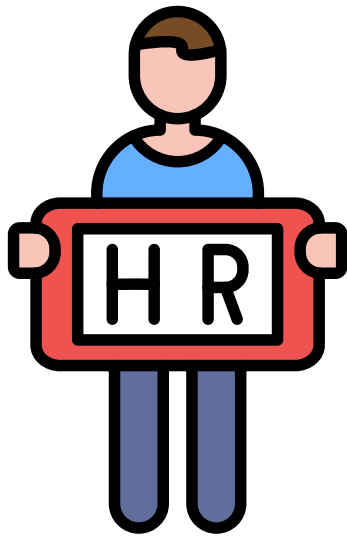
10 Years

What do you like to do in your off time?

I enjoy doing DIY projects, working in my yard planting flowers and spending time with my family.

What do you enjoy most about your job?

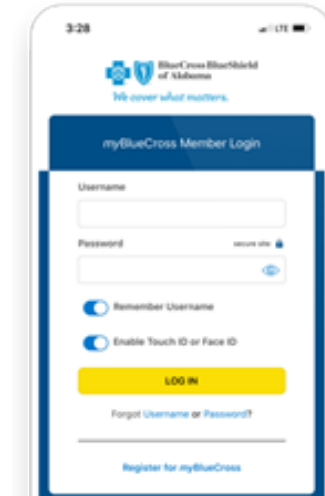
It allows me to use my skills that I am most confident and proficient in. Being a part of a departmental team that provides a positive work environment.



REMINDERS



We cover what matters.



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

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.

FROM THE HUMAN RESOURCES TEAM

Big thanks to everyone who participated in the Employee Spotlight! We're grateful for your time and effort in joining us for this, and we're excited to involve even more folks in the future. Thanks for doing a great job representing your departments and being such valuable members of the City of Anniston team.

*Thank
you!*

Bersheba Austin, HR Director

LaKea Bailey, HR Generalist

Amanda East, HR Clerk



Helpful Link:

American Diabetes Association
www.diabetes.org

*Blue Cross and Blue Shield of Alabama
cares about your health and wellness.*

*This is an informational series designed to provide
specific ideas for a healthy and safe lifestyle.*

AlabamaBlue.com/myBlueWellness



An Independent Licensee of the Blue Cross and Blue Shield Association

This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.



Diabetes: Know the Warning Signs

*Diabetes: Do you know the
symptoms? Nearly one-third
of those with diabetes are
unaware they even have
this life-threatening disease,
according to the American
Diabetes Association.*



myBlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

It's extremely important to understand diabetes and its symptoms. Prompt diagnosis of this condition can help you lead a more normal, healthy lifestyle.

There are two types of diabetes:

People with type 1 diabetes don't produce insulin. This is most common in children and young adults. They must take daily insulin shots to stay alive. People with type 1 diabetes in their family are at the greatest risk for the disease.

People with type 2 diabetes don't make enough insulin or their bodies don't properly use the insulin produced. This usually affects adults and those with a family history of the disease. However, there has been an alarming increase in the number of children diagnosed with type 2 diabetes in recent years. Experts attribute this to poor diet and inactivity. Being overweight and not exercising also put people at a higher risk for type 2 diabetes.



Here are some common symptoms.

The warning signs for type 1 diabetes include:

- Frequent urination
- Excessive thirst and/or hunger
- Unexplained weight loss

The warning signs for type 2 diabetes include all the same symptoms as type 1 plus:

- Vision problems/blurry vision
- Frequent infections, particularly gum, vagina and bladder infections
- Bruises and cuts that heal slowly
- Numbness or tingling in the hands or feet

Complications from diabetes are serious, and may include blindness, kidney disease, heart disease, stroke and other problems. If you have diabetes, proper management of your condition includes following your medical professional's instructions. Taking medications on time, eating properly, checking blood glucose levels regularly, not smoking, exercising, regular blood work and other tests will all help you stay well. Stay on top of your diabetes ... for life!



WHAT YOU NEED TO KNOW

It's safe to say vapes are NOT safe.

Recent studies show in addition to nicotine, vapor from these devices contains harmful substances, such as tin, benzene and lead.

They may be called vapes, vape pens, or e-cigs, but they are all basically the same thing. These electronic devices deliver a shot of heated and vaporized liquid to the lungs of users. This vapor may be flavored and usually contains nicotine.



Are they safe?

While some claim these devices are safer than cigarettes, it's important to note that safer does not mean the same thing as safe.

Most vape devices deliver nicotine, a highly addictive substance tied to negative health outcomes including high blood pressure, heart disease and stroke.

Medical experts are learning more about the long-term effects every day. Recent studies show in addition to nicotine, vapor from these devices contains harmful substances, such as tin, benzene and lead.

Need to quit?

The Alabama Tobacco Quitline can help.

Call 1-800 Quit Now (1-800-784-8669)

or visit QuitNowAlabama.com to take advantage of this service provided by the Alabama Department of Public Health and the Centers for Disease Control and Prevention.

1.800.QUITNOW
QUITNOWALABAMA.COM



**BlueCross BlueShield
of Alabama**

An Independent Licensee of the Blue Cross and Blue Shield of Association

IT'S FAST AND EASY TO CHOOSE A PROVIDER

With Our Online Provider Directory

With our vision insurance, you have access to advanced vision technology at many independent and retail providers, including popular national chains and regional favorites, as well as online retailers. That way, you receive vision care and services when and where it's convenient for you.

- ① Go to **MutualofOmaha.com/vision**
- ② In the **Extensive Network** section, click on the **Locate a Provider** link.
- ③ Enter a **ZIP code** or click on **Use My Location** to see providers in your area.



If you have questions or need additional assistance during business hours, contact our service team at **(833) 279-4358**.



Download the EyeMed Members app on your iPhone, iPad or Android to view benefit information and ID card.

EMPLOYEE ASSISTANCE PROGRAM - EAP

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.



Support Line
Call anytime
800-624-5544



Mobile app
Search for New
Directions EAP



Web
Visit eap.ndbh.com
for resources

SERVICES

- ✓ **Counseling**
- ✓ **Consultation on**
 - 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.

Pickled Watermelon Rinds

Ingredients:

9 cups water

1/2 cup salt

11 cups watermelon pieces (cut from rind, seeded, and cut into 1-inch cubes)

2-1/2 cups white vinegar

5 cups sugar

1 cinnamon stick

1/4 teaspoon ground ginger

2 tablespoons lemon juice

Instructions:

- 1. In a large bowl, stir the water and salt together. Add the watermelon and let stand overnight.**
- 2. Drain the watermelon, rinse, and drain again.**
- 3. In a large saucepan, combine the vinegar, sugar, cinnamon stick, ginger, and lemon juice. Bring to a boil and add the watermelon. Return to a boil and simmer for 20 minutes.**
- 4. Remove the cinnamon stick.**
- 5. Loosely pack the watermelon into jars. Return the syrup to a boil and boil for 30 minutes. Pour over the fruit in the jars and seal—process in a boiling-water bath.**