



# County Clips



## 5 Tips for De-Stressing Your Life

It's a busy time of year for a lot of us. If you were enjoying summer vacation, you're probably now in the process of getting back into the swing of things. If you have kids, you might still be scrambling for last-minute school supplies and trying to get them excited about going back. Along with the pumpkin spice lattes and crisp weather, the beginning of fall usually brings with it the launching of various activities and routines. While getting into this groove can be very rewarding, the onslaught of busyness can also bring an unwelcome visitor—stress.

While stress itself may be unavoidable it doesn't have to become crippling.

1. **Get up and go.** Even if you don't have time for a long workout, just a few minutes of exercise can greatly improve your mood and reduce stress. If you're headed to lunch, consider a brisk 5-minute walk to the deli instead of the 2-minute drive. Instead of getting right to the business of cooking dinner or sitting the kids down for homework, take them on a quick bike ride around the neighborhood first. Find little ways to incorporate movement into your day. Nothing says stress like becoming one with your desk chair.
2. **Get a plant.** Research has shown that having a potted plant or two in your office can reduce fatigue and stress, along with headaches and other physical ailments.
3. **Hang out with someone funny.** Or just watch a clip from your favorite YouTube comedian. Laughter calms your stress response and aids in muscle relaxation. It also increases your intake of oxygen, stimulates your heart and helps release endorphins. Laughter is also believed to have long-term effects like improving your immune system and your mood over time.
4. **Listen to music.** Music is scientifically proven to help calm you down. It actually affects your brain waves, causes your breathing and heart rate to slow and activates your body's "relaxation response."
5. **Sleep it off.** The amount of sleep you get is directly related to your stress level—and vice versa. If you don't sleep enough, you feel more stressed; if you feel stressed, it's hard to get a good night's sleep. It's a vicious cycle that leads to tons of sleep deficit issues, including slowed reaction times, poor judgment, loss of short-term memory—just to name a few. Get yourself into a good bedtime routine including relaxing activities like light reading. Most importantly, turn off those screens! Not only are they distracting and stress-inducing, but the artificial light is not conducive for healthy sleep.

## Special Points of Interest

- Pg. :2  
Employee Information
- Pg. 3:  
Employee Anniversaries  
and Birthdays
- Pg. 4:  
Announcements

## Welcome To Our New Madison County Employees

John Gravette..... District 1  
 William Hollett II ..... District 1  
 Robin Drake ..... DA's Office  
 David McReynolds ..... ITS  
 Michael Foster ..... District 4  
 Jeffery Patten..... District  
 Charles Laferrara..... Sheriff's Department  
 Dakota Rolin ..... Sheriff's Department  
 Renee Hill..... Sheriff's Department  
 Christopher Reece..... Sheriff's Department  
 Justin Leathers..... Sheriff's Department  
 Michael Bakos ..... Sheriff's Department  
 Charlene Green..... Sheriff's Department  
 Jeremy Upshaw ..... Sheriff's Department

### Congratulations Retirees

Sharon Butler .....Sheriff's Department  
 Timothy Howard.....Water Department

### Annual Leave Time



Don't forget...You can only carry over 480 hours from one fiscal year to the next. September 23, 2016 is the cutoff date. You should have no more than 472 hours at that time.

### Fire Safety Tip

Help maintain building security to prevent arson fires. Lock up as instructed; report suspicious persons; and don't leave combustible rubbish where it can be set afire outside the building.

### Our Deepest Sympathy

Bennie Sanderfer ..... Inspection  
 Mother  
 Angela Anderson.....Purchasing  
 Grandmother  
 Ronnie Hopkins .....District 4  
 Brother

### CONGRATULATIONS, MONICA!!!



**Monica Tolliver** works at the Neaves Davis Center. She is Mrs. Alabama AmeriQueen. Monica went to Houston, TX on July 21-24, 2016 to compete for the national title, Mrs. AmeriQueen with other ladies from the Southern

States. **Monica is your new Mrs. AmeriQueen 2016.** Her dad, **Bill Anderton**, works with District 3 and her mom, **Tina Anderton**, works in the DA's office. They are very proud of her.

Never say,  
 "I can't"  
 Always say,  
 "I'll try"

## 2016 Flu Shot Schedule

Date	Location	Time
October 11, 2016	Courthouse	10:00a.m.-2:00p.m.
October 12, 2016	District Six (3210 Hi-Lo Cir.)	2:00p.m.-4:30p.m.
October 13, 2016	Sheriff's Annex (715 Wheeler Ave)	8:30a.m.-10:00a.m.
October 13, 2016	Charles Stone Center (819 Cook Ave.)	10:30a.m.-12:00p.m.

# September Birthdays

1	John Edwards	District 1	10	Delores Thompson	Planning & Dev	20	Denise Windsor	Maintenance
1	Karen Schrimsher	County Fire	10	Laverne Riddle	Waste Control	21	Brandon Moore	Board of Registrars
1	John Vandiver	Green Mountain	11	Willie McCrary	District 6	21	Deborah Turner	Building Inspection
2	Patrick Miller	District 2	11	Allison Blackburn	District Attorney	21	Vivian Rodriguez	Tax Assessor
2	Jimmy Mayo	License Department	12	Lorenzo Mastin	District 6	21	Phillip Langford	Water Department
2	Megan Jones	Tax Assessor	12	Allyson Freeman	Sheriff's Department	22	Tammy Poole	Alt Sentencing & Rel
3	Tommy Pollard	Sheriff's Department	12	Mcklaryn Rundlett	Rural Recreation	22	Donna Gurley	Board of Registrars
3	Brian Chaffin	Sheriff's Department	12	Ronald Denson	Tax Assessor	22	Robert Becher	District Attorney
3	Patrick Gregory	Sheriff's Department	12	Tony Smith	Water Department	22	Annisia Martin	Sheriff's Department
4	John Craft	District 3	13	Rodney Quick	District 3	23	Tracey Murphree	Alt Sentencing & Rel
4	Paul Ferguson	Sheriff's Department	13	Robert Stanley	District 3	23	Ashley Byrd	Sheriff's Department
4	Daniel Dejong	Sheriff's Department	13	James McDaniel	Sheriff's Department	23	Christopher Mills	Sheriff's Department
4	Mathew Mullins	Sheriff's Department	13	Shane Stiles	Sheriff's Department	23	David Dukemineer	Planning & Dev
4	Elizabeth Denson	Tax Assessor	13	Holly Boyce	Tax Assessor	23	Brian Goodwin	Tax Collector
4	Kristin Gann	Water Department	14	William Stewart	Animal Control	24	Logan Ogle	District 1
5	Joseph Smith	District 3	14	Megan Fears	District Attorney	24	Neonco Dobbins	Sheriff's Department
5	Skyler Brazelton	Sheriff's Department	14	Ryan Countess	Sheriff's Department	24	Haley Johnson	Tax Collector
5	Derek Jenkins	Public Works	15	Courtney Osborne	District 3	25	Benzilla Anderson	Sheriff's Department
6	Monica Nash	Alt Sentencing & Rel	15	Deborah Christopher	District Attorney	25	Walter Parks	Detention Home
6	Michael Amesbury	Sheriff's Department	15	Manuel Baca	Sheriff's Department	25	Patricia Harris	License Department
6	Linda McClure	Maintenance	16	Phillip Banks	District Attorney	25	Eric Bartlett	Waste Control
6	Meagan Wimbs	Sheriff's Department	16	Franklin Harris	Waste Control	26	Timothy Swinford	Public Works
8	Gregory McCord	District 3	17	Andre Miller	Alt Sentencing & Rel	27	Jeredith Brown	Detention Home
8	Deborah Dalton	License Department	17	William Cowan	District 1	27	Michael Jones	Maintenance
8	Ulas Skipworth	Waste Control	17	Randall Sullivan	District 1	27	Lisa Byrd	Tax Assessor
9	Darlene Woodard	District Attorney	17	Carolyn Riethmaier	License Department	28	Nicholas Watford	District 6
9	Timothy Butler	Sheriff's Department	18	Jeffrey Wagoner	Building Inspection	28	Abednego Abbey	Sheriff's Department
9	Janet Jones	Probate Judge	18	John Morrow	District 4	29	James Schmidkofer	Detention Home
9	Jacob Lloyd	Sharon Johnston Park	18	Susan McClellan	Probate Judge	30	Jerry Jolly	District 1
9	Dustin Elliff	Sheriff's Department	19	Wyman Daniels	Detention Home	30	Timothy Clark	Sheriff's Department
10	Dreama Roden	District Attorney	19	Joshua Campbell	Motor & Equipment	30	Jerome Scruggs	Sheriff's Department
10	Kimberly Brooks	Sheriff's Department	20	Stephen Bell	Sheriff's Department	30	Susan Humphreys	Probate Judge
10	Elaine Johnson	Sheriff's Department	20	Brian Schreiber	Sheriff's Department	30	Sarah Smith	Sales Tax
10	David Shaddrix	Detention Home	20	Christopher Thrower	Sheriff's Department			

# August Service Anniversaries

**YRS.**

34	Joseph Cross	Public Works
29	John Riise	Detention Home
29	Brian Goodwin	Tax Collector
28	Charles Johnson	Detention Home
27	Peter Hose	Sheriff's Department
26	Carol McDonald	District Attorney
26	Betty Peterson	Sales Tax
26	Ronny Garner	Waste Control
26	Cleve Haley	Waste Control
24	Kevin Turner	District Attorney
24	John Hall	Sheriff's Department
23	Donny Shaw	Sheriff's Department
23	Michael Salomonsky	Sheriff's Department
22	George Muzny	Building Inspection
22	Jimmie Moore	District 1
20	Elizabeth Denson	Tax Assessor
19	Cheryl Taylor	Detention Home
19	Lucious Harris	Detention Home
19	Cassie Woods	License Department
19	Jamie Parton	Probate Judge
16	Stephanie Campbell	Sales Tax
16	Devin Fowler	Tax Assessor
13	Jeffrey Wagoner	Building Inspection
13	Jimmy Foote	District 3
13	Karen Hangartner	District Attorney
13	Stanley Thurman	Motor & Equipment
13	Johnny Daversa	Sheriff's Department



**YRS.**

13	Matthew Holloway	Sheriff's Department
13	William Ealy	Water Department
13	Jimmy Pigg	Water Department
12	Jo Reed	Sheriff's Department
12	Kathy Sisk	License Department
11	Joy McCall	Sheriff's Department
11	Benjamin Werner	Sheriff's Department
11	Steven Wilbourn	Maintenance
11	Richard Hooker	Public Works
11	Jason Britton	Public Works
11	Joe Allison	Tax Collector
10	William Stewart	Animal Control
10	Michael Brunzman	Waste Control
9	Robin Edwards	County Fire
9	Ryan Koch	Sheriff's Department
8	Gary Anderson	Animal Control
8	Thomas Harris	District 3
8	Michael Holt	Detention Home
8	Eva Dodd	Probate Judge
8	Zachery Jackson	Water Department
7	April Parks	License Department
7	Wilbur Stevens	Sheriff's Department
6	Gina Marlowe	Law Library
6	Isaac Peoples	Public Works
6	John Hay	Tax Assessor
5	Krystal Ikard	Tax Assessor
5	Russell Grider	Water Department



## LOCAL GOVERNMENT HEALTH INSURANCE BOARD

PO Box 304900 • Montgomery, AL 36130-4900  
201 South Union Street, Suite 200 • Montgomery, AL 36104  
Phone: 334-263-8326 • Fax: 334-517-9778  
www.lghip.org

Roger Rendleman  
Chairman

William L. Ashmore  
CEO

Blue Cross and Blue Shield of Alabama has issued a consumer alert in response to a fraudulent attempt by Red Medical Billing, WA LLC, to collect past due debt. Blue Cross has informed our agency that they did not contract with Red Medical Billing, so no personal information should be shared.

Please know that this fraudulent effort is not due to any data breach, but is merely a phishing attempt. Your personal health information remains secure.

Below are two steps you can take if you receive a communication attempt (phone call, letter, email, etc.) from Red Medical Billing:

1. Report the communication attempt to Blue Cross by calling the customer service number on the back of your Blue Cross ID card. Customer service is logging these calls and generating reports.
2. If you receive a letter from Red Medical, please report the letter to the postal inspection service.

Blue Cross and Blue Shield of Alabama is continuing to monitor the situation. Do not hesitate to contact Blue Cross if you should have any additional questions or concerns.



**2016 North Alabama  
Law Enforcement Basketball Tournament**

**Saturday, August 6 at 9am**  
**J.E. Williams Middle School**  
155A Barren Fork Blvd SW, Huntsville, AL 35824

**Open to the Public!**  
**\$4 admission, under age 5 is free**  
Part of the proceeds go to J.E. Williams Boys Basketball Team  
and Boys & Girls Club of North Alabama

**Team Entry Fee: \$125**  
Bracket Format with Championship Game

**All Police, Sheriffs & Correction Officers are Invited**

**To Register your Team or for Questions:**  
Investigator Jermaine Nettles 256.808.4824 or [JermaineNettles@districtattorney.org](mailto:JermaineNettles@districtattorney.org)  
Chief Investigator Kevin Turner 256.532.3460 or [KevinTurner@districtattorney.org](mailto:KevinTurner@districtattorney.org)