

NEWS in a NUTSHELL

THE NEWSLETTER FOR THE EMPLOYEES OF MARYVILLE



Volume 42, Number 9

September 2022

City of Maryville Fitness Center Could be Your Game Changer

There are many benefits to working for the City of Maryville. One of them is 24 - hour access to an on-site, fully equipped fitness center in the Municipal Building. If you've never been to the gym or maybe never thought about working out before, there are many reasons why you should consider this valuable perk that is provided at no cost to all employees, their spouses, and their dependents between the ages of 13 and 26.

Exercise is a great way to improve your outlook on life, gain more energy, be happier and healthier, and add years to your life. The health benefits of regular exercise and physical activity are hard to ignore and often life-changing.

Exercise Helps to Control Weight

Exercise can help you wage war against weight gain or help with weight loss. Consistency is key. According to the American College of Sports Medicine, the ideal workout regimen balances cardiovascular work and strength training. Their guidelines recommend 150 minutes of moderate-intensity aerobic physical activity each week or vigorous-intensity aerobic activity for a minimum of 20 minutes three days a week. Additionally, you should work on strength training twice a week.

Exercise Can Help Combat Illness and Disease

Exercising regularly helps you build muscle strength, and strengthens other areas of your body, including your bones and heart. Better cardiovascular health helps lower your blood pressure and decreases inflammation. Strengthening your bones can help you avoid osteoporosis as well. Working out brings cognitive benefits and boosts your brain health, too. There is evidence that people who exercise live longer and have less risk of developing dementia.

Regular exercise can help you manage many health problems and concerns, including:

- Heart attack and stroke
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Depression and anxiety
- Stress
- Inflammation



Exercise Improves Mood

If you struggle with depression or anxiety, or if you often deal with stressful situations at work or home, a visit to the gym for a brisk walk on the treadmill can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed, and less anxious. Also, it can boost your confidence and improve your self-esteem.

Exercise Boosts Energy

Exercise delivers oxygen and nutrients to your tissues and helps

your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Regular physical activity can also help you fall asleep faster and stay asleep.

What Equipment Does the Fitness Center Offer?

- Treadmills
- Exercise bikes
- Rowing machines
- Dumbbells
- Barbells
- Benches
- Weightlifting machines
- Showers and lockers



Who Can Use the Fitness Center?

- Part-time employees, co-op students, Reserve Firefighters, and Reserve Police Officers.
- Retired full-time employees and their spouses.
- Full-time employees, their spouses, and children between the ages of 13 and 26.

Visit HR for Access to the Gym

Watch the Fitness Center Orientation video and sign the Rules Agreement. You'll be asked to sign a Waiver of Liability and then you will receive a key fob so you can start enjoying the gym anytime it is convenient for you and your family.

Fitness Center Rules:

- Athletic shoes and appropriate attire are mandatory.
- Shoes must be free of dirt and debris.
- Food, drink (water excluded), and tobacco products are not allowed in the fitness center.
- Lockers are for use during your workout time only.
- Limit the use of treadmills, bikes, etc., to 30 minutes when others are waiting.
- Check equipment for proper settings and instructions before use to avoid injury.
- Report any damaged equipment to Kevin Bailey (Fitness Committee President).
- Remove weights and clean off all equipment with the provided disinfected wipes after use.
- Return weights and other items to their proper location.

The City of Maryville reserves the right to revoke Fitness Center privileges to any individual who violates these rules.

Removing your weights from the equipment is particularly important because not all employees or retirees can safely handle heavy weights. It will take a few extra minutes to return weights to the rack, but by doing so, each of us can become good stewards of

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People are the Key

2022 Service Awards Held August 17



On August 17, at 7:30 a.m., 40 City of Maryville employees were honored for their service to the City. Every year Human Resources hosts a breakfast for those employees who have completed 5, 10, 15, 20, 25, 30, 35, and 40 years and beyond in public service. Each employee receives a plaque and a gift at the breakfast, along with a few words of thanks from the City Manager and City Council Members.

Scotty Martin, W&S at the far left receives his plaque for 35 years of service from Greg McClain, City Manager. Mike Seagle, of the Electric Department, pictured on the right, was also recognized for 35 years of service.

Ice Cream Social was a Hit



Jonathon Riggsbee, Admin./GIS, and Chad Loveday, IT, enjoying the ice cream the directors provided on August 4 at the Op Center. Patty Cox, HR and Jamie Higgs, EPW visit in the background.

United Way Events Scheduled

United Way Gas Day Sept. 9, 7 a.m. - 6 p.m.

Look for the United Way banners at 14 participating gas stations in Blount County. On Gas Day you'll find volunteers washing windshields and pumping gas for tips while a portion of your fuel purchase will be donated to the 2022 campaign.

Gas Day 2022
Presented by:
Clayton
City of Maryville

United Way
of Blount County

865-982-2251
blountgasday.com
unitedwayblount
1615 E. Broadway Ave

The City of Maryville has been assigned to the EZ Stop #22 at 2428 East Lamar Alexander Parkway. Once again this year, we have chosen to participate in the Virtual Gas Day Tips campaign.

Employees, friends, and family can make tip donations online beginning September 1st. Scan the QR Code above to make your donation.

Hot Dog Lunch

On Friday, September 30, 2022, the United Way Committee will be hosting a hot dog lunch for employees and the public. Proceeds will be going to this year's United Way Campaign. Lunch will be served in the MFD Fire Bay beginning at 11 a.m. and running through 1:30 p.m. We will be serving hot dogs and all the trimmings (including chili), chips, water, and two chocolate chip cookies for \$6. The committee will be looking for volunteers to bake cookies for the event. Call Patty at 3427 or Mary at 3407 if you'd like to volunteer to bake two dozen cookies for the event.



Congrats are in Order



New Employee
Josh Davis
EPW
Street Construction
Worker



New Employee
Daniel Nickerson
Finance
Accountant



New Employee
Brandon Carter
MPD
Police Officer



New Employee
Chris Flores
MPD
Police Officer



New Employee
Matthew Hulihan
MPD
Police Officer



New Employee
Kaleb Pharris
MPD
Police Officer



New Employee
Jarod Walker
W&S
Water Plant
Technician



New Employee
Tate Murphy
EPW
Grounds Maintenance
Worker



Promotion
Jamie Long
MPD
Police Sergeant



Promotion
Shane Myers
W&S
Utility Construction
Crew Leader



Promotion
Cory Tipton
W&S
Utility Construction
Worker II



Promotion
Matthew Tipton
MPD
Police Corporal



Promotion
Chris Worley
EPW
Sanitation Collection Driver



Retiring Sept. 19
Teresa Martin
Finance
41 Years of Service



Newborn 8/16/2022
Ivy June Roberson
Daughter of Danielle &
John Roberson, EPW
8lbs. 2.9oz.

Can HR Reach You if They Need To?

If you've recently moved or changed your phone number it is important that you update the information Human Resources has in your file. When your contact information changes, don't forget to let HR know. A quick phone call to Patty at 3427 is all that is needed to get your records updated.



Save the Date!

The Employee Appreciation Picnic will once again be held at the Op Center on October 13, 2022. *Who else is excited to hear this?*

FITNESS CENTER (continued from page 1)

the Fitness Center and protect those who may not be as strong as we are from unnecessary injury.

With the approval of the Human Resources department, Certified Personal Trainers are allowed in the Fitness Center. Proof of certification and a signed Waiver of Liability by the trainer is required. Documents will be kept in Human Resources.

If you would like a tour of the Fitness Center before you commit to adding a fitness program to your life, call Kevin Bailey at 3558. He or any of the other members of the committee would be happy to help you.

Let's do this!

Applause Please

September Birthdays

- 3 Tommy Cooper, Electric
- 4 John Hudgens, Electric
Jillian Love, Dev. Services
- 8 Shaun O'Neal, MPD
Austin Green, MPD
Jennifer Cunningham, MPD
Jamie Long, MPD
- 9 Reid Walker, MPD
- 10 Danny Atkins, W&S
- 12 Tyler Breazeale, EPW
- 14 Shane Myers, W&S
Kyler Love, W&S
- 15 Jordan Isbell, MPD
- 17 David McCarter, Electric
Teresa Martin, Finance
Johnny Garner, EPW
- 18 Kyle Newman, EPW
- 19 Brad Weeks, EPW
Danny Kimsey, W&S
Rachael Allmon, Public Services
- 20 Todd Burchett, W&S
- 21 Wyatt Snow, Electric
Chris Tuck, MPD
Justin Brown, MPD
Conner Brown, MFD
- 23 Steven Talbott, MFD
- 24 Sam Newport, Electric
Clay Cope, EPW
- 25 Jason Pesterfield, MPD
- 26 Adam Parton, W&S
Andrew Puckett, MFD
Cory Tipton, W&S
- 27 Kevin Roulette, Electric
Amy Woody, Electric
- 28 Carlos Hess, MPD
Chad Loveday, IT
- 29 Clayton Hall, MPD
Mark Huffstetler, Finance
- 30 Sherri Phillips, Finance



September Anniversaries

- Mike Davis, W&S 37 years
- Hank Woods, Electric 36 years
- Missi Fields, Finance 34 years
- Rachael Allmon, Public Services 26 years
- Rob Woods, MFD 26 years
- Tim Green, EPW 21 years
- Tim Lane, EPW 21 years
- David England, W&S 20 years
- Cristy West, Finance 20 years
- Tony Crisp, MPD 20 years
- Ronnie Irwin, EPW 19 years
- Scott Spicer, MPD 19 years
- Todd Hall, W&S 16 years
- Charles Mims, Finance 15 years
- John Hudgens, Electric 14 years
- John Roberson, EPW 8 years
- Jana Brown, W&S 6 years
- Josh Richards, MFD 4 years
- Brad Weeks, EPW 4 years
- Stephen Jordan, EPW 3 years
- Eric Maynard, MPD 2 years
- Sandra Ullman, Finance 1 year
- Chandra Pickering, Finance 1 year
- Brandon Cooper, W&S 1 year

Customer Service Kudos

Good Morning Ralph,

Just wanted to send you an email regarding one of your employees, Ms. Garrett. My family and I recently relocated to Maryville from Winter Park, Florida. I have stopped by city hall on a couple of occasions regarding my new utility services. Each time I had the opportunity to work with Ms. Garrett who was very personable, polite, and helpful during my visits. As a 33-year retired law enforcement executive I know from previous experience city employees are too often criticized and not appreciated by residents and others. Please know that Ms. Garrett represented the City of Maryville in a professional manner and was a pleasure to work with.



Sincerely,
Art

Citizen Happy with Brush Pickup Service

“Wanted to compliment whoever did the brush pickup on South Maple Street this morning (August 22). They did such a good job. The area was very neat when they finished!”

This compliment came in on the comment section of the website. Johnny Garner is the employee who went above and beyond for the folks on S. Maple Street.