



City of Laurinburg

FEBRUARY 2025

Employee HR Newsletter



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~Message from HR~



Sunday, March 9, 2025



February is **Healthy Lifestyle Awareness month**, a month dedicated to highlighting the importance of healthy living.

♦ 5 SIMPLE WAYS TO STAY HEALTHY

1. Water fights off heart attacks

According to research, you can reduce the chances of heart attack by 40% if you drink at least five glasses of water a day.

2. Reduce sitting and sleeping

They're great — in moderation — as too much of either can decrease life expectancy, says a study by the University of Sydney.

3. Laughter is the best medicine

It increases blood flow by 20%, which is good for the human heart.

4. Reading beats stress

Getting engrossed in reading can reduce cortisol and other unhealthy stress hormone levels by 68%.

5. Green for mental health

Spending time outdoors or in green spaces indoors can boost mental health, self-esteem, and reduce negative thoughts too.



NEWS & ANNOUNCEMENTS



Welcome New Hires to the City!

Simmie Hatcher

"Landscape Worker"

Beautification

02/03/2025



Nathaniel Jackson, Jr.

"Sanitation Worker"

02/17/2025



Jacob Braswell

"Sanitation Worker"

02/20/2025



Donald D. Locklear

"Tree Trimmer Tech II"

02/20/2025





Cameron Fields

"Sanitation Equip Operator II"

Jeffery Clark

"Sanitation Equip Operator I"



George "Crum" Speck, a chef and restaurant owner, is said to have created the [potato chip](#) by accident during the summer of 1853.

Garrett Morgan's inventions continue to save lives. His take on the traffic signal, which he patented in 1922, was the first to offer a third "caution" signal, which is now known as the yellow light.

Alexander Miles's elevator design made riding on elevators safer. In 1887, Miles obtained the patent for his invention, including a flexible belt attached to the elevator cage, allowing the doors to function automatically.

CONGRATULATIONS are in order for those celebrating



Birthdays and **Years of Service** with the City!

Keep up the **GREAT** work!

~ YEARS OF SERVICE ~

February 2025



Eric Deese	29 Years
Levern Cole	26 Years
Jerry Locklear	25 Years
Randy Chavis	23 Years
Terrence Ellison	23 Years
Ann Shampy	22 Years
James Hunt	17 Years
Angela Taylor	13 Years
Latoya Bright	9 Years
Kaylon Alford	6 Years
Alston Wilkerson	5 Years
Dakota Goins	5 Years
James Sweet	5 Years
Susan Morrison	2 Years
Raymond Mufalli	2 Years
Dustin Lowery	2 Years
Hezekiah Hardee III	1 Year
Diandre Benoit	1 Year

March 2025

~BIRTHDAYS~

Jeremy Locklear	03-02
John Haggans	03-02
Deonta Harrington	03-02
James Cox	03-05
Jeffrey Cooke II	03-07
Savannah Magyar	03-08
Jonthomas Locklear	03-13
Adrian Robson	03-14
Mark Morris	03-21
Marian Manis	03-21
Crecencio Suarez, Jr.	03-25
Kevin Lowery	03-30



We are most HUMAN when we see the HUMANITY in others!

