

THE HR CONNECTION

Human Resources Director Donna Parker



Did you know.....Sunglasses are a must for children and adults?

Over-exposure to UV rays is bad for eyes of any age, but it can be especially harmful for the very young. Learn ways to protect the eye health of all of your loved ones.

Sunglasses aren't just a fashion accessory or something that adults need to wear on sunny days. Wearing sunglasses, from birth through old age, can help save your eyesight.

The lens in a child's eye is clear from birth through about age 10. It can't filter out as much sunlight as an adult lens. That means sun exposure can cause more damage before age 10 than after, when the lens begins to get cloudy.

Early exposure, long-term damage

Some studies suggest that 80 percent of sun damage occurs by age 18. Long-term exposure to the sun's UV rays is a big factor in vision loss. Studies indicate that too much sunlight may lead to:

- Cataracts and age-related macular degeneration, which rob adults of eyesight
- Skin cancer around the eyelids
- Pterygia (benign growths on the eye's surface that can block vision)

Super Summer Smoothie



Sunrise Smoothie

Benefit: Mangoes are best ripe! Don't toss fruits when they start to get mushy—that's when antioxidant levels peak (and taste is often sweetest). The over ripeness won't matter once you blend them up.

- 1 c mango chunks
- ½ banana, chopped
- 1 tsp fresh lime juice
- ¼ tsp finely grated fresh ginger
- 1 ice cube
- 2 tsp honey
- 2 c seedless watermelon chunks

PUREE first 6 ingredients and pour into glasses. Top with pureed watermelon.

NUTRITION (per serving): 148 cal, 2 g pro, 38 g carb, 3 g fiber, 0.5 g fat, 4 mg sodium.

Years of Service Awards

Congratulations to the following employees for their faithful service and dedication to the citizens of Haines City.



Commissioner H.L. "Roy" Tyler
25 Years



Lieutenant Jay Hopwood
Police Department
15 Years



William Bojo
Parks and Recreation
10 Years



**William Dampier
Parks and Recreation
10 Years**



**Ralph Daniels
Parks and Recreation
10 Years**



**Officer Ricardo Pacheco-Negron
Police Department
5 Years**



**Lieutenant Joseph Warren-Kahles
Fire Department
5 Years**

Kendrick Bridges, Police Department – 10 Years

Daniel Williams, Utilities – 10 Years

David Yager, Code Compliance – 10 Years

Jonathan Jackson, Utilities – 5 Years

Mitchell Lamm, Fire Department – 5 Years

David Williams, Parks and Recreation – 5 Years

Employees of the Month

Congratulations to Firefighters Alex Diemer, Mitch Harris, and Felix Lopez on receiving the Employee of the Month Award for assisting in saving a man's life during the Ribs On The Ridge event.



From left, Mayor Horace West, Fire Chief Stuart McCutcheon, Firefighter Alex Diemer, Firefighter Mitch Harris, Firefighter Felix Lopez, and City Manager Richard H. Sloan.

Police Department Promotion and Swearing-In Ceremony



Deputy Police Chief James "Jim" Elensky being sworn in by City Manager Richard H. Sloan



Lieutenant Keva Harris being promoted to Captain by City Manager Richard H. Sloan

Welcome Aboard!

Please join us in welcoming our newest team members to our Haines City family.



Jill Cline
Public Works Secretary



Irvin B. Lee
Public Works Operations Manager



Holly Gorsline
Fire Department Secretary

Key Behaviors of People Who Make a Positive Difference in the World

The Blog by Kathy Camrino (1/15/2015)

1. They dedicate themselves to what gives their life meaning and purpose
2. They commit to continually bettering themselves
3. They engage with people in open, mutually-beneficial ways
4. They invest time and energy not in what is, but what can be
5. They spread what they know
6. They uplift others as they ascend
7. They use their power and influence well

“We all have the ability. The difference is how we use it.” ~Stevie Wonder~



History of Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

City Hall Offices will be closed on Monday, May 29th in observance of Memorial Day