



# MURPHY MONTHLY

Official Citywide Employee Newsletter for the City of Murphy



## EMPLOYEE SPOTLIGHT

### BIANCA BROWN

#### POLICE OFFICER

My favorite part about my role is interacting with the public and helping in their time of need. Before Murphy, I was a detention officer for six years, and I would occasionally do a "ride a long" with officers of my department at the time. These made me come to the realization that being a patrol officer was the next step for my law enforcement career.

A career highlight was attending the ALERRT (Advanced Law Enforcement Rapid Response Training) Instructor course, which was a dream goal of mine for a long time.

If I had to pick a different area of the City to work in for a day, I would choose Public Works. The guys seem to have a good time working together, completing projects, and enjoying our beautiful city.

There's so much good advice I've received from many people over the years... but to narrow it down to two: "Don't limit your growth with the unknown. Bet on yourself" or "Reading is fundamental."

A few fun facts about myself are that I am currently training for The Tactical Games, I want to take an Alaskan hunting trip one day, and Officer Folk and I are best friends - we used to work together for two years prior to Murphy.

## WELLNESS WEDNESDAY - 3/26



### **Breakfast & Learn - Estate Planning**

- 7:15a.m. - 8:00a.m.
- **Must RSVP in advance by 3/25**
- Murphy Activity Center

### **Wellness Walk**

- 2:30p.m.-3:00p.m.
- Meet in front of City Hall

### **Biometric Screenings & Vitamin Clinic**

- 9:00a.m.-1:00p.m.
  - Vitamin shots (B12, D, amino blend, and more!) are available until 2:00p.m. (or until supplies run out) and do not require appointments; an appointment is required **only** for biometric screening
- Murphy Activity Center

## CITY EVENTS



### **March 28 - Food Truck Friday**

- 5:00p.m.-9:00p.m.
- Murphy Central Park
- Special Guest: Chant Duplantier

### **April 12 - Spring Clean & Green**

- 9:00a.m.-12:00p.m.
- City Hall Complex

### **April 17 - Hop N' Hunt - Easter Egg Hunt**

- 6:00p.m.-9:00p.m.
- Murphy Central Park

# FEBRUARY NEW HIRES

*Welcome to the Murphy team!*



**Jonathan Lopez**  
**Police Officer**  
PD

Before joining the City of Murphy, Jonathan served with the San Antonio Police Department. Outside of work, he enjoys reef tanks and corals, indulging in good BBQ, and spending time at the gun range. One of his bucket list goals is to scuba dive the Great Barrier Reef! His biggest motivation is making his family proud, and his greatest accomplishment is achieving his dream of becoming a police officer. Welcome to the team, Jonathan!

## PROFESSIONAL RECOGNITION

### Honoring Our School Safety Heroes

In February, we celebrated **School Crossing Guard Appreciation Day** and **School Resource Officer Appreciation Day!** Thank you for your dedication to keeping our schools safe and secure. Your hard work and commitment make a difference every day. Check out the photos below of our AMAZING team in action!

### SCHOOL CROSSING GUARDS

Thank you to: Clifford Sales, Natasha Vause, Marilyn Young, Frederico Mancias, Roger Camp, and Graydon Strickland!

### SCHOOL RESOURCE OFFICERS



Cynthia Folk

Connor LeBaron

## JOB OPENINGS

View more details at

[www.governmentjobs.com/careers/murphytx](http://www.governmentjobs.com/careers/murphytx)

- Certified Police Officer
- Firefighter/Paramedic
- School Crossing Guard
- Telecommunications Officer



## WORKIVERSARIES

**Mario Vega** - 1 Yr of Service

**Jacy Mitchell** - 1 Yr of Service

**Luis Quintana** - 2 Yrs of Service

**Brent Bartholomew** - 2 Yrs of Service

**Ashley Hudson** - 3 Yrs of Service

**Alan Edwards** - 3 Yrs of Service

**Mario Reyes** - 3 Yrs of Service

**Virgil Cross** - 4 Yrs of Service

**Daniel Moszak** - 5 Yrs of Service

**Phillip Gilbert** - 5 Yrs of Service

**Sarah Ashmore** - 15 Yrs of Service

*Thank you for your continued service to making Murphy the incredible place it is!*



## HAPPY BIRTHDAY!

Phillip Gilbert - 3/7

Marilyn Young - 3/8

Bernardo Salazar - 3/11

Trevor Bowman - 3/20

Paulette Overman - 3/23

Brett Bertelli - 3/24

Natasha Vause - 3/24

Judy Friedline - 3/29

Kasaun Goss - 3/30



# MONTH IN REVIEW

## Chili Cook-Off

Our 2nd Annual Chili Cook-Off was a huge hit! A big thank you to our judges—Mayor Scott Bradley, Councilmember Laura Deel, City Manager Aretha Adams, and Fire Chief Perry Elliott.

This year's competition featured ten participants, including a unique "Wildlife Chili" with yak and kangaroo meat! Daniel Paredez took first place for the second year in a row! Congrats to all our winners (pictured below)!

Thanks to everyone who brought sides and desserts—especially the banana pudding, which was a crowd favorite!



## Wear Red Day

In honor of American Heart Month, the City of Murphy team proudly wore red to raise awareness for heart health! ❤️

In addition, employees had the opportunity to receive a free onsite cardiovascular screening, encouraging early detection and prevention. Small steps—like regular check-ups, staying active, and making heart-healthy choices—can make a big difference!



# DID YOU KNOW?

## EMPLOYEE OF THE QUARTER



The city has launched a new “Employee of the Quarter” program where each quarter of the fiscal year an employee can receive well-deserved recognition for service excellence!

- Do you know an employee who demonstrates work qualities that align with the City’s core values?
- Do you know an employee who goes above and beyond and consistently gives their best?
- Do you know an employee who stands out to you as a true leader or team player?
- What about an employee who has made a positive impact on your day-to-day work or inspired you with their dedication?

**If so, nominate them for Employee of the 2nd Quarter and get entered into an annual drawing for a paid day off!**

### **HOW IT WORKS:**

- Complete a nomination form and submit it to the employee’s Department Head by **Monday, March 10th**.
- Department Heads will consider all nominations and may submit up to 2 to HR.
- The final selection of Employee of the Quarter is made by the City Manager and Assistant City Manager.
- Employee of the Quarter recipients are considered for Employee of the Year.
- Unselected nominees have the opportunity to win the annual Rising Star Award.

### **WHAT AWARD RECIPIENTS RECEIVE:**

#### **Employee of the Quarter will receive:**

- A paid day off (to be taken within 3 months)
- Recognition in the April Employee Newsletter
- Recognition on the City Manager webpage and social media pages
- A Glass Plaque awarded at the April 15th Council Meeting
- Consideration for Employee of the Year

#### **Employee of the Year will receive:**

- \$250 VISA Gift Card
- Marble award presented at the Annual Service Awards Ceremony in December 2025
- Recognition in the January 2026 Employee and Community Newsletter
- Recognition on the City Manager webpage and social media pages

#### **Rising Star will receive:**

- \$100 VISA Gift Card
- Glass award presented at the Annual Service Awards Ceremony in December 2025
- Recognition in the January 2026 Employee Newsletter
- Recognition on the City Manager webpage



# COUNCIL ROUNDUP

## A RECAP FROM THE FEBRUARY MEETINGS



- City Council Meeting Highlights
- Police Chief Jeff Gibson presented the Lexipol Case Study.
- Budget Officer Shahrzad Rizvi provided the quarterly financial report.
- Council approved the minutes from previous meetings and officially ordered the May Election.
- The quarterly investment report was accepted.
- A public hearing was held on Community Development updates, covering public notifications, PODS, and the site plan review process.
- Boggess Elementary was recognized for attending the Council meeting.
- Presentations were given on traffic enforcement in Maxwell Creek and the upcoming Murphy's Backyard BBQ event.
- Employee Handbook amendments were reviewed.
- Council approved a contract amendment with CamCrete for concrete flatwork.
- On-site public improvements for Crescent Hill were approved.

## MARCH WELLNESS TIP OF THE MONTH

### THE POWER OF PROTEIN

Protein is having its moment—and for good reason! While it's often linked to muscle-building and weight loss, it's also an essential macronutrient that supports overall health and bodily function.

#### **Tips for Getting Enough Protein:**

- ✓ Spread it out – Aim to consume protein consistently throughout the day.
- ✓ Follow the guidelines – The Dietary Guidelines for Americans recommend that 10%-35% of daily calories come from protein.
- ✓ Know your needs – If you consume 2,000 calories per day, you should aim for 50-175g of protein.
- ✓ Choose wisely – Great protein sources include fish, lean meats, low-fat dairy, nuts, seeds, tofu, beans, and lentils.

Fuel your body with the right nutrients & keep protein on your plate!

