



# YourEAP

## Your Employee Newsletter

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### SUMMER READY/4TH OF JULY

**W**e've made it through Memorial Day and now we're getting into high gear and preparing for the Fourth of July. The Fourth of July – also known as Independence Day or July 4th – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. Make this July a safe and healthy one for you and your family. If preparing to play hard during the upcoming Fourth of July weekend, ensure that you have fun while exercising safety tips to avoid unwanted emergency room visits and other unnecessary misfortunes. Below you will find some holiday safety tips to incorporate into your Fourth of July holiday.

If you are grilling remember never to leave the grill unattended. Many of us will celebrate with tasty food from the grill on Fourth of July. The designated chef of your family or group of friends may have mastered cooking the perfect burger, but do they know how to avoid barbecue mishaps and improper food handling? Allow foods to properly thaw, marinated foods should be kept in the fridge and not on the counter and never cross contaminate. Put cooked food on clean platters and discard any food left out for more than two hours. (In high temperatures, discard after 30 min to an hour of being left out).

Fireworks are a must during the Fourth of July. Remember to play safe and never give fireworks to small children. When lighting fireworks, light them in a sectioned off area of the street or sidewalk away from trees, people, vehicles, animals and homes. Always keep a bucket of water close by as a precaution. Exercise good judgment. Holidays are a fun time for family gatherings. Be safe while doing so.

**Did you know:** The quickest way to save energy on home cooling is to regularly clean and replace your cooling unit's filter?

Tips for lowering cooling costs. The extreme temperatures of winter and summer aren't the only times of year that you can reduce your energy costs. Here are a few helpful tips to lower utility bills this spring as well. Get your central AC system checked by a professional. A system checkup done at least annually can improve your comfort and the efficiency of your AC while prolonging the life of your unit. Change the filters. Routinely replacing or cleaning air filters can lower your cooling system's energy consumption by up to 15%. Clean around the outdoor unit. There should be a minimum 2-foot clearance around the unit for optimal air flow. Also, consider how large your plants will grow when planting them near the HVAC unit. Using a ceiling fan. This allows you to raise your thermostat as much as 4 degrees without sacrificing comfort. Install and set a programmable thermostat. It could help you save up to 10 percent on heating and cooling costs per year. Don't heat your home with appliances. On hot days, consider using an outdoor grill instead of your oven. Install energy efficient window coverings that let natural light in and prevent solar heat gain. Insulate and seal ducts. Air loss through ducts accounts for 30% of a cooling system's energy consumption.

**Note:** These changes will assist in putting money in your pocket so that you can enjoy your summer shenanigans.

# Getting Your Point Across

**Y**ou may never take a job in “sales,” but you are nonetheless “selling” throughout your career. Getting hired, asking for a raise, persuading others to accept your ideas, or positioning your employer for success—these things all benefit from organizing your thoughts and preparing your pitch like a sales pro. Most people hope for the best without knowing tested “templates” exist for a persuasive presentation. Here’s one approach (notice how the solution you’re “selling” comes last): (1) State the problem and the background information clearly—present the unanswered need or the dilemma at hand. (2) Identify the key consequences of the unresolved problem or need—be general. (3) Share your personal account of the negative consequences. (4) Provide more details, actual specifics, and evidence to support your view and to convince the listener of the seriousness of the problem. Use facts, specifics, and the testimony of others. Also, provide opinions of experts and use anecdotes. (5) Restate the problem one more time, and offer your solution, an action, or an answer to the problem. Prior to your meeting—to sound like a champ—rehearse your presentation aloud and ask a co-worker to critique it. Keep the above “formula” handy and advance your career with it.



# Fake It--Till You Make It

**I**t sounds sneaky and dishonest, but the catchphrase “Fake It Till You Make It” (FITYMI) is one of the most useful pieces of advice in the business world. The goal of faking it until you make it is not about acting as an imposter. It’s about imitating confidence and energizing yourself to be successful while you wait for real confidence and know-how to arrive. Fear of not measuring up to expectations can be a self-fulfilling prophecy. The most famous study of FITYMI asked 50 students to act like they were extroverts, even though none of them had the desire to do so. The more these students faked it, the happier they became. And the more extroverted they *actually* became. Another variation on this same strategy is “bring your body and the mind will follow.” These tactics are well-known for helping alcoholics stay involved in programs like Alcoholics Anonymous until a level of self-motivation to stay involved is achieved.



# Men and Preventive Health

**M**any preventable illnesses take a toll on the longevity of men’s lives, unfortunately contributing to the unattractive statistic that men do not generally live as long as women do. Most are life-style-related. Although men are less proactive than women when it comes to preventive health care—undoubtedly also part of the reason men lead shorter lives—men’s attitudes are changing for the better according to experts. It’s good timing, because many of the illnesses that target men in their middle age are becoming more prevalent. They include heart disease, diabetes, bowel cancer, gallstones, prostate cancer, testicular cancer, and arthritis. If you’re a man, check out the “blueprint” for men’s health at [www.menshealthnetwork.org](http://www.menshealthnetwork.org). You will find a comprehensive tally of the things you need to be targeting for prevention before they target you first.

Source: [www.menshealthnetwork.org/blueprint/](http://www.menshealthnetwork.org/blueprint/); also check out the Centers for Disease Control and Prevention’s section on men’s health at [www.cdc.gov/men](http://www.cdc.gov/men).



# Dip into Pool Safety Tips

**T**he American Academy of Pediatrics has some important tips for pool owners to prevent summer tragedies, including those with small “blow-up pools” for toddlers. You already know to keep kids from running on wet pool decks, but here are a few you may not have heard, each of which has made the list of recommendations the hard way: 1) Don’t allow electrical appliances or extension cords near pools, especially if you are doing yard chores while the kids play. 2) After using a blow-up pool, drain it to prevent toddlers who wander back from falling in. 3) Keep toddlers on tricycles or riding toys away from pools, so they don’t fall in. See the complete list and consider a family/friends orientation and reminder about pool rules.



Source: [www.aap.org](http://www.aap.org).