

June 2022



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## Health Tips

Summer is right around the corner, and as we know here in North Carolina those temperatures and the humidity sure does rise quick. Here are a few tips on how to beat the summer heat and ensure that you are taking all precautions against that strong summer sun! First and foremost, be sure that you are staying hydrated and drinking adequate amounts of water daily. Secondly, wear sun protective clothing and eyewear to ensure skin and eyes are not damaged by the sun, don't forget that sunscreen when you're stretching out by the pool or beach this summer! Lastly, stray away from planning outdoor activities during the hottest part of the day. Remember these tips so we can all beat that scorching NC heat together!

## This Month's Birthdays

- 6/1 Jerry Hill
- 6/3 Donald Murdaugh
- 6/4 Andrie Chavis
- 6/8 Rakeem Speller
- 6/9 David Penny
- 6/10 Kristy Crenshaw
- 6/10 Geoffrey Martin
- 6/12 Timothy Reaves
- 6/21 Ken Kirby
- 6/26 Taniha Smith
- 6/26 Kuron Wilson
- 6/27 Yan Chen
- 6/27 Codey Newnan
- 6/28 Richard Stinnett
- 6/30 Bradley Jeffries
- 6/30 Bryant Thornton



## This Month In History

- ◆ 1775- The United Colonies makes a name change and becomes The United States.
- ◆ 1865 - Union soldiers, led by Maj. Gen. Gordon Granger, landed in Galveston, Texas with news that the war had ended and that all slaves were free.
- ◆ 1884- The US Department of Labor is created.
- ◆ 1929 - President Herbert Hoover authorizes construction of the Boulder Dam. It was later renamed the Hoover Dam.
- ◆ 1937- The Wake County Board of Alcoholic Beverage Control was established in June of 1937 by a vote of the citizens of Wake County.
- ◆ 1983 – Sally Ride becomes the first women in space.
- ◆ 2021 - The U.S. Senate unanimously approved the bill that makes Juneteenth a legal public holiday.

## Personal Appearance and Dress Code

All board employees interact with the general public or in a business setting, so it is of utmost importance that we present an appropriate image. Each employee is required to wear their Wake County ABC shirt, provided by the board upon hiring. Below we have listed some appropriate attire guidelines to help ensure all employees are following the boards' expectations and upholding that appropriate image for our organization.

- ◆ Clean and neat tennis shoes (for support) or casual shoes
- ◆ Neat and clean pants suitable for the area in which you work, i.e. khakis or jeans (store and warehouse employees)
- ◆ Collar shirts (polo or sport shirts)
- ◆ Shirt tails should be tucked in for neatness

## Quote of the Month

The time is always right to do what is right."

-Dr. Martin Luther King Jr.

## Pop Quiz

In what year was The Wake County Board of Alcoholic Beverage Control established? (HINT– it's mentioned above.)