

THE HR CONNECTION

Human Resources Director Donna Parker



SHARE. STRATEGIZE. SUCCEED!

Turning Up the Heat: How Sun-Smart Are You?

Test your knowledge of sun-related illnesses by taking this quiz.

What's your sun IQ? Take our quiz to find out.

True or false? (See answers on last page)

1. You do not need to use sunscreen if you will be staying in a shaded area.
2. You will get sunburned faster if you are in the water.
3. Disease-causing bacteria grow more rapidly on lukewarm food than cold - and can more readily result in food poisoning.
4. Sun exposure is considered the single greatest risk for developing skin cancer.
5. Skin cancer affects only light-skinned people.
6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
8. Certain over-the-counter and prescription medications can increase your sensitivity to the sun.



Nutrition Tip

The Grill Master



Summer is here and it's time to grill, have cookouts and picnics. This could be a great time to try new things on the grill. Be adventurous and try grilling vegetables, fish and chicken instead of just burgers and hot dogs. Try using side dishes like rice, quinoa or other whole grains in place of buns. Use salsas instead of ketchup or try making your own BBQ sauce. Be the grill master and try new things that set your outdoor eating apart from the others!



The City of Haines City welcomes our new employees.



Adam Doyle
Grounds Maintenance



Billy Wilson
Stormwater Maintenance



Bria Smith
Grounds Maintenance



Carlos Tavaréz
Grounds Maintenance



Gabar Aleis
Stormwater Maintenance



Dalton Torres
Plant Maintenance



Mark Varney
Stormwater Maintenance



Precious Smith
Police Dept. Receptionist



Fred Sampson
P/T Building Maintenance



Rosa Hernandez
P/T Building Maintenance



Welcome Our Aquatic Center 2017 Summer Lifeguards!

Top row from left to right:

Joseph Medina, Valentina Laverde, Danny Arteaga, Damaris Gonzalez, Quintin Branch (Head Guard), Crystal Landon, Ryan Dick, Sommer Baker, Maggie McIntee, Matthew Cranston, and Rodney Quentin Cline

Bottom row from left to right:

Heidi McIntee (Aquatics Coordinator), Kathy Lopez, Joselyn Gero-Frias, Mariah Morales, and Madison Mastro.

Not pictured: Cristian Soto (Head Guard).



Welcome Our 2017 Summer Camp Staff!

Our 2017 Oakland Auditorium Summer Camp Location Staff

Pictured above from left to right: Theresa Ann Cruz (Bus Driver/ Counselor), Aikel Coffie (Counselor), Monica Austell-Jaimes (Leader-In-Training), Ivanelys Abreu (Leader-In-Training), Savannah Patterson (Counselor), Marcos Ventura (Head Counselor), and Adaja Autmon (Counselor).



Our 2017 Lake Eva Summer Camp Location Staff

Pictured above from left to right: Julissa Martinez (Leader-In-Training), Ja'Daisha Hampton (Counselor), Diamon Brundidge (Counselor), Sean Sibley (Counselor), Jenny Sanchez (Bus Driver/Counselor), and Markila Eliossaint (Head Counselor).

Did you know: Americans consume around 155 million hot dogs on the Fourth of July each year? They also spend \$92 million on chips, \$167.5 million on watermelon, and \$341.4 million on beer.



Who doesn't love a good slice of watermelon this time of year....but did you know?

How to choose the “right watermelon!”

1. **LOOK** – Your watermelon should be firm, symmetrical and free of major bruises or scars. Some minor scratches are okay, however. After all, the purpose of that thick rind is to protect the delicious contents inside. Ripe watermelons should also be dark green in color.
2. **LIFT** – The ripest watermelons have the most water. And since watermelons are 92 percent water, your watermelon should be relatively heavy for its size.
3. **TURN** – Turn your watermelon over and check out its bottom, which should have a creamy yellow spot (also called “the ground spot”). This is where the watermelon sat on the ground while it soaked up the sun at the farm. If this spot is white or greenish, your watermelon may have been picked too soon and might not be as ripe as it should be.

City Hall Offices will be closed on Tuesday, July 4th in observance of 4th of July Holiday

Answers to questions from page 1

- You do not need to use sunscreen if you will be staying in a shaded area.**
FALSE: Ultraviolet rays will still reach you. Also, there is strong evidence that more UV rays are filtering through because of the depletion of the earth's ozone layer.
- You will get sunburned faster if you are in the water.**
TRUE: Water reflects sunlight, so you will get added exposure to your head, shoulders and any other areas that remain uncovered while you are swimming.
- Disease-causing bacteria grow more rapidly on lukewarm food than cold - and can more readily result in food poisoning.**
TRUE: The bacteria that cause food poisoning thrive in temperatures between 40 degrees and 140 degrees. Prepared foods are safe in that zone for about two hours. The same foods are considered safe only for one hour if the temperature rises above 90 degrees.
- Sun exposure is considered the single greatest risk for developing skin cancer.**
TRUE: About 1 million Americans are diagnosed with skin cancer each year and the increasing trend is blamed on exposure to solar rays.
- Skin cancer affects only light-skinned people.**
FALSE: Although skin cancer is more common among light-skinned persons, it is not unheard of in people who have dark complexions.
- The sun's strongest rays occur between 10 a.m. and 4 p.m.**
TRUE: Stay inside and keep young children out the sun as much as possible during these times.
- If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.**
TRUE: Your body sweats to cool itself. The only way to replace those lost fluids is to drink more water.
- Certain over-the-counter and prescription medications can make you more sensitive to the sun.**
TRUE: Even short exposure to the sun can result in burning if combined with certain medications. These include some antibiotics, such as tetracycline; certain diuretics; and some non-steroidal anti-inflammatory drugs, such as ibuprofen, naproxen and ketoprofen.



I have attached a ConnectCare3 Flyer that provides details of a free benefit that gives covered employees (those who are enrolled on our medical insurance plan) access to healthcare advocacy.