



## April Birthdays

Rick Jasso ----- 04/01  
 Gabriela Underwood ----- 04/02  
 Isaac Cesar De La Rosa ----- 4/15  
 Gonzalez, Jaime E.-----4/17  
 Antonio Marrufo ----- 4/19  
 Daniel Hernandez ----- 4/23  
 Isaac Urquidi ----- 4/30

## April Anniversaries

Beltran, Ryan A.-----1yr  
 Martinez, Jaime A.-----1yr  
 Jasso, Rick ----- 5yrs  
 Heredia, Danny-----2yrs  
 Chávez, Linda ----- 6yrs  
 Ríos, Natividad ----- 3yr



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After your 1<sup>th</sup> anniversary with C&E you are eligible for 1 week of vacation and after your 5<sup>th</sup> anniversary you are eligible for 2 weeks of vacation!!!!!!

## *Happy Easter*

*May your Easter be happy,  
 May your day be bright,  
 May you enjoy the treats,  
 And sweet delights.*

*But remember the meaning,  
 Remember God's gift,  
 Remember the resurrection,  
 May your soul uplift.*





# HUMAN RESOURCES



*BY: LINDA CHAVEZ*

A friendly reminder to all we will be entering our open enrollment for Colonial Life Supplemental Benefits beginning in April. Maria Palomares will be contacting you all via phone. Please look out for her call if you are interested in enrolling. Remember that they offer a free \$10,000 life policy for being a C&E employee. Please make sure you take advantage of this free benefit!

Un recordatorio amistoso a todos nosotros estaremos entrando en nuestra inscripción abierta para Colonial Life Supplemental Benefits a partir de abril. María Palomares se pondrá en contacto con todos ustedes por teléfono. Por favor, de tomar su llamada si usted está interesado en inscribirse. Recuerde que ofrecen una póliza de vida gratuita de \$10,000 por ser un empleado de C&E. Por favor, asegúrese de aprovechar de este beneficio gratuito!



- Insulators
- Concrete Finishers
- Scaffolders
- Helpers





# Are You Eating our Emotions?

*Do you find yourself raiding the pantry or fridge when you're feeling bored or upset? We've all done it, but reaching for comfort foods can make us feel worse in the long run. Use these strategies to help avoid emotional eating and diet damage.*

## 1 | Ask yourself: "Am I really hungry?"

- If the answer is yes, grab a healthy snack or sit down to a balanced meal.
- If not, divert your attention from food with one of these alternatives:
  - Take a short walk or dance to your favorite song.
  - Try a brief meditation, yoga or stretches to reduce stress.
  - Call a friend or family member.
  - Keep yourself busy with an activity that is incompatible with eating. Tackle a task or hobby that keeps your hands busy, such as cleaning, organizing, journaling, knitting or mechanics.

## 2 | Take away temptation

- Swap processed comfort foods such as chips and ice cream with healthy alternatives like low-fat frozen yogurt or popcorn.
- Keep a bowl of fresh fruit within reach, so it is an easy choice.

## 3 | Prep and plan for success

- Begin with a beverage! Drinking fluids first helps you feel full, so you eat less. Hot tea is soothing and contains helpful antioxidants and amino acids that can help reduce stress.
- Pre-portion snacks into single servings to control your intake. Eating straight from the package leads to binge eating and overindulgence.

## 4 | Identify the root cause of your stress

- If emotional eating is a constant struggle, it may stem from a larger issue. Don't hesitate to ask for professional help. A doctor or counselor can help you tackle chronic stress, depression or other negative emotions with a full treatment plan.



# QC: By Roy Zumwalt

*Boiler inspections are crucial for any industry that uses industrial boilers.*

*Boilers operate under extreme pressure and extreme fluctuations in temperature, often undergoing swings in temperature of hundreds of degrees Fahrenheit.*

*Without periodic inspections a flaw in a boiler could go undetected. Over time, that small, undetected problem will worsen, and could, in the worst case, lead to a catastrophic failure that could cause an explosion, injuring or even killing those working nearby.*

*Boiler inspections help prevent catastrophic failures by uncovering and tracking flaws, so that proper maintenance procedures can be followed.*

