



July

EOC JULY 2025 NEWSLETTER

Message from EOC

Happy summer, students!
The days are long and hot,
and freedom is in the air!
As you move through your
summer classes and
prepare for the fall,
remember to stay
hydrated, wear sunscreen,
and keep cool! EOC is
closed the week of the 4th!
We will see you July 7!

NC Works

Cabarrus County
participants can join us
on Mondays at NC
Works in Concord.

IMPORTANT DATES

- INDEPENDENCE DAY IS **JULY 4**
- EOC is closed June 30 - July 4!
- CPCC is closed for the 4th of July, **NO CLASS!**
- Your 8-week and 4-week sessions end July 17!

In This Issue

- Monthly Recap
- Upcoming Calendar
- Summer fun!

Contact Us!

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Summer Safety

HOT DAYS? How to stay healthy in the heat!

The summer can be fun, but it can also be dangerous. Everyone, including people with darker skin, should wear sunscreen with SPF 30 or higher when spending time outside to protect against sun damage. Staying hydrated is key—drink plenty of water and consider electrolyte drinks like Gatorade or Bodyarmor. Eating fruits like bananas and oranges can also help replenish important nutrients like potassium. And when the temperatures rise, try to stay indoors during the hottest parts of the day and use fans or air conditioning to keep cool. Taking care of yourself helps you enjoy summer safely.

JULY

Is:

Disability Pride Month

July is Disability Pride Month, a time to celebrate the strength, diversity, and contributions of people with disabilities. It honors the signing of the Americans with Disabilities Act (ADA) in 1990—a major step toward equal rights and access. Disability Pride is about embracing identity, challenging ableism, and creating spaces where everyone can thrive. This month, take a moment to learn from disabled voices, support accessibility, and reflect on what true inclusion looks like on and off campus.



The Spark Behind Fireworks

Ever wonder why the U.S. lights up the sky with fireworks on the Fourth of July? It all goes back to 1776, when the Founding Fathers imagined that Independence Day should be celebrated with “pomp and parade... bonfires and illuminations.” Fireworks became a symbol of freedom, celebration, and national pride—a loud, colorful way to mark the birth of a new nation. Today, they’re a tradition that connects past and present, lighting up the night in honor of independence.

QUOTE of the MONTH

“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.”

—Nelson Mandela

Celebrate

In July



Independence

July 4th is Independence Day in the United States! The day marks the signing of the Declaration of Independence, a document signed and ratified by the Second Continental Congress in 1776 that declared that the Thirteen Colonies were no longer subject to the rule of King George III of Great Britain.

This sparked the beginning of the Revolutionary War.

Statue of Liberty

The Statue of Liberty was gifted to the US by France to commemorate the end of slavery in the United States. The statue also celebrates the independence of the US from Great Britain. Designed by French abolitionist and artist Frederic Auguste Bartholdi, it has since become a symbol of freedom for all Americans. The Statue of Liberty stands on Liberty Island in New York City.



Civil Rights Act

First proposed by President John F. Kennedy before his assassination in 1963, the Civil Rights Act of 1964 was signed into law by President Lyndon B. Johnson on July 2 of that year! This act ended segregation in US schools, workplaces, and public accommodations. This allowed Black Americans and other people of color to seek more equitable lives through education, housing, and employment.

