

In this issue: Home Run Fun

# PROGRESSIVE

quarterly

APRIL - JUNE 2024 | NO. 10

CELEBRATE OUR

10<sup>TH</sup> EDITION!

**Jesse Montoya**

# Our Progressive Hero



**Embracing Automation and Leadership at Progressive Produce**



# CONTENTS

— SECOND QUARTER - 2024 —



## FEATURES

### Employee Appreciation Day

Join us as we commemorate this special day with heartfelt thanks, recognition, and appreciation for the hard work and dedication of our exceptional team.



## LETTER FROM THE EDITOR

Hello Progressive and Keystone!

Can you believe it? We've reached the **10th edition of the Progressive Quarterly**, and it's all thanks to your incredible support! Your contributions are what make each issue unique and special, and we couldn't have reached this point without you.

Reflecting on the journey so far, it's amazing to see how your insights have shaped the Progressive Quarterly. From innovative suggestions to thoughtful critiques, every piece of input has helped us grow and improve. This milestone is a celebration of our collective effort and dedication.

Looking ahead, we are excited to continue this journey together. Your ideas and feedback are the heartbeat of the Progressive Quarterly. So, don't be shy—keep those suggestions coming. Each issue is an opportunity to innovate, connect, and celebrate our shared successes. Together, let's make each issue better than the last! **pq**

Dr. Oscar Guzman is the Editor-in-chief of Progressive Quarterly as well as the Vice President of Marketing and Sales for Progressive Produce. Letters to the Editor can be emailed to [marketing@progressiveproduce.com](mailto:marketing@progressiveproduce.com)



on the cover  
**OUR PROGRESSIVE HERO** (PAGE 4)

PHOTO PROVIDED BY:  
OSCAR GUZMAN

## In This Issue

- STATE OF THE COMPANY - 3
- KEYSTONE PRESS RELEASE - 3
- OUR PROGRESSIVE HERO - 4
- THE RISE OF CALIFORNIA SWEET ONIONS - 6
- EMPLOYEE APPRECIATION DAY - 8**
- HOME RUN FUN - 10**
- NAVIGATING SOCIAL MEDIA - 12
- FOOD SAFETY FOR KIDS UNDER 5 - 13
- STARTING SMALL, THINKING BIG - 14
- 7 GARDENING TIPS FOR BEGINNERS - 16
- IN FULL BLOOM - 17
- IT'S A GOOD TIME TO RECYCLE! - 18
- PROGRESSIVE RECIPES - 19**
- BIRTHDAYS - 20
- ANNIVERSARIES - 21
- BUILD YOUR MENTAL FITNESS - 22



## PROGRESSIVE quarterly

**EDITOR-IN-CHIEF**  
Dr. Oscar Guzman

**ART DIRECTOR/PRODUCTION**  
Amanda Nojadera

**CONTRIBUTORS**  
Marty Kamer, Jesse Montoya, Arturo Coronado, Alan Pizana, Beatriz Gutierrez, and Alejandra Villacres

**RECIPES**  
Jaime Greger

**CONTACT INFORMATION**  
Phone: (323) 890-8100  
[marketing@progressiveproduce.com](mailto:marketing@progressiveproduce.com)  
m

**Progressive Produce**  
15130 Northam Street  
La Mirada, CA 90638

Progressive Quarterly is a quarterly publication produced and edited by Progressive's dedicated workers.



# 2024 Q2 State of the Company

BY: MARTY KAMER



Team Progressive:

I hope this correspondence finds you and yours happy, healthy, and enjoying the first weeks of Summer 2024.

"School's Out!"



Graduation season brings us together to celebrate personal growth, academic achievement, and a sense of new adventures.

Recently, I traveled to NC to celebrate my daughters' respective graduations. I also have two nieces and a nephew that graduated this year. Congrats and Best of Luck to all 2024 Graduates!!

The conclusion of graduation season signals that Summer 2024 has finally arrived. Long awaited, warming sunny weather, coupled with longer days beckons us to spend more time outdoors. Breathing fresh air while soaking up the warm sun improves mental health, while increasing Vitamin D levels, and supercharging our energy levels.

Every now and again, it is healthy to take a bit of time and "slow down." Outdoor spaces, such as a garden, allows one to relax and unwind. I have vivid childhood memories of picking fruits and veggies from the garden, enjoying relaxing summer weekends at my Great Grandparents' farm in LaGrange, KY. The natural rhythms of summer are the perfect time to use some PTO to "slow down" and reconnect with family and friends.

Reflecting on the first half of 2024, I am proud of the tremendous efforts, and teamwork taking place



across all of Progressive. Thank you! Thank you! Thank you!

Unfortunately, despite our collective efforts, results in some areas of our business have come up short of expectations thus far in 2024. I am challenging all Teams to analyze their data and sharpen the focus on the areas of our business that are "working." Laser focused and streamlined operations will increase our value to core customers and eventually deliver the results we are all working towards. To achieve greater and greater heights, individuals and organizations must continue to embrace change, and seek to EVOLVE.

Progressive's Hero of the Quarter is a prime example of "embracing change." Jesse Montoya's evolution from intern to VP of Warehouse Operations is inspirational! Throughout his career, Jesse has embraced technological advancements and demonstrated a unique ability to think and act, in new ways. His willingness and ability to EVOLVE has allowed Jesse to create positive change at scale in multiple areas of Progressive. Jesse's unwavering commitment to our company's Core Values is the essence of what makes Progressive Produce a Great Company! Thanks for all you do, Jesse!

In closing, I want to remind everyone that positive change always happens from the "inside out." I want and need to hear from you. I'm always available 24/7 by email at [marty@progressiveproduce.com](mailto:marty@progressiveproduce.com) or by phone at 301-346-2009.

Enjoy the days of your summer! pq

Best,

Marty Kamer is the CEO of Progressive Produce and can be reached at [marty@progressiveproduce.com](mailto:marty@progressiveproduce.com) or by phone at 301.346.2009.

## Keystone Press Release

Progressive Produce and Keystone Fruit Marketing, a division of Progressive Produce, proudly announce the highly anticipated return of Walla Walla Sweet Onions, the official state vegetable of Washington.

With their renowned flavor profile, Walla Walla Sweet Onions will captivate taste buds again this season.

"An excellent crop of these irresistibly sweet and mild onions will be ready by mid-June," shares Mike Blume, VP of Sales and Marketing at Keystone Fruit Marketing.

"And as a July 4th favorite, it's imperative that you plan accordingly now."

Please get in touch with your Progressive or Keystone Sales Manager to start planning today. pq





Our Progressive Hero

# Jesse Montoya

**Embracing Automation and Leadership at Progressive Produce**

By: Dr. Oscar Guzman



**In the fast-evolving landscape of agriculture and food production,** Progressive Produce stands as a beacon of innovation and resilience. The company's recent strides toward automation are not just technological advancements but a testament to visionary

leadership and a commitment to operational excellence. **Jesse Montoya, our Hero of the Quarter,** exemplifies these qualities, steering the company through significant transitions with a blend of strategic insight and empathetic leadership.

Jesse's journey from a reluctant intern to a pivotal leader at Progressive Produce is a narrative of perseverance and adaptability. After graduating from UC Riverside in 2007 with a degree in economics and a minor in marketing, Jesse initially eschewed the idea of working in produce. A humbling summer internship at Burkett Produce, arranged by his father, introduced him to the rigors of the industry. Despite swearing off produce after this experience, the economic downturn in 2007 brought him back to the fold, seeking stability and opportunity.

At Progressive Produce, Jesse's role as an inventory clerk became the crucible where he honed his skills and found his niche. Leveraging his academic background and a keen eye for technological advancements, he began to introduce efficiencies that would lay the groundwork for his ascent within the company. His proactive approach and ability to identify and implement improvements gradually led him to his current leadership position.

The most significant change under Jesse's stewardship has been the company's shift towards automation. Faced with rising labor costs, Progressive Produce embarked on an ambitious project to modernize its packing lines. This initiative, known as Phase Two, involves the replacement of old lines with new, more efficient ones, effectively doubling the company's packing capacity while reducing the workforce through natural attrition. This strategic move not only enhances operational efficiency but also ensures a smoother transition for employees, alleviating fears of abrupt layoffs.

Choosing the right machinery was no small feat. Jesse, along with key team members Robert Velasquez and Dave Walker, traveled extensively to evaluate various options. Their decision to go with a UK-based vendor was a carefully considered one, underscoring the team's commitment to making informed, consensus-driven choices. The new machines, capable of communicating with each other and halting



Robert checking out the machinery in the UK.

production automatically in case of issues, significantly reduce the need for constant human oversight, streamlining operations and minimizing downtime.

**“Jesse’s leadership philosophy is rooted in empowerment and collaboration. He understands that the key to a successful implementation of new systems lies in securing buy-in from the team.”**

By involving employees in decision-making processes and fostering a sense of ownership, Jesse ensures that his team is compliant and genuinely invested in the company’s success. This approach, which may sound deceptively simple, is a cornerstone of effective leadership, particularly in times of change.

Balancing professional demands with personal life is another area where Jesse shines. Recently becoming a father again, he juggles his work responsibilities with the needs of his growing family. This ability to maintain equilibrium in both spheres is indicative of his holistic approach to leadership—one that values human connection as much as operational efficiency.

Looking ahead, Jesse’s vision for Progressive Produce is one of continued growth and innovation. The completion of Phase Two will position the company as a formidable

competitor in the market, capable of packing more efficiently and meeting increasing demand with agility. The focus on operational efficiencies and potential expansion of cold storage facilities further underscores the company’s forward-thinking strategy.

In conclusion, Jesse’s story at Progressive Produce is a compelling blend of personal growth, strategic leadership, and technological innovation. As the company navigates the complexities of modern agriculture, it is leaders like Jesse who will chart the course, ensuring that Progressive Produce not only survives but thrives in the ever-changing landscape. His journey serves as an inspiration, reminding us that with the right mix of vision, dedication, and empathy, even the most daunting challenges can be transformed into opportunities for growth and success. [pq](#)

Want to learn more about our Progressive Hero, **Jesse Montoya**? Listen to the first episode of our new **Progressive Produce Podcast**!



# Meet the Phase Two Team

From streamlining processes to enhancing efficiency, these dedicated professionals have been instrumental in driving our operations forward. With their expertise in logistics, procurement, quality control, and more, they have been at the forefront of ensuring the success of Phase Two. Join us in recognizing their hard work and commitment as they continue to propel us toward even greater heights. [pq](#)

				
<p><b>Dave Walker</b> Assistant VP Operations 25 Years at Progressive</p>	<p><b>José Quevedo</b> Mechanic Manager 25 Years at Progressive</p>	<p><b>Robert Velasquez</b> Warehouse Manager 12 Years at Progressive</p>	<p><b>Rigoberto Hernandez</b> Mechanic 34 Years at Progressive</p>	<p><b>Edgar Guerra</b> Maintenance Supervisor 22 Years at Progressive</p>



*Welcome to*

**CALIFORNIA**

**USA**



# **The Rise of California Sweet Onions: A New Era in Produce Innovation**

By: Dr. Oscar Guzman



**In the agricultural heartland of Coachella,** California, a new star has emerged in the produce market: the California Sweet Onion. This innovative product, introduced this season, is set to redefine the standards of sweet onions in the industry, offering a myriad of benefits to consumers and growers alike.

The California Sweet Onion, known scientifically as the Century variety, is a short-day onion exclusively grown in California and is available from May to July. Its resistance to many common diseases makes it a grower-friendly option, reducing the need for extensive chemical treatments and aligning with sustainable farming practices.

The idea for this product stemmed from the market's need for a flat sweet onion on the West Coast during this time of the year. Strategic implementation involved careful planning and collaboration with local growers to ensure the successful cultivation and timely market introduction of this new variety.

The California Sweet Onion offers several market advantages. One of the significant benefits is the cost savings. Customers can purchase these onions at the Vidalia FOB price without the extra freight charges from Vidalia, resulting in an easy \$4 savings per carton. Additionally, the Just-In-Time (JIT) delivery system allows for quick orders without long lead times, catering to the dynamic needs of the market.

The California Sweet Onion is a premium product that meets high-quality standards.

Locally grown and farm-fresh, these onions are delivered with minimal travel time, ensuring superior freshness. The light brown exterior and sweet taste with very low pungency make it a versatile ingredient, suitable as a hybrid yellow onion but with a distinctive flat shape.

Available in both 40LB cartons (stickered) and 2LB bags, the California Sweet Onion caters to various consumer needs.

**“The introduction of the California Sweet Onion marks a significant milestone for Progressive Produce and the broader agricultural community. This innovative product not only addresses a specific market need but also exemplifies the potential of local farming and sustainable practices.”**

The goal is to pack more efficiently and reduce the overall workload on employees, creating a better work-life balance for everyone. This vision extends beyond operational efficiencies to fostering a culture of innovation and sustainability within the company.

The California Sweet Onion is more than just a new product; it is a testament to the ingenuity and dedication of the growers and the operational team at Progressive Produce. As we move forward, the success of this innovative product will undoubtedly inspire further advancements in the industry, setting new benchmarks for quality, efficiency, and sustainability. **pq**



**Dr. Guzman in the CA Sweet Onion fields**



# Celebrating Our Team on Employee Appreciation Day

On **Employee Appreciation Day**, we're thrilled to acknowledge and honor the remarkable dedication and hard work each of you brings to our team (and trust us, there's plenty of it!). It's also about embracing our sense of community and unwavering commitment that define us.

One of the most outstanding parts of our team is the wealth of experience spanning decades, and even generations. It's not rare to find employees who've been with us for many years, even decades; their loyalty and dedication speak volumes about the inclusive and supportive culture we've built. And let's not forget the families woven into the fabric of our company, with multiple generations proudly continuing the legacy of hard work and dedication.

As we celebrate each of you, let's take a moment to reflect on the incredible journey we've shared. Whether you've been here for years or are just starting, know that your contributions are valued, your efforts appreciated, and your presence cherished. [pq](#)











## SOFTBALL WITH FRIENDS

Our recent softball game with our friends from Pacific Trellis was a hit in every sense of the word. Picture-perfect weather set the stage for a day filled with laughter, friendly competition, and maybe a few amusing moments that kept us all smiling.

As our teams took to the field, it was clear that this wasn't just about softball; it was about coming together as one big family. From seasoned veterans to first-time players, everyone brought their A-game and left it all on the field. And let's not forget the bonds we formed along the way—because whether we were high-fiving after a big play or sharing a post-game snack, every moment brought us closer together. [pq](#)







## TEAMWORK IN ACTION





# Navigating Social Media Safely

Social media has become an integral part of our lives, offering ways to connect, network, and express ourselves. However, it's crucial to prioritize our safety while using these platforms. Here are some important tips to help you stay safe on social media:



## Guard Your Information!

Be cautious about what you share online. Avoid giving out personal details like your address or phone number. Keep information about your family and workplace private.



## Be Wary of Deception

Watch out for scams and misleading information. If something seems too good to be true, it probably is. Avoid clicking on suspicious links or believing everything you read. Be cautious if someone you don't know tries to connect with you or asks for money.

## Utilize Privacy Settings

Most social media platforms offer privacy settings that allow you to control who can see your posts and photos. Take advantage of these settings to ensure that only your trusted contacts have access to your content.

## Report Suspicious Activity

If you encounter any concerning behavior on social media, don't hesitate to report it. Whether it's harassment, bullying, or other inappropriate content, report it to the platform administrators. They can assist you in blocking or taking action against the offending accounts.

## Think Before You Share

Before posting anything online, consider the potential impact. Avoid sharing content that could be hurtful or cause problems for yourself or others. Take a moment to reflect on how your posts might be perceived by different audiences.


Be careful the next time you're online! **pq**





# Food Safety for Children Under 5

Learn the food safety steps that will keep young children under 5 safe from foodborne illness.

 How Long is Baby Food Safe?	Solids - opened or freshly made	Fridge	Freezer
	Strained fruits and vegetables	2 to 3 days	6 to 8 months
	Strained meats and eggs	1 day	1 to 2 months
	Meat/vegetable combinations	1 to 2 days	1 to 2 months
	Homemade baby foods	1 to 2 days	1 to 2 months

## Why Are Children Under 5 at Risk?

Young children's immune systems are still developing. Compared with other age groups, children **under 5 years** old have the highest incidence of several types of foodborne infections.

## Did You Know...

15% of children under 5 years old with *E. coli* O157 develop hemolytic uremic syndrome (HUS)

6% of the general population with *E. coli* O157 develop HUS

HUS can cause damage to the liver, kidneys, and pancreas and can be fatal



## High-Risk Foods for Children Under 5



**Raw** or **undercooked** foods including meat, poultry, and eggs



**Unpasteurized** milk or juice



**Raw** or **undercooked** oysters and seafood

### Remember



**Clean:** Wash hands and surfaces often.



**Separate:** Keep raw meat and poultry separate from ready-to-eat foods.



**Cook:** Cook foods to the proper internal temperature.



**Chill:** Get leftovers to the fridge within 2 hours of being cooked!

For more food safety tips, go to [FoodSafety.gov](https://www.foodsafety.gov)





# Starting Small, Thinking Big

As part of our continued commitment to sustainability, we're excited to share the next steps for our **Rooted** initiative. To create meaningful and lasting change, we're choosing to start with small, impactful actions that can grow over time. Here's a detailed look at our immediate and future steps.

## Immediate Steps: Enhancing Waste Management

### Implementing a 3-Bin System

To kickstart our sustainability efforts, we'll introduce a three-bin waste management system in our office. This system will include:

- **Landfill Bin:** For non-recyclable and non-compostable waste.
- **Recycling Bin:** For recyclable materials like paper, plastics, and metals.
- **Compost Bin:** For organic waste such as food scraps and biodegradable materials.

By segregating waste at the source, we aim to significantly reduce the amount of waste sent to landfills and promote recycling and composting.

### Employee Education & Engagement

Implementing the 3-bin system will be accompanied by a robust employee education campaign to ensure everyone understands how to properly use the bins. This will include:

- **Workshops and Training Sessions:** Educating employees on what materials go into each bin.
- **Visual Aids:** Placing clear and informative signage near each bin to guide proper disposal.
- **Regular Audits:** Conducting waste audits to monitor compliance and identify areas for improvement.





## Future Steps: Expanding Our Sustainability Efforts

### On-Site Composting

Once our office is accustomed to the 3-bin system, we will explore the feasibility of small-scale on-site composting. This initiative will involve:

- **Composting Units:** Setting up composting bins or tumbler units in an appropriate location.
- **Training:** Providing training on how to manage compost bins, including what materials can be composted and how to maintain the composting process.
- **Utilizing Compost:** Using the compost produced to enrich the soil for our future garden and landscaping projects.

### Creating an Office Garden

In the longer term, we envision creating a garden on-site. This garden will serve multiple purposes:

- **Green Space:** Providing a pleasant and relaxing environment for employees.
- **Education:** Offering a hands-on opportunity for employees to learn about sustainable gardening practices.
- **Sustainable Produce:** Growing fruits, vegetables, and herbs that can be used in our office kitchen or shared among employees.

## Encouraging Team Member Participation

### Idea Submissions

We recognize that the best ideas often come from those who are most engaged. We encourage all team members to submit their ideas for enhancing our sustainability efforts. This could include suggestions for reducing waste, improving recycling, or any other innovative ideas to promote sustainability.

### Participation in the Initiative

We invite team members to actively participate in our sustainability initiatives. Whether you have a passion for composting, gardening, or educating others about sustainability, there's a place for you in this initiative. Your involvement will help us make a bigger impact and ensure that our efforts are both effective and inclusive.

By starting with the introduction of a 3-bin waste management system and planning for future on-site composting and gardening, we are laying a strong foundation for our Rooted sustainability initiative. These initial steps will not only reduce our environmental footprint but also foster a culture of sustainability within our organization.

We believe that by taking small, manageable steps today, we can build momentum for larger, more impactful sustainability projects in the future. We look forward to your ideas and active participation as we embark on this exciting journey towards a more sustainable future. Together, we can make a difference.

Thank you for your support and commitment to sustainability. [pq](#)

## Your Ideas, Our Future: Make an Impact with Sustainability!

Every idea—big or small—can help make a difference. Together, let's foster innovation and create meaningful change that reflects our commitment to sustainability.

Email Marketing to share your suggestions and learn more about how you can contribute to our sustainability goals.





# 7 Gardening Tips for Beginners

Never gardened before? No problem. Make your grow-your-own dreams a reality with these easy-to-follow steps!

1

## Choose Your Space

Determine the area you'll use for your garden. Whether it's a backyard, balcony, or windowsill, find a spot with adequate sunlight and access to water.

2

## Select Your Plants

Decide what you want to grow based on your space, climate, and personal preferences. Consider vegetables, herbs, flowers, or a mix for a diverse garden.

3

## Gather Supplies

Collect essential tools like trowels, gloves, pots, and soil. Consider investing in organic fertilizers or compost to nourish your plants naturally.

4

## Prep Your Soil

Ensure your soil is fertile and well-draining. Amend it with compost or organic matter to provide nutrients for healthy plant growth.

5

## Plant with Care

Follow planting instructions for each type of plant. Pay attention to spacing, depth, and watering needs to give your plants the best start.

6

## Nurture Your Garden

Regularly water, weed, and monitor for pests or diseases. Enjoy the process of watching your garden thrive and grow.

7

## Harvest and Enjoy!

When your plants mature, harvest them for fresh, homegrown produce or vibrant blooms. Share your bounty with friends and family!





# In Full Bloom

From bountiful veggie plots to blossoming flower beds, each garden reflects the dedication and creativity of its caretaker. [pq](#)



Mike Blume shared, “Every year we plant our little garden, but this year we’ve been too busy and have not gotten to it – by late May the pots and boxes are usually filled with tomatoes, cucumbers, peppers, and squash... but not this year, this year we may need to go to the Supermarket!”

Jaime and Drew Greger have quite the green thumbs! Left to right: Orange tree and artichokes, white peach tree, habaneros, fresnos, tomatillos, and tomatoes.



Miyuki Escobar couldn’t choose her favorites, and we couldn’t either! Left to right: Baby persimmon tree, cherry tomato plant, corn plants, her favorite succulents, and favorite flowers.



Barya Hoel’s outdoor space. She claims she doesn’t have a green thumb but her geraniums are over 17 years old!





# IT'S A GOOD TIME TO RECYCLE!



## WHAT GOES IN YOUR BLUE BIN?

Here's your quick guide for common mixed-recyclable items:

### PLASTICS

1

#### PET

Commonly used in soda and water bottles



2

#### HDPE

Laundry soap, lotion & shampoo bottles, milk jugs



5

#### POLYPROPYLENE

Retail food containers, such as yogurt, butter, margarine



Ensure that all items are clean and fully emptied **BEFORE** placing them in your bin!

### GLASS

Bottles, jars



### METAL

Aluminum foil/ trays/ cans, tin, aerosol & paint cans



### PAPER

Shredded paper, flyers, newspapers/ magazines, cartons, cardboard boxes



## ORGANIC WASTE

These items go into the **GREEN** bin.



Food Waste - fruits & vegetables Green Waste - yard waste & flowers

Pizza boxes Dirty paper plates & cups\* Food-soiled paper\*

\*Must be 100% fiber-based. NO materials with petroleum based plastic, wax, or bio-plastic coating, liner, or laminate.



## TRASH IT!

These items are considered contaminants and go into the **BLACK** bin.

Film Plastics/ Plastic bags Disposable Coffee Cups, Hoses, Candy/Snack Wrappers

Padded or Tyvek envelopes Cloth/ Fabric, Diapers, Animal Waste, Foam take out containers, Treated Wood

**recycLA**  
Make waste history

**recycla.com**  
**1-800-773-2489**



**environment**  
**LA SANITATION**  
CITY OF LOS ANGELES  
zero waste - zero wasted water

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and upon request will provide reasonable accommodation to ensure equal access to its programs, services and activities.



### INGREDIENTS

- 1½ lb package The Original Baby Potatoes, washed
- 4 tbsp unsalted butter
- ½ cup Parmesan cheese, freshly grated
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp crushed red pepper
- ½ tsp salt
- ½ tsp freshly ground pepper



### DIRECTIONS

1. Preheat oven to 425° F. Place the butter in a 9"x13" baking dish or nonstick baking pan. When the butter is all melted remove the pan from the oven.
2. Meanwhile, cut the potatoes in half. Score each half about ¼" deep in a diamond pattern. Set aside.
3. In a small bowl, stir Parmesan cheese and all the seasonings. Sprinkle the seasoning mixture onto the bottom of the pan with melted butter. This will form a paste that you will spread across the pan evenly. Place the potatoes cut side down on top of the paste.
4. Brush the tops of the potatoes with more melted butter. *Optional:* Sprinkle some more grated Parmesan cheese on top with pepper flakes, salt, and pepper.
5. Bake until the potatoes are tender, and the Parmesan creates a golden crust on the bottom of the potatoes, about 35–40 minutes. Let stand for 5 minutes before using a spatula to release the potatoes from pan. Enjoy! [pq](#)

## One Bite Baby Bite Fries



### INGREDIENTS

- 1½ lb package The Original Baby Potatoes, washed
- 2 qts vegetable oil, for frying
- Salt

### DIRECTIONS

1. Using a French fry cutter, slice the potatoes into ¼" thick sticks.
2. Soak the potato slices in cold water for 1–2 hours to remove the starch.
3. Rinse the fries in cold water and then lay them out in a single layer on paper towels or a dish towel. Pat dry.

### IF BAKING

1. Place the potato slices in a bowl or large Ziploc bag and toss with up to ¼ cup vegetable oil. Sprinkle with salt and pepper.
2. Lightly spray a baking sheet with cooking spray. Place the fries in a single layer on the baking sheet.
3. Bake at 400°F for 15–20 minutes.
4. Remove from oven. Move the fries around on the sheet to avoid sticking. Lay them again in a single layer and bake for another 10 minutes or until the fries look crispy and golden-brown.

### IF FRYING

1. Heat the oil to 325°F in a deep fryer or a Dutch oven. Fry the potatoes in batches. Don't overcrowd the fryer or the fries will not be as crispy.
2. Using a slotted spoon, place the first batch in the heated oil. Fry for 5–6 minutes and place on a paper towel. Fry the rest of the batches and allow to cool.
3. Increase the heat of the oil to 400°F. In batches, fry the potatoes a second time for 5 minutes or until the fries are crisp and golden-brown.
4. Remove and place on paper towels to drain.
5. Sprinkle with salt and enjoy with any sauce or condiment of your choosing! [pq](#)



# HAPPY UPCOMING

# Birthdays

## July

01 - Carlos Suria  
04 - Shawn Riker  
05 - Heriberto Garcia  
06 - Mario Zavala and Eyleen Sarahi Padilla Banegas  
08 - Vy Phuong Le and Abder Benaifa  
11 - Rogelio Valdez  
12 - Roberto Martinez and Daniel Carlos  
13 - Camille Ton-Suh  
14 - Javier Lorente and Alejandra Villacres  
16 - Luis Gutierrez, Damian Hernandez Gonzalez, and Matthew Gideon  
18 - Claudia Aranda  
20 - Justin Ruiz and Francisco Javier Lorente-Romero  
21 - Amanda Gerondale  
23 - Janna Stava and Mike Blume  
24 - Roberto Barreto Santamaria  
27 - Kyle Griffith and Nora Alvarado  
29 - Javier Jara  
31 - Herminia Valdez

## August

03 - Eleazar Avila  
05 - Jaime Greger  
06 - Thurston Hardy and Wilfredo Calderon  
08 - Emilio Rivera, Mario Polanco, Rudy Polanco, Carlos Juarez, and Marty Kamer  
11 - Richard Hernandez  
13 - Stuart Guerra  
14 - Jesus Flores  
15 - Andrew Costa  
17 - Alfonso Parra  
18 - Juan Chavez and Juan Angulo  
19 - Iliana Arana  
20 - Francisco Granados and Bernardina Flores Luna  
22 - Jorge Arevalos  
25 - Jesus Becerra Ponce  
27 - Heidy Garcia

## September

06 - Gael Vazquez  
07 - Vinh Chi Tran  
13 - Julian Barragan  
14 - Tina Martin  
16 - Vincent Saldana, Shannon Bantugan, and Don Hessel  
18 - Pedro Munoz, Denise Palmer, and Arturo Coronado  
19 - Veleyin Contreras, Mauritania Garcia  
20 - Adan De La Torre Ibanez and Jaime Rodriguez  
23 - Ruben Sanchez  
24 - Scott Leimkuhler  
25 - Lisa Fetterhoff and Barya Hoel  
26 - Gaby Stava  
28 - Brenda Vanpelt  
29 - Roberto Santillan and Dominic DeFranco  
30 - Sulema Alvarez-Salinas







## UPCOMING Q3 ANNIVERSARIES

### YEARS OF SERVICE THROUGH 2024

LUIS GUTIERREZ	49	EDUARDO ZAZUETA	4
CARLOS GONZALEZ	40	JUSTIN RUIZ	4
GALO IBARRA YANEZ	30	MARTIN ARMIJO	4
JOHN SPIGLER	27	DESIREE JARA	4
PENNY HARVEY	25	ROBERTO BARRETO SANTAMARIA	4
LUIS MEDRANO	21	AMANDA GERONDALE	4
JULIO ESCOBAR	20	ALEJANDRA VILLACRES	4
ROSA MARIA MARTINEZ	20	ALFONSO PARRA	4
JESSE MONTOYA	17	ANTONIO JARA VAZQUEZ	4
PAUL BOULANGER	16	HEIDY GARCIA	4
KEN ADAMS	15	RICHARD HERNANDEZ	4
JORGE SANCHEZ	15	MARIO AVILA BOLANOS	4
ELEAZAR AVILA	15	EMILIO RIVERA	3
RALPH TAFOLLA	15	MARIA VILCHIS BARCENAS	3
GAEL VAZQUEZ	15	CESAR ESCOBAR SIBRIAN	3
MATTHEW GIDEON	15	BRENDA VANPELT	3
DONALD HESSEL	15	CESAR ACEVEDO	3
ANDREW RORIE	14	DAMIAN HERNANDEZ GONZALEZ	3
ESTEBAN MONTOYA	14	LUIS TENORIO	3
SCOTT LEIMKUHLER	14	VANESSA LOPEZ	3
GUILLERMO ARELLANO	14	ALEX TEXIS	3
WILLY TOL IBOY	14	ANNA MARROQUIN	2
DANIEL ROSINSKI	14	RUTH GARCIA	2
YOLANDA VARGAS MARTINEZ	14	MARLEINE MAZLOUMIAN-SEVAJIAN	2
GABY STAVA	11	BELARMINDO GONZALEZ	2
LUIS ALCIDES ESCOBAR CANALES	10	EDUARDO ALVARADO	2
RAYMUNDO FLORES	10	JOSUE ARGUETA CRUZ	2
JUAN PABLO GONZALEZ	10	VERONICA CORDOVA	2
GABRIELLA NINO DE RIVERA	9	AMBER REYNA	1
WILFREDO OLIVA	9	FRANCISCO MARTINEZ	1
JAVIER LORENTE	9	JESUS REYES	1
AIMEE FRYE	8	KARINA SOTELO	1
JOSE ARGUETA	8	JOSE RODRIGUEZ	1
SIMON MILLER	8	ISABEL OROZCO	1
JANNA STAVA	8	ELVIA LOPEZ	1
ROGELIO VALDEZ	7	JESUS BECERRA PONCE	1
JENNIFER PORTILLO	6	EMILY HASSEN	1
KEVIN STEAR	6	CAMILLE TON-SUH	1
DEBRA STEVENSON	6	OSCAR DIAZ	1
JORDAN BARTA	6	STACY GONZALEZ	1
ROBERT BARRATT	6	ANAYELI SANCHEZ	1
FRANCISCO LORENTE-ROMERO	6	RONY CACERES	1
MELISSA LUNA	6	LUIS HERNANDEZ	1
JUAN DANIEL MASEDA	6	JOSUE PAZ	1
VINH CHI TRAN	5	JOSE RODRIGUEZ	1
MARIO ZAVALA	4	KARI RAMOS	1
		URIEL GALLEGOS	1



# 10 Things You Can Do to Build Your Mental Fitness

Boost your mental fitness starting today! Take a walk outside to clear your mind, practice deep breathing exercises for instant calm, or jot down three things you're grateful for to shift your focus to the positive. Small actions like these can make a big difference in your mental well-being.



## Coloring: Good for Grown-Ups Too!

Coloring isn't just for kids anymore. It's popping up as a recommendation from doctors and therapists alike. But why all the fuss?

1

### Meditative Mindset

Ever struggle with traditional meditation? Coloring might be your solution. Studies show that focusing on coloring complex designs can quiet your mind, putting you in a meditative state. It's like hitting pause on your inner chatter, letting go of stress and worries.

2

### Better Sleep

Want to improve your sleep? Coloring before bed can help you wind down. Plus, it gets rid of those pesky electronics that mess with your melatonin levels. So, ditch the screens and pick up those colored pencils for a more restful night.

3

### Anxiety Relief

Feeling anxious? Coloring intricate patterns for a good chunk of time can actually help. It lowers your heart rate, lifts your mood, and makes you feel more mindful. Plus, it brings back memories of simpler times, giving you a double dose of relaxation.

4

### Sharper Focus

Need a boost in concentration? Coloring can do that too. Tackling detailed designs engages your brain's problem-solving skills, making you more focused and organized. It's like a workout for your brain, helping you concentrate better while unwinding.

So, why not give coloring a try? It's not just a fun pastime; it's a brain-boosting, stress-busting activity that adults can benefit from too. [pq](#)





