



NEWSLETTER

AUGUST 2023

Happy Anniversary

Name	Years of Service
Joseph Granish	14
Erica Urbina	14
Jeanette Cruzalegui	14
Kris Sink	14
Dario Avila	14
Richard DeFonzo	14
Bertha Navarro	14
Lindsey Venger	14
Hayley Rubinger	14
Vito Saracino	13
Mark Turner	13
Manuel Barrientos	13
Oscar Melgar	13
Joy Mills	12
Ana Palacios	12
Natalia Pedrani	12
Michele Wydra	12
Leana Smith	11
Justine Stone	11
Daryl Gist	11
Jaques Endene	10
Alejandro Arellano	10
Angela Piliposian	10
Jonathan Wratten	10



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Name	Years of Service
Navjot Flinn	9
Sabrina Marquez	9
Edwin Gutierrez	9
Jose Alcala	8
Karen Arroyo	8
Annette Bedrossian	8
Denise Ewell	8
Shoshana Frederick	8
Sandra Henry	8
Angelica Morfin	8
Phillip Munson	8
Lia O'Neale	8
Mayela Yanez	8
Patricia Perez	8
Michael Powell	8
Donald Boardingham	7
Katharine Collins	7
Diane Ebs	7
Kenneth Gunderson	7
Esmeralda Holt-Duran	7
Andrea Manzo-Ustariz	7
Lori Patton-Xavier	7
Louis Ramirez	7
Devon Saxon	7



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Name	Years of Service
Brittany Susnow	7
Thomas Wild	7
Lindsay Humphrey	7
Victor Frias	7
Jenina Franco	7
Alejandro Bermudez	6
Amanda Fitzpatrick	6
Lionor Garcia Gonzalez	6
Nereida Hernandez	6
Christopher Holder	6
Tommy Kim	6
Clarissa Lovegren	6
Monica Lopez	6
Nausheen Choudhury	5
Judith Hinojosa-Riusech	5
Gretchen Keiley	5
Erika Lopez	5
Cindy Fuentes Martinez	5
Rachel Thomasy	5
Genna Weisenberg	5
Erika Figueroa	5
Jeffrey Barrett	4
Benjamin Bray	4
Giovanna Carballo Rossi	4



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Name	Years of Service
Irene Coyco	4
Lorena Diaz-Oliver	4
Janine Duma	4
Christopher McCormack	4
Marcie Samayoa	4
Paula-Sue Sargent	4
Zenia Perez	2
William Engel	2
Nancy Rocha	2
Dezmond Daniels	1
Araceli Vazquez	1
Franz Aguilar Torres	1
Candido Gonzalez Hernandez	1
Brooke Shapiro	1
Deborah Vega Rosas	1
Joshua Hunt	1



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Name	Birthday
Shawn Bankhead	8/6
Monica Ford	8/7
Montserrat Santiago Cervantes	8/8
Dezmond Daniels	8/8
Navjot Flinn	8/8
Sonia Rozo	8/11
Richard DeFronzo	8/11
Phillip Munson	8/12
Margaret Sierer	8/13
Tina Chaccatori	8/13
Olufumilayo Fashakin	8/14
Faaiza Castellanos	8/15
Elena De Hoyos Turner	8/16
Ana Rodriguez Garcia	8/18
Michael Fishler	8/19
Natalia Mattan-Hung	8/20
Karen Arroyo	8/22
Gretchen Keiley	8/22
Lindsey Venger	8/22
Jeffrey Barrett	8/22
Erika Figueroa	8/22
Shimon Klinger	8/23
Michele Wydra	8/25
Angela Kim	8/26



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Name	Birthday
Lisa Polisano	8/26
Thomas Wild	8/28
Joshua Hunt	8/28
Matthew Mowry	8/29
Sabina Szymanski	8/29
Leana Smith	8/30
Tommy Kim	8/30
Derek Elizondo	8/31



AUGUST NEW HIRES

Name	Date
Geovany Rodas	8/4

FUN FACTS ABOUT SUMMER

- August is the best time of the year for stargazing and meteor showers. During this time of the year, the clear skies provide the most unbelievable views of meteor showers.
- The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- Tug-of-war used to be a summer Olympic event.
- The phrase “dog days of summer” is when the constellation Sirius (that looks like a dog) appears in the sky. These are usually the hottest weeks of summer.
- There is a world record for the longest time barbecuing. It lasted 80 hours!
- Frisbee’s, invented in the 1870’s as a pie plate, but in the 1940’s, college students began throwing them around. They have since stopped being used for pie plates and are now a summertime staple.
- In the year 1816, the earth didn’t have any summer. It was due to a volcanic eruption. The eruption of Mount Tambora in Indonesia left out dust, ash, and sulfur oxide enough to block out the atmosphere. This event led to a global drop in temperature resulting in winter-like climates.
- In the middle of Labor Day and Memorable Day, Americans eat more than 150 million hot dogs.
- Watermelon is one of the best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
- Popsicles, a popular summer treat, was accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside overnight, and by the next morning the soda has frozen. He began selling them at an amusement park in New Jersey. In the U.S. cherry is the number 1 flavor.

5 Ways to Stay Active During a Busy Day

<https://crosswaymedical.com/5-easy-ways-to-stay-active-even-on-your-busy-days/>

Take the stairs. Climbing a few floors of stairs a day instead of taking an elevator can add hundreds of steps to your day and it usually takes about the same amount of time an elevator ride would. Especially in the morning on your way to work, some movement will wake your brain up and improve your ability to focus throughout the day.

Park farther away. Don’t have time to go to the gym between errands? Parking far away will also help burn a few extra calories without interrupting your busy schedule.

Plan your evenings. Are you in a bad habit of coming home from work and plopping down in front of the TV? Make a plan for your evening such as: making dinner, take the dog to the park, coffee with a friend, etc., before you get home. This will keep you from sitting on the couch the rest of the evening. Netflix can wait.

Keep moving at work. Taking short 10-15 minute breaks from your seat every hour or so to walk around or stretch will not only help your body stay active and improve your posture, but it will also clear your mind, making it much easier to focus and be efficient throughout the day.

Try a standing desk to encourage movement and improve your posture.

HEALTHY SNACK OF THE MONTH– APPLE NACHOS



Ingredients:

- Sliced Apples
- Peanut Butter
- Chocolate Chips
- Shredded Coconut
- Cinnamon
- Lemon or Lime

<https://simple-veganista.com/apple-nachos/>