

# Fish & Tips

Second Quarter  
2018  
Twenty-Second Edition

## On The Hook

### Blue Catfish

*Ictalurus furcatus*

#### ALSO KNOWN AS:

Channel catfish, channel cat, farm-raised catfish

#### SOURCE:

Primarily in the Mississippi River, invasive to the Chesapeake Bay.

The Blue Catfish is the largest species of North American Catfish, reaching lengths of 65 in and weighing as much as 150 lbs. The fish can live up to 20 years. Their diet consist of any fish they can catch along with crawfish, freshwater mussels, frogs and Blue Crabs. They prey on already wounded fish. Their ability to adapt to a wide range of water and climates is what has made the Blue Catfish so successful in the undertaking of the Chesapeake Bay. They have a low mortality rate, and are becoming an abundance in Virginia's Rivers and the Bay in particular.



## Employee of the Month

### Kathy Esposito; February '18

*'Approaching 27 years with the JJ, Kathy has proven herself to be a true professional and dedicated employee. She has left her imprint in many departments from logistics, training, quality assurance and operations. Kathy's dedication and willingness to work as a team player, she along with QA, played a pivotal role in JJ obtaining our BRC Certification. Kathy is always striving for perfection and seeking more efficient ways to accomplish whatever challenge and opportunity is before her. Her pleasant demeanor allows her to work with many different people on many different levels to get the job done. Thank you Kathy for all that you do!'*

## Make This!

### Pan-Seared Lemon Herb Catfish Fillet

#### You'll Need:

- |                      |                                 |                       |
|----------------------|---------------------------------|-----------------------|
| - 2 Catfish Fillets  | - 1 tbsp Olive Oil              | - 1 tbsp Butter       |
| - ¼ tsp Salt         | - ¼ tsp Black Pepper            | - 1 ½ tsp Dried Thyme |
| - 1 tbsp Lemon Juice | - Flat Leaf Parsley for garnish |                       |

#### How To:

- 1) Heat skillet with oil and butter on medium-high heat.
- 2) Season both sides of Catfish with salt, pepper and thyme.
- 3) Place fish in skillet and cook for 2-3 minutes, then flip.
- 4) Pour lemon juice over flipped fish in skillet, cook side for 2-3 minutes.
- 5) Plate and garnish with parsley and enjoy!



### Pedro Caraballo; March '18

*'Pedro Caraballo began working at JJ on January 3, 2018. In Pedro's short time with JJ he has made quite an impact in the Logistics department. With 8 years of warehouse experience, he acclimated to the processes of the department quickly and with a sense of pride and passion. He appears to have one mode....fast! When you see him in the office, he is routinely walking throughout the office with a sense of purpose and urgency. His energy and desire to excel will continue to carry him far within JJ. Thanks for joining the Team!'*

## Walking Challenge

For the first quarter of 2018 we held a walking wellness challenge. Everyone in the company was challenged to increase the number of steps taken each day. For every 50,000 steps in a week one raffle ticket was entered per person, for every 60,000 steps two tickets and for 70,000 three tickets were given.

Congratulations to the following raffle winners!

Laura Pease	\$500 Visa gift card
Hollie Fiorito	\$200 Visa gift card
Len Ware	\$100 Visa gift card



### Joe Pressler; April '18

*'Joe joined the team as our QAQC Manager early December 2017. From day one, he has worked diligently on Food Safety Initiatives, most notably helping us obtain a B rating on our BRC Audit in February 2018. He is hardworking, organized and methodical in his approach to training and task accomplishment. He has proven time and time again to be a valuable member of the team and has made vast improvements to our QAQC department. Congrats Joe!'*

- Rick Tormo, Director of HR

# Hooked on Health

Fishing for Better Employee Health

Second Quarter  
2018  
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## Summer Health Tips

Summer is here, make sure you're ready to take it on with these tips below.

### 1. Always Apply Sunscreen

It is important to use sunscreen of at least SPF 30 to protect your skin from harmful UV rays. For sensitive skin, a mineral-based sunscreen is best. Don't sit in the sun during the peak hours between 10am and 4pm to minimize UV exposure. If you're going to be in the sun for a long period of time, reapply sunscreen every 2-3 hours.

### 2. Drink Plenty of Water

During the hot summer months, heat and sweat can leave your body dehydrated. A lack of water is harmful to your body and can also make you crave food when you're not actually hungry. Stay hydrated by drinking eight 8oz glasses a day, or 2 liters a day. Add fresh fruit for a subtle flavor twist.

### 3. Beware of 'Healthy' Smoothies

Fruit smoothies are a great way to get your five-a-day and keep refreshed throughout the summer, but watch out for smoothies made with frozen yogurts or ice cream as they will be higher in calories and sugar. Healthy smoothies should be made with fruit (veggies), juice, low-fat yogurt and ice.

### 4. Exfoliate

Summer means an increase in dead blood cells, it's important to exfoliate your skin to keep it silky and smooth. A loofah or light scrub will do the trick – or make your own exfoliation lotion using a handful of oatmeal, milk and yogurt.

### 5. Stick to Your Exercise Regime

Just because Maryland summers can get hot and muggy doesn't mean you have to hang up your running shoes. Instead of working out outside, change your exercise plan and move it indoors. Join a gym, take a step class or get a group of friends together for an exercise DVD.

### 6. Get Wet

Hit up your local pool. Start by swimming for 10 minutes and increase your time over the weeks by doing front crawl, breaststroke or backstroke to mix up your cardio workout. A 30 minute session will burn almost 400 calories. If laps aren't your thing join a water aerobics class.

### 7. Say Yes to Healthy Fats

Olive Oil is a healthy fat that contains essential fatty acids that help skin resist UV damage. These fatty acids are also part of the cell membrane that keep the moisture your body loses through heat and sweat. Add about 1 tablespoon to your salad or fish dish to get the essential fatty acids.

### 8. Protect Your Hair

Our hair suffers a lot in the summer. Constant heat, sun damage and chlorine takes a toll on our hair and can leave it feeling limp and dull. If you're planning to swim a lot use an anti-chlorine shampoo and conditioner to help neutralize the chlorine from your hair. When possible, towel dry your hair and add mouse for a beachy look vs using a hair dryer, straightener or curling iron.

### 9. Eat Healthy by the Pool

When the sun is beating down, the idea of seeking out the nearest ice cream truck is tempting. Stay strong by being prepared, and pack a cooler of healthy snacks and juices. Fill your ice-box with ice, bottled water, sandwiches, veggie sticks and hummus, yogurt and fruit.

### 10. Take up a New Hobby

Gardening is a great way to enjoy the outdoors and will also help you burn calories. Planting a herb garden is a great way of getting your hands dirty, having quick access to healthy flavors for your summer meals and, if you have kids, get them involved in playing outside. Tennis, golf or Pilates are also great ways to keep moving in the evening once the heat of the sun subsides.

## Milestones...

Your contribution to the company is greatly appreciated. Happy Anniversary!

Rosie Gonzales	10 years on 5/15/18
Tia Leverette	5 years on 4/29/18
Meghan Christian	5 years on 5/06/18
Eliezel Mercedes	5 years on 5/20/18
John Tiller	30 years on 1/01/18*
John Pirone	15 years on 2/03/18*
Michelle Smith	5 years on 3/20/18*

## Positive Quote

**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU  
FOR**

## Exercise Your Mind!

### Solve The Riddles!

I have keys without key locks. I have space without rooms. You can enter but cannot go outside. What Am I?

Answer:  
*A mailbox*

Which seven-letter word contains dozens of letters?

Answer:  
*A keyboard*

\* Missed anniversaries from Q1 Newsletter