

FISH & TIPS

Second Quarter
2019
Twenty-Sixth Edition

On The Hook

Mahi Mahi

Coryphaena hippurus

TYPES:

Dorado & Dolphin

SOURCE:

Mahi-Mahi have compressed bodies and a single long-based dorsal fin extending from the head almost to the tail. Mature males have prominent foreheads protruding well above the body proper. Females have a rounded head. Mahi-mahi can live up to five years, although they seldom exceed four. Females are usually smaller than males. Mahi-mahi are among the fastest-growing of fish. They spawn in warm ocean currents throughout much of the year, and their young are commonly found in rafts of Sargassum weeds.

The United States and the Caribbean countries are the primary consumers of this fish, but many European countries are increasing their consumption every year.



Employee of the Month

Laura Pease; February '19

Laura started at JJ in the receiving department in December of 2016. Since then she has transferred into customer service, to now hold the position of Customer Service Lead, in a short amount of time. Laura is always willing to pitch in wherever she is needed to help cover for vacations and last-minute schedule changes. Laura is very flexible in our very fast paced world and she has taken her position of Customer Service Lead to new heights with dedicated training and a helpful disposition. Congratulations Laura!

Get To Know... Ellise Carter

Ellise Carter has been at JJ McDonnell for 19 years. She started with the company in the Accounting Department and is now Executive Assistant to George McManus. Ellise has a very outgoing personality and kind heart, we are lucky to have her here at JJ McDonnell! We bet you didn't know...



Hollie: What was your favorite food as a child?

Ellise: Peanut butter and syrup sandwiches

H: If you have 30 minutes of free-time, how do you spend the time?

E: Playing Words with Friends

H: What is something your JJ co-workers don't know about you?

E: I am addicted to the ID channel

H: What is your biggest accomplishment?

E: Aside from remaining married for 30 years, I am extremely proud of raising a wonderful, well-rounded daughter who has brought

continuous joy to my life. I am so proud of her stepping out in faith, obtaining her college degree, and following her passion to become a Pastry Chef.

H: What is your favorite Holiday?

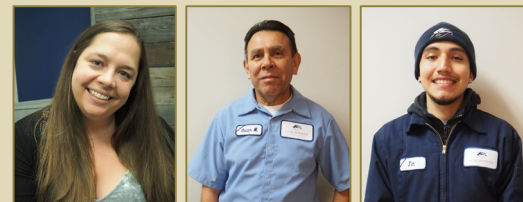
E: Any holiday that brings family and friends together. I love Thanksgiving because it is all about being thankful and remembering your blessings. I also love Christmas because it gives me great pleasure to bake homemade goodies for friends and family.

Oscar Menjivar; March '19

Oscar is just shy of celebrating 15 years of employment with JJ. Oscar is our Route #8 driver which services the Reston and Sterling, VA areas. He is the backup for other routes in the VA area due to his knowledge of the area. It is said by many that Oscar is easy to get along with. After returning from a long day on the road and asked to do an airport pickup, he does so with a smile on his face. Way to go Oscar!

Jimmy Fuentes; April '19

Jimmy has been a bright spot here at JJ during his 1 year of service! As a warehouse associate, he was first responsible for packing orders and now he is responsible for receiving product. Because he is such a quick learner, we are excited to see where Jimmy will excel next. Hats off to you Jimmy!



Hooked on Health

Fishing for Better Employee Health

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Let's Get Cookin'

Summer Dessert Pizza

Crust Ingredients:

- * 1/4 C softened butter
- * 1/2 C sugar
- * 1 large egg
- * 1/4 t vanilla extract
- * 1/4 t lemon extract
- * 1 1/4 C flour
- * 1/4 t baking soda
- * 1/4 t salt

Glaze Ingredients:

- * 1/4 C sugar
- * 2 t cornstarch
- * 1/4 C water
- * 1/4 C orange juice

Topping Ingredients:

- * 4 oz cream cheese
- * 1/4 C confectioners' sugar
- * 1 C Cool Whip
- * 1 banana, sliced
- * 1 C strawberries, sliced
- * 8 oz mandarin oranges
- * 2 kiwi, peeled & sliced
- * 1/3 C blueberries

How To:

- 1) Cream butter and sugar until light and fluffy. Beat in egg and extracts. Combine flour, baking powder, baking soda and salt; add to creamed mixture, beat well. Cover and refrigerate for 30 minutes.
- 2) Press dough into a greased 12- to 14-in. pizza pan. Bake at 350° for 12-14 minutes or until light golden brown. Cool completely on a wire rack.
- 3) For glaze, combine sugar cornstarch in a saucepan. Stir in water and orange juice until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Cool to room temperature (about 30 minutes).
- 4) For topping, beat cream cheese and confectioners' sugar until smooth. Add Cool Whip; mix well. Spread over crust. Arrange fruit on top, brush glaze over fruit. Store in refrigerator, enjoy chilled!



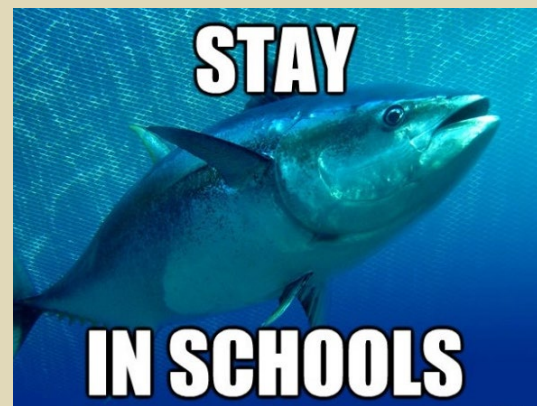
Happy Anniversary!

Thank you for being a dedicated member of our team and the JJ family! This quarters Milestone Anniversary* Announcement goes to...

Tim Mundy 05/06/19 5 years

**Milestone anniversaries are 5, 10, 20, 25+ etc. years*

Laugh A Little



JJ's Summer BBQ!



Visit our website www.jjmcdonnell.com or give us a call 410-799-4000