

The Veggie Press

EMPLOYEE PROFILE
JUAN MANUEL CRUZ



Harvesting Foremen

Years w/ Company: 6 years

Birthplace: Valle Nacional, Oaxaca

Spouse/Kids: Reyna, daughter Karina who is 9 years old and 4-year-old son, Miguel Angel.

Pets: No pets

Favorite Place in Central Coast: I like to go out to Pismo Beach with my family.

Favorite Vacation Destination: I haven't been on vacation for a long time but I would really like to go back to my birthplace.

Favorite Book: No favorite book

Favorite Restaurant: I like to go to Jumbo Buffet.

Favorite Drink: Coronitas w/Lemon => (I think many of us agree with him)

Favorite Food: Carne Asada

All time Favorite Movie: I don't have a favorite movie but sometimes I do get caught up watching cartoons with my kids.

Best Season of the Year and why: Winter, because of the cold weathers, you get to work more comfortable.

Hobby or Favorite Pastime: I like spending time with my kids and playing with my kids.

Favorite TV Show: I love watching the soccer games, especially when Mexico plays.

Role Model or Hero who most inspires you: My heroes and the people who inspire are my family, they inspire me to be better and work harder.

Pet Peeve: Well I try not to think of the things that some people do to irritate others because honestly I don't think it's worth the time.

Greatest Accomplishment in Life:

My greatest accomplishment will be when my kids are all grown up and attending a University.

Favorite Quote: "Viva Mexico!"

Advice on Life: "Always give it your best at what you are doing or want to do, because when you do you're able to keep on going in life."

Most Embarrassing moment:

Nothing embarrassing comes to mind. (maybe it's too embarrassing to say)

Driver Safety In the Winter Time



As the days get shorter and that rain is soon to fall we have to keep some things in mind to avoid being in accidents. Us drivers have a huge responsibility to other drivers on the road. As a mental note always keep these things in mind.

Before driving in the rain,

- Inspect windshield wipers to assure that they work correctly
- Inspect and clean off headlights and rear lights.
- Inspect tires to assure they have enough thread and proper wear.

While Driving Remember,

- Adjust your speed to the existing conditions.
- Do not pass other vehicles unless you have to.
- Slow down. - Select a safe speed. - Maintain a safe following distance.
- Watch far enough ahead to flow with the traffic. This will help you avoid the need to change speeds.
- Take curves and turns at slower speeds. Brake before curves. Be in the right gear before you enter a curve. Speed up slightly in the curve.
- Avoid driving beside other vehicles.
- Keep out of the pack. Leave yourself room for emergencies.
- Keep a longer following distance.

KNOTT'S SCARY FARM



Do you want this Halloween to be a spooky one? Then don't forget to come by the Personnel Office to pick up your saving coupons for Halloween Haunt in Knott's Berry Farm.

2007 Big Annual Drawing

This year's annual drawing once again was a big success. Thank you to all the employees for your hard work and constant dedication to this company and remember that safety should always be our main priority.

Congratulations to the following safety award winners:

Teixeira Farms/Frontier Cooling/Teixeira Vegies

1. Lazaro Rosas-Irrigation Department
2. Ignacio V. Barajas-Irrigation Department
3. Jose "Chepe" Araujo-Harvesting Department
4. Luis Nuno-Irrigation Department
5. Jose Luis Alonso-Frontier Cooling
6. Aharon G. Ramirez-Harvesting Department
7. Angel Gutierrez-Maintenance Department
8. Pedro G. Hernandez-Harvesting Department
9. Hilario Vazquez-Ferreira-Maintenance Department
10. Bonialberto C. Gallegos-Frontier Cooling
11. Isidoro Negrete-Harvesting Department
12. Martin Ceja Vera-Irrigation Department
13. Juan M. Avila-Frontier Cooling
14. Baltazar S. Baez- Vegies
15. Genaro Bravo-Zarate- Vegies

Hacienda Harvesting, Inc.

1. Norberto R. Arrezola-Celery Crew.
2. Silvio O. Cruz-Cabbage Crew
3. Jesus O. Cruz-Broccoli Crew
4. Justina Rodriguez-Lettuce Crew
5. Paula M. Cruz-Broccoli Florette Crew
6. Ignacio O. Garcia-Cabbage
7. Patricia A. Silva-Broccoli Florette Crew
8. Monica Perez-Lettuce Crew
9. Carlos Mendoza-Drip Irrigation Crew
10. Esmeralda V. Barrios-Cooler
11. Juana M. Martinez-Broccoli Crew
12. Marcos H. Chavez-Lettuce Crew
13. Jorge Baez-Drip Irrigation Crew
14. Refugio Rivera-Lettuce Crew
15. Agustin Quiroz-Drip Irrigation Crew



UNITED AGRICULTURAL
BENEFIT TRUST

If you have dependents that are overage please don't forget that in order for them to remain active in your insurance policy they need to be a full time student, UABT needs

proof of that every semester. If they are no longer attending school please come by the Personnel office and fill out a change form.

Shrimp Stir-Fry



Prep time: 10 mins

Cook time: 20 mins

Ready in: 30 mins

Ingredients

2 tablespoons cornstarch
 ¾ cup cold water
 2 tablespoons reduced-sodium soy sauce
 1-teaspoon garlic powder
 ½ teaspoon ground ginger
 2 cups fresh broccoli florets
 2 tablespoons olive oil
 1 medium sweet red pepper, julienned
 3 greens onions, chopped
 1 pound uncooked medium shrimp, peeled and deveined
 1 cup frozen Oriented mixed vegetables, thawed
 3 garlic cloves, minced
 ¼ cup chopped peanuts

Directions

1. In a small bowl, combine cornstarch and water until smooth. Stir in the soy sauce, garlic powder and ginger; set aside.
2. In a large nonstick skillet or wok, stir-fry broccoli in oil for 2 minutes. Add red pepper and onions; stir-fry for 2-3 minutes or until vegetables are crisp-tender. Add shrimp, Oriental vegetables and garlic; cook 3 minutes longer.
3. Stir cornstarch mixture and stir into shrimp mixture. Add the peanuts. Bring to a boil; cook and stir for 2 minutes or until thickened.

SERVE AND ENJOY!



401(k) News

Asset Allocation and Diversification. The ingredients to a healthy retirement income!

Asset allocation refers to how you mix your investments across the various types of funds or asset classes (e.g., the mix of stocks, bonds and cash in your portfolio). It might surprise you to know that your asset allocation is what ultimately drives the earnings your portfolio achieves!

Research shows that how you allocate your investments across asset classes determines more than 90% of your investment return. In other words, it's more important to have the right mix of stocks, bonds and cash than to pick Stock Fund A over Stock Fund B. The specific investments you choose, and when you buy and sell – not to mention plain 'ole luck – don't have very much to do with overall performance. Rather, these factors are part of the investment manager's job.

Asset allocation not only drives performance, it also helps you reduce risk. You know the old saying, "don't put all your eggs in one basket?" Well, investing in different funds within each asset class is called diversification. This is the single most important thing you can do to manage investment risk. Diversifying also increases likelihood of achieving long-term goals and enhances potential for long-term gain.

"Mixing" your portfolio across asset classes makes you less dependent on performance and risk of any single asset class. Effective diversification requires combining assets that behave differently under various economic or market conditions. Moreover, investing in assets that have dissimilar return behavior may insulate your portfolio from major downswings.

Remember that for most of us, investing for retirement is a long-term proposition. So don't overreact to the short-term fluctuations in the market. Stocks go up and down but over the long term, they provide rewards for accepting this inherent risk. Next, don't forget to rebalance your portfolio! Reassess your situation periodically to determine if personal circumstances warrant a shift in your approach.



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