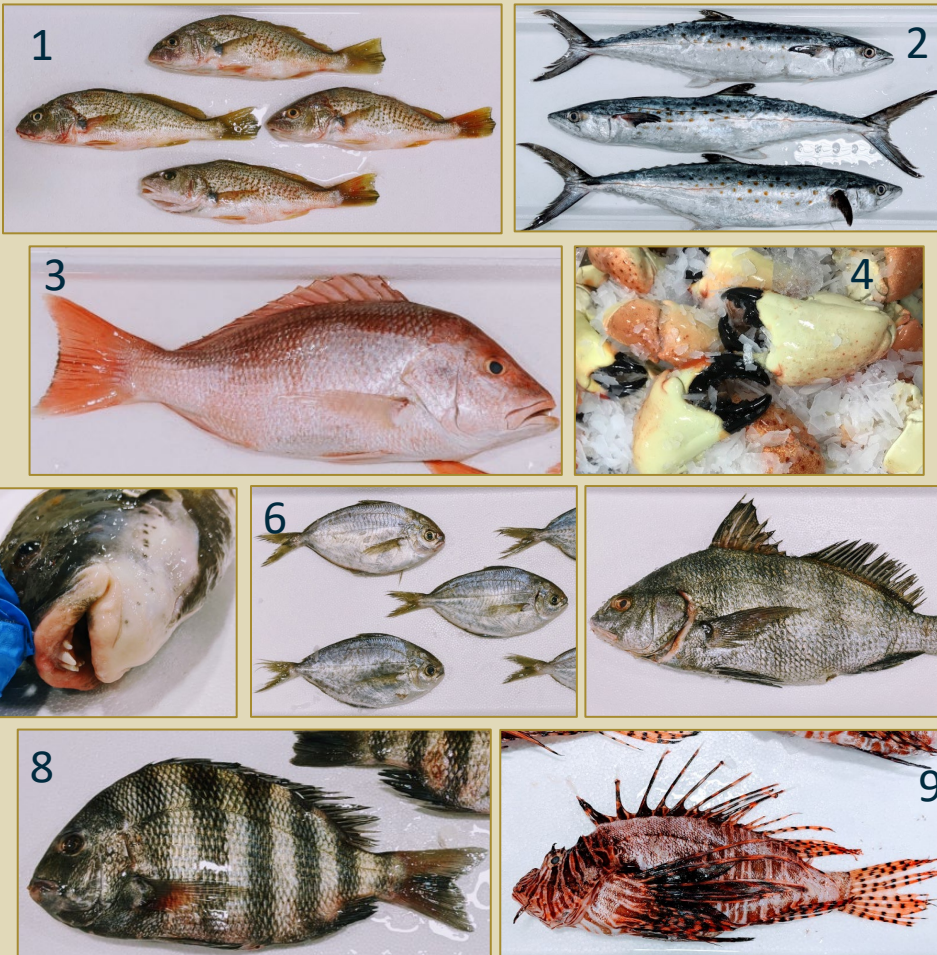


Fish & Tips

Fourth Quarter
2020
Thirty-Second Edition

Test Your Fish Knowledge!



Answer Key:
1. Croaker 2. Spanish Mackerel 3. Red Snapper 4. Butterfish 5. Tautog 6. Blue Crab 7. Black Drum 8. Sheepshead 9. Lionfish

Employee of the Month

Mark Garner; September '20

Mark has been a part of the J.J. McDonnell team for less than 1 year however he has proven himself to be a valuable part of the team! He quickly took ownership of the shrimp project when it began and established a protocol with training the associates on the machine. Mark ensures we meet the daily production and is a good example to all the processing team members. Mark always has a positive attitude and has shown solid leadership on the night shift with consistent protocols and expectations. He is a true team player and demonstrates our company values continuously.

Degu Wesero; October '20

Degu has been with J.J. McDonnell for just over a year. He is a hardworking team member that loves his job and executes his responsibilities without the need of supervision. He is a team player that is always present and constantly seeking ways to excel his performance in order to get the job done! Degu is a one man team on his shift from 4pm – 12am and never complains. He goes above and beyond in order to get his job done and helps out wherever needed. He is definitely an unsung hero and we want to thank him for a job well-done!

Jaz'mine Archer; November '20

Jaz'mine is an asset to J.J. and the Admin Team. She is professional and very pleasant person to work with. She will help out other teammates without being asked. If Clarissa asks for help in A/P with filing invoices too be paid or matched she just does it without reservations, and always with a smile. She is stepping into her new role in A/R and is performing better than expected.



Bet You Didn't Know | OCMD Edition



- It is estimated that up to 8,000,000 people visit Ocean City MD every year.
- The first 'hotel' was built in 1869.
- It was once connected to mainland by railroad.
- In 1933 a hurricane destroyed the railroad and created the inlet, Assateague Island.
- Ocean City calls itself the White Marlin Capital of the World and hosts the White Marlin Open every year with a grand prize of over \$1 million.

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

Hooked on Health

Fishing for Better Employee Health

Fourth Quarter
2020
Thirty-Second Edition

Staying Healthy for the Holidays

The holidays are such a fun time, and we often don't think about the extra calories we could be consuming without noticing. Here are some tips to stay healthy with easy substitutions during holiday parties and gatherings.

- 1) Watch Your Alcohol Consumption – if you plan to drink choose wine or a spritzer to keep calories in check.
- 2) Avoid Eggnog – one cup can have up to 350 calories, 19 grams of fat, and 21 grams of sugar. Swap it for champagne, you will naturally drink it slower.
- 3) Do Eat Lentils – sub lentils for meats (try lentil meatballs & burgers), you will cut calories and add some fiber and protein!
- 4) Cinnamon Tea – give your body a break from the sugary drinks of the holidays, and the cinnamon can help decrease your blood sugar.
- 5) Swap Sweets – trade in candies and desserts for frozen grapes. They are naturally sweet and since they are frozen it will take a little longer to eat.
- 6) Choose Your Pie Wisely – many of us only have pie during certain times of the year, we say enjoy, but choose pumpkin pie vs a higher calorie/sugar pecan pie.
- 7) Try mocktails – avoid juices loaded with sugar and opt for a 100% grape juice with Concord grapes. It doesn't have added sugar and has heart healthy benefits.
- 8) Swap Avocados and Greek Yogurt – you can often substitute avocados and Greek yogurt for heavy creams and cream cheeses in recipes. Try buffalo chicken made with plain Greek yogurt instead of heavy cream cheese.

Riddle Me This...

A man was born in 1995.
Today he's 33 years old.
How is this possible?

Answer: 1995 was the room number at the hospital, not the year he was born.

Happy Anniversary!

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

Rosie Gonzales 12/29/20 20 years



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

Laugh A Little



If someone from Maryland ever cooks you something and they say they "put their own twist on it" that means they randomly threw in some Old Bay

