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JUNE 2023



THE DISH

Celebrate Pride with Us

Pride is a celebration of the journey, resilience, visibility, and the joy of the LGBTQIA+ community. Over the past 50 years, we have navigated both tremendous wins and divisive ideology with the hope that love will prevail, even when the political climate of our country continues to affect our daily lives. Currently, there are close to 500 legislative bills in our country targeting LGBTQIA+ rights, including seven in Oregon and two in Washington.

Despite these setbacks, we continue to make progress to protect and embrace the rights and humanity of all LGBTQIA+ people. That is because of the work, strength, and dedication of all of us who identify as LGBTQIA+ and our allies. As we all navigate these difficult times, you might be asking yourself: How can I show support to my LGBTQIA+ peers?

One way of showing your support is showing up for the LGBTQIA+ community, and there is no better opportunity than during the Vancouver and Portland Pride festivals this summer. Pride Month is celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. However, this year, Portland and Vancouver's celebrations will be held in July. The LGBTQ+ ERG is asking our co-workers to show up for your neighbors, friends, family, and clients by

participating in any or all three Pride events that MOWP is partaking in this year. Volunteers are needed to help staff the information booth and hand out information about MOWP and swag and answer general questions as well as walk with us in the Portland Pride Parade.

Vancouver Pride Festival

2-hour shifts

July 8: 10 a.m. to 5:30 p.m.

Portland Pride Festival

2-hour shifts

July 15: 10 a.m. to 8 p.m.

July 16: 11 a.m. to 6:30 p.m.

Portland Pride Parade

Walk approximately 1 mile on asphalt

July 16: 10:30 a.m. to 1 p.m.

If you feel called to participate in any of these upcoming events, please [sign up here](#) or reach out to Margaux Shields at margaux.shields@mowp.org or join our ERG meetings on the third Wednesday of the month at 2 p.m. We appreciate you all for your continued dedication to create safe spaces at MOWP for your LGBTQIA+ co-workers and clients.

PRIDE



Shasta Pringle

Client Resource Specialist

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TASTEMAKERS

Most of us spend at least a third of our day during the workweeks with our co-workers. There's no need to restrict your conversations to work chit chat or discussing the weather for the third day in a row. Your co-workers are innovators, trendsetters, and thought leaders. From their career journey to their hobbies and interests outside of work, discover what makes your co-workers unique — and perhaps find some common ground to bond over.

Pride and Purpose

Get to know Client Resource Specialist Shasta Pringle.

When Shasta Pringle was looking for a job, they not only searched for a position that was in alignment with their background and experiences but also for an organization that was explicitly inclusive. In the past, they've felt unsafe in the workplace because of their identity. When they met Associate Director of People and Culture Ulises Alvarez Olvera, they knew they wanted to work at Meals on Wheels People. "Seeing people in leadership positions actively out is a huge green flag for me," says Shasta, who joined the organization in October 2022.

The Role of Client Resource Specialist

As the client resource specialist for the Short Term Intervention Program, Shasta works with Disability, Aging, and Veterans Services to support older adults in Washington County with requests that fall out of the scope of the existing social service infrastructure. From help navigating online portals for personal banking to searching for in-network primary care providers, "We offer wraparound services to connect the dots from, 'Here's a resource' to 'Here's you receiving that resource,'" Shasta says.



Shasta Pringle

Client Resource Specialist
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Navigating Resources from Personal Experience

Shasta has a lot of experience navigating resources in Washington County, where they've lived their entire life. They experienced homelessness twice before they graduated from high school. "I have direct experience of financial struggles and how difficult it is to navigate resources when you're part of a vulnerable population," Shasta says. "It makes it easier for me to put myself in their shoes and more motivated to help them figure out their next steps."

Shasta says if it weren't for an early college program that allowed them to enroll at Portland Community College during their junior year of high school, they wouldn't have received tuition assistance that then allowed them to afford living expenses. Another resource Shasta relied on was the Sexual & Gender Minority Youth Resource Center (SMYRC) through New Avenues for Youth, which provides a safe space for queer and trans youth. "It can be very isolating being part of this community," Shasta says. "We're constantly barraged with information that people don't want us to exist. It can be really intense. There aren't many safe spaces outside the queer community for people like me to express ourselves." Being part of SMYRC, both as a participant and now a volunteer, reminds Shasta that there are people who support them and are excited about their future.

Advocating for LGBTQ+ Inclusion

That's part of the work Shasta does as a member of MOWP's LGBTQ+ ERG, too. In July, the ERG and MOWP will participate in Pride Month events, including the Portland Pride Parade. "It's an opportunity for us to show that Meals on Wheels is committed to supporting not only clients who are LGBTQ but also employees," Shasta says. "That's really important, especially right now with how things are in society. It's a big statement for organizations to step out and show their support."

For Shasta, the meaning of Pride has evolved over the years. In their youth, Pride Month was a time to build community and celebrate their identity. "Now, it's more about advocating for why we deserve to exist and have the same rights as everybody else," Shasta says. "Now that I have that community, I have more of a social justice perspective. We want to show that we're people and we want to exist and enjoy our lives. It's more of a rallying cry. I want people to be excited to support their LGBTQ+ family and friends. Show up — that's the easiest thing you can do. Just show up and show that you're interested in supporting them."

Breaking Stigmas with Style

Get to know Associate Director of People & Culture Ulises Alvarez Olvera.

Anita de Sobay had been practicing for weeks. She had the song memorized — a compilation of "Todos Me Miran" by Gloria Trevi, "Made You Look" by Meghan Trainor, ending with "Stronger" by Britney Spears — and her choreography down pat. When the lights came up and the music started playing, her mind went blank. The rush of adrenaline took over, propelling her into a state of pure presence and immersion, allowing her instincts, muscle memory, and emotions to guide her performance. Channeling two strong Latina artists and feminists — actress María Félix and singer Gloria Trevi — she commanded the stage. The audience responded with thunderous applause and cheers. When the music finally faded, she stood center stage, breathless and overwhelmed by the outpouring of love and support.

Anita de Sobay's very first drag performance had been a resounding success, not only because she won the Baby Queen competition at Candy in downtown Portland, but also because it was a testament to Ulises Alvarez Olvera's courage and unwavering commitment to self-expression during a time when people in the LGBTQ+ community are battling for their right to exist.

"One of the reasons why I said yes to performing is because of everything

that's happening in the world," says Uli, assistant director of people and culture at MOWP. "I feel like if I can do what I think and be more visible in my private life, especially in the position I hold, whether it be at Meals on Wheels People, captaining a team, being an older brother, I feel like those start breaking those stigmas, especially when it comes to drag."

Captain and Coach

The stage isn't the only place Uli is challenging perceptions, breaking down barriers, and inspiring others to embrace their own authentic selves. He co-captains a queer all-gender kickball team, the Foxy Penguins, welcoming new people each season who have never played before, and even helps coach competing teams. "I love coaching people," Uli says.

Career Evolution

Growth is important to Uli. He started his career in the food industry, working in catering at a hotel in Cannon Beach and serving. Being a Mexican immigrant with DACA status, he was well aware of the stereotypes that people expected him to conform to, but he envisioned a future for himself that went beyond that. When he came across Meals on Wheels People, he saw an opportunity for growth.

He started in 2016 assisting with the Head Start program and subsequently moved up through the ranks, taking on roles including site coordinator, home delivery coordinator, and eventually nutrition program manager of the Tualatin Center. In 2021, he

moved to the exec team, where he now works to attract, engage, and retain a diverse, service-centered, and culturally responsive employee and volunteer workforce that emphasizes empowerment, collaboration, productivity, equity, diversity, and inclusion.

"I love getting to know employees and learning what they want and what makes them stay," Uli says. "I love making those links and adding those changes that make people's lives easier."

He's worked to bridge the gap between Central Office employees and site workers, has been instrumental in fostering active employee resource groups, and advocated for more internal growth opportunities, encouraging employees to strive for advancement within the organization like he did.

Stage Power

Uli's path of growth didn't end with Meals on Wheels People. He's come a long way on his journey of self-acceptance.

"I'm more comfortable now," says Uli, who is competing as Anita de Sobay in the final rounds of the Baby Queen competition on June 22 and June 29. "Even shopping at Goodwill for women's clothing — at first, I was like, oh, people are staring. Now: Let them stare. I'm confident in myself."

For Uli, Pride Month isn't just about celebrating his identity, though. "It's another form of resistance toward all the injustices done toward people," he says. "It's visibility. That's the biggest thing for me — being visible. Showing your truth. There's no reason people should be hiding who they are."



Ulises Alvarez Olvera

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GEM AWARDS

If you would like to recognize your peers for a job well done, you can give a GEM by filling out the form in Wheelhouse. Each month, GEM recipients are entered into a monthly drawing for a chance to win one of three \$25 gift cards.

Congrats to our GEM recipients! Lily Nowell, John McArdle, and Leslie Aldaba were each recognized by their peers for going the extra mile.



“Lily has very strong communication, collaboration, active listening, and problem-solving skills. She is always helping with translations as needed. Lily, I want to thank you for your consistent support. Your motivation and inspiration are a welcome addition to our team!”

— Yulia Clark



“John helped a new Friendly Chats volunteer learn to use the Mobile Meals app in person at Ambleside. This was a huge help to her (and to me)! Now she volunteers twice a week. Thank you, John!”

— Margaux Shields



“Wanted to give a GEM to Leslie for being central to bringing back Ambleside Center’s Cinco De Mayo celebration. She designed and prepared the whole menu for the day and was a key part of the event being as successful as it was. Thanks!!!”

— John McArdle

MEET OUR FRESH TALENT

Get to know the personalities, backgrounds, and passions of the new employees who are driving our success forward.

Counting on Creativity

Meet *Accounts Payable and Inventory Technician Lahauna Rivers*.

Lahauna Rivers wants you to trust her: Cold spaghetti salad is good. She knows it doesn’t sound appetizing, and she had her doubts at first, too. But it’s a staple at her wife’s family’s summer cookouts, and now Lahauna knows why. There’s just something about the tender pasta, fresh veggies, and zesty dressing that hits the spot.

Before Lahauna and her wife, Veronica, were married, they were best friends. The two met in high school in Multnomah Village. They married in February 2021 after the pandemic postponed their original April 2020 wedding date. Now the family lives in Beaverton with their rescue animals — two dogs and two cats. “I don’t know what I was thinking,” says Lahauna of her fur family. “I was young, and I was like, I have so much love. Now I’m like, I’m tired.”

Crafting as Recharge

To recharge, Lahauna crafts. She knits, mostly blankets for the dogs. She paints with watercolors and acrylics. And she’s been looking for a used sewing machine on Facebook Marketplace. Her goal is to make her own clothes.

One of the reasons she loves her new job as accounts payable and inventory technician at Meals on Wheels People is that she gets Friday off: “Time to do art!”



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Pride and Gratitude

A bigger reason is the environment: “When I came in for my orientation and they talked about the LGBTQ+ ERG, I teared up a bit,” Lahauna says. “I came from a job where everyone was a big bully. It was really uncomfortable for me to be who I am. Here, everyone is so freaking nice. It feels really good to be able to walk up to anybody and they’re really friendly and happy to help.”

Lahauna joined the ERG right after she started at MOWP in April 2023 and is helping to plan the organization’s involvement in the Portland and Vancouver Pride festivals in July. It’s a role she doesn’t take lightly. “My grandmother was queer, and she was not able to live out at all,” Lahauna says. “When Pride comes around, I think of her. I shift my perspective to: You’ve got to be happy because there are a lot of people that you know and who have lived their lives who didn’t get to love their wife openly. So I’m just really grateful that I’m here right now and that I just get to be me.”

Rediscovering Roots

Part of Lahauna’s identity that she’s still exploring is her Hawaiian heritage. Her mother is Hawaiian, but the culture wasn’t a big part of Lahauna’s upbringing. She recently started going by her middle name and is saving her left arm for a traditional Hawaiian tattoo. She’s still connected to her first name, Molly, given to her by her dad after the Nirvana song “Molly’s Lips.” If you see her walking around the office with headphones on, she’s probably listening to grunge music: “Pearl Jam, Rage Against the Machine, and Nirvana, of course, are always heavy in my rotation of music.”

In the symphony of her life, Lahauna embraces the flavors, the love, and

the traditions that color her world. From the unexpected joy of cold spaghetti salad to the solace found in her artistic endeavors, she weaves threads of authenticity and self-discovery.

Want to try the salad for yourself? This isn’t Veronica’s family recipe, but it’s close, courtesy of The Country Cook.

Summer Spaghetti Salad

Servings: 10
Total Time: 25 minutes

Ingredients

- 1-pound box spaghetti noodles
- 1 green pepper, diced
- 1 red pepper, diced
- 1/2 red onion, thinly sliced
- 1 English cucumber, sliced
- 1 cup grape tomatoes, sliced in half
- 2.25-ounce can sliced olives, drained
- 1/2 cup cheddar cheese, cut into cubes
- 1/4 cup grated Parmesan cheese
- 1 tablespoon McCormick Salad Supreme seasoning
- 1 teaspoon garlic powder
- 16-ounce bottle Italian dressing

Instructions

Cook spaghetti according to package directions. Season the boiling water with 1 tablespoon of kosher salt before putting the noodles in. Stir noodles often while cooking. Drain well after cooking until al dente.

In a large bowl, add in all your diced veggies, olives, and cheeses.

Then add the cooked and cooled spaghetti on top. Season salad with McCormick Salad Supreme seasoning and garlic powder. Give it all a gentle toss.

Pour Italian dressing over noodles. Stir mixture carefully until combined.

Cover with plastic wrap and allow to cool for at least 2 hours before serving.



Cherry Blossom

The Cherry Blossom Center started a garden project! The East Portland Community Center is letting the center use the garden beds out front, and some volunteers at Ambleside secured a garden grant they’re letting us use. So far, we’ve mostly purchased soil amendments, tools, plants, and seeds. We have planted radishes, cucumbers, sweet peppers, pea pods, tomatoes, celery, rainbow chard, Russian cabbage, cauliflower, carrots, snapdragons, daisies, and marigolds. Volunteers come in to water, and we will schedule several weeding and harvesting parties. We’re planning to use the produce for congregate lunches!

BITE-SIZED UPDATES

Join Us at the Waterfront Blues Festival

Feel the energy and experience downtown Portland's largest and longest-running music celebration. Join us July 1-4, 2023, at the Waterfront Blues Festival. Meals on Wheels People is one of two supported charities and benefits from being part of the festival over four days. All tickets are on sale now at waterfrontbluesfest.com/tickets. Kids 12 and under are free!

Performance Review Process Underway

All regular employees and on-call employees who worked a minimum of 468 hours and who were hired or promoted before April 1, 2023, submitted Career Planning Worksheets by June 1. Now managers are conducting, writing, and submitting reviews. Department heads will review and sign off by June 30, and managers will communicate approved merit increases July 1-31. If you have questions, please contact your manager or Human Resources.

Welcome Two New Board Members

We are excited to announce the addition of two exceptional individuals to the Meals on Wheels People board of directors. Both Barry Bahmanyar and Barbara Basney bring their unique expertise and passion to our organization's mission.

A real estate broker with MORE Realty, Barry has over 30 years of experience in construction engineering, sales, and management, including four years as senior program manager with Impact NW, where he worked with Suzanne Washington. He is passionate about nonprofit work and has been a longtime volunteer in the Iranian American community. He started a professional networking

group to advance and promote Persian culture in the Portland area and has been the volunteer co-host of the Persian Hour Art & Music show on KBOO for over 20 years.

Barbara Basney, vice president of marketing, communications, and brand for Kaiser Permanente, is responsible for brand and product advertising, marketing, public relations, issues management, social, creative multimedia, events and sponsorships, and communications for one of the regions' leading health systems and social health partners. She brings a commitment to providing access to high-quality, affordable health care and to improving the health of our communities to the board.

MOWP Awarded 2023 Age-friendly Business Award

AGE+, in partnership with the Age-Friendly Portland and Multnomah County Employment and the Economy Committee, recognized Meals on Wheels People for being age-inclusive, from staffing to office design to public-facing communications. We're honored to receive the Age-Friendly Business Award at the 2023 Ageless Awards and agree: Age-friendly practices are good for business and good for all of us!

Green Committee

The [Green Committee](#) restarted in January 2023 after a three-year hiatus, and the past few months this committee has been active! We are a highly engaged group of 26 staff from all around the organization — we have representatives from operations, Meals 4 Kids, Central Kitchen, development, business development, and PDXPop!, and we also have three board members. We meet monthly, on the third Wednesday at 2 p.m. Email Kristin Mueller at kristin.mueller@mowp.org if you are interested in joining.

The Green Committee's purpose is multifold and includes:

- **Idea clearinghouse:** Committee initiatives and staff suggestions
- **Idea execution:** Driving change through research and analysis, testing and pilot programs, and recommendations to decisionmakers
- **Sustainability education:** Guest speakers and member presentations at every other month's meeting
- **Sustainability messaging:** To MOWP organization, donors, volunteers, clients, and public

We are crafting our mission statement. So far, we have done an educational session with LeanPath around food waste and are working with them to generate a proposal for implementing a measuring system. Beyond food waste and plastic reduction, we are going to tackle single-use plastic bags for meal delivery, composting, sustainable supply ordering, sustainable schwag, bulk composting recalled food, green building practices, and more! Look for an invitation from us for our June 28 meeting where we have Julia Person, sustainability manager at Bob's Red Mill, joining us for a conversation around their much-publicized sustainability efforts and process. Any staff are invited to attend via Teams to learn more!

We are brainstorming sustainability ideas on an ongoing basis — and we need yours, too! No matter where you work in our organization, you personally play the biggest role in helping our organization, our community, and our world become a more sustainable place to live!

Future Trailblazers

There are several leadership opportunities available as committee and employee resource group chairs. Chairs receive an additional \$30 per pay period for two monthly hours allocated to work on programming. If you are interested in any of these leadership positions, please send a letter of interest to Ulises Alvarez Olvera at ulises.alvarezolvera@mowp.org.

- Safety & Wellness Committee
- Employees of Color ERG
- Women's ERG

New Hires

Jalene Brooks

On-call Home Delivery Coordinator

Isabel Puelo-Young

On-call Client Services Specialist

Villary Meddock

Program Assistant

Ky Ford

On-call Dietitian Consultant

Open Positions & Referral Program

Refer anyone you know who would be a great addition to the Meals on Wheels People team and great for any of our open positions. Receive a bonus of \$300 (less taxes) for each referral who is successfully hired and meets the hours worked requirements. Refer to the Employee Referral Program on the Wheelhouse for more details.

Open positions include:

- Director of Marketing and Communications
- Development Director
- Client Services Specialist
- Home Delivery Manager
- Site/Kitchen Coordinator
- Program Assistant (full time and part time)

SAVOR THE MOMENT

Life is meant to be enjoyed and savored as it's lived. Whether it's a small gesture like an email wishing someone a happy birthday or a team lunch to celebrate an anniversary, taking the time to recognize these milestones can have a big impact on our happiness.

June Birthdays

- 3 **Joshua Boswell**, Client Services Specialist
- 3 **Sarah Hallaj**, Dietitian Consultant
- 3 **Linda Reynolds**, Chief Financial Officer
- 4 **Janice Butzke**, Operation Manager II
- 13 **Linda Eklund**, Ambleside Program Assistant
- 13 **Natalie Morganti**, On Call Site/Home Delivery Coordinator
- 13 **Emily Sterling**, Recruiting and Retention Specialist
- 19 **Rayann Warncke**, Forest Grove Program Manager
- 26 **Dawn Grant**, Operations Director
- 28 **David Redford**, Warehouse Clerk

June Work Anniversaries

- 1 year **Danielle Kim**, Two Rivers HD Manager
- 1 year **Clayton Egger**, Diner BoH Supervisor
- 1 year **Rachel Grimes**, Diner Server
- 1 year **Meredith Kruger**, Luepke Site Manager
- 1 year **Mitchell Nye**, Diner Cook
- 2 years **Kaila Clark**, M4K Program Assistant
- 2 years **Sarah Hagadone**, Database Coordinator
- 6 years **Melissa Oldenburg**, Belmont Program Manager II
- 10 years **Rayann Warncke**, Forest Grove Program Manager
- 14 years **Peg Fuka**, Beaverton HD Coordinator
- 25 years **The Tran**, Food Production Lead



TOP 10

10 Best Farmers Markets in the Portland-Vancouver Metro Area

Step into the vibrant world of the Portland-Vancouver metro area's top 10 farmers markets, where the bustling stalls overflow with the freshest seasonal fruits and vegetables and the air is fragrant with the aroma of freshly baked bread. These beloved markets are a hive of activity, drawing crowds of both locals and tourists throughout the year, especially during the bountiful summer and fall seasons. Each farmers market has its own distinct character, shaped by its individual vendors, location, and style. Discover the best outdoor markets in the central city and beyond, where talented musicians provide the perfect soundtrack to a food-lover's paradise and the bounty of the Pacific Northwest is on full display.

A few tips: If you plan to pick up some seasonal fruits and veggies, go early to ensure they don't get picked through. Although credit cards are accepted, vendors prefer cash because transactions are smooth and quick. Leave your pets at home. Most farmers markets have a strict no-pet policy. Service animals are welcomed.

1. PSU Farmers Market

The largest and most well-known farmers market in the Portland area, the PSU Farmers Market is open year-round from 8:30 a.m. to 2 p.m. on Saturdays, rain or shine, on the Portland State University campus in the South Park Blocks between Southwest College and Montgomery streets. It welcomes up to 10,000 shoppers on a summer Saturday to browse as many as 100 vendor stalls and is considered a must-do Portland experience.

2. Beaverton Farmers Market

Catering to families and avid home gardeners, the Beaverton Farmers Market fills a massive parking lot off of SW Hall Boulevard across from the city library every Saturday from 8:30 a.m. to 1:30 p.m. with nearly 200 vendors, including some of the best farms in Washington County.

3. Hillsdale Farmers Market

A magnet for families, this year-round market hosts over 50 local farmers and food artisans from Oregon and southwest Washington every Sunday from 9 a.m. to 1 p.m. in the Rieke Elementary parking lot.

4. Downtown Vancouver Farmers Market

A vibrant market with over 250 vendors selling fresh produce, crafts, and food, the Downtown Market runs all weekend long, from 9 a.m. to 3 p.m.

on Saturday and 10 a.m. to 3 p.m. Sunday, at 605 Esther St. History buffs can indulge in exploring old buildings while relishing the picturesque waterfront scenery.

5. Hollywood Farmers Market

Every Saturday from 8 a.m. to 1 p.m., the Hollywood Farmers Market hosts over 100 vendors in the Grocery Outlet parking lot at 4420 NE Hancock St. Albeit not the most glamorous setting, the community-focused market comes alive with a wide selection of locally grown produce and artisan foods, booths, and musicians.

6. King Farmers Market

Known for its focus on sustainable agriculture, King Farmers Market features 30 farmers and food artisans in a family-friendly place to spend a Sunday. From 10 a.m. to 2 p.m. at NE 7th and Wygant, one block south of the vibrant Alberta Arts District, shoppers can find locally produced goods and breakfast and lunch options with seating in front of live music.

7. Milwaukie Farmers Market

With over 80 farms and local artisans, shoppers will find everything from fresh produce and beautiful floral displays to homemade soaps, jewelry, and pottery. With the MAX Orange Line stopping just steps away, the Milwaukie Farmers Market at the

intersection of Main and Harrison is easy to get to. Its Sunday morning billing, from 9:30 a.m. to 2 p.m., makes it a great first-thing outing or midday routine breaker.

8. Montavilla Farmers Market

Every Sunday from 10 a.m. to 2 p.m. at 7700 SE Stark St., this vibrant, community-centered market offers plenty of colorful fruit and vegetables to choose from. In January 2023, it shifted its focus to better reflect the community it serves, giving precedence to BIPOC and queer-owned farm and food businesses and providing an EBT-match program for customers.

9. Kenton Farmers Market

Running from 3 to 7 p.m. Wednesdays at N McClellan Street and Denver Avenue in the heart of the historic Kenton neighborhood in North Portland, this market's live music and festive street-fair atmosphere make it a lively and convenient midweek destination for fresh, local food.

10. Lents International Farmers Market

This is the only farmers market in Portland that focuses exclusively on international vendors and cuisine. Running from 9 a.m. to 2 p.m. at SE 91st Avenue and Foster Street in southeast Portland, expect to find unique produce from the diverse neighbors in the Lents neighborhood.



FIVE-STAR ★★★★★

REVIEWS

What's the next big show to binge? The next podcast to download? The best take-out spot? Your co-workers have plenty of recommendations. Whether you want to stay on top of the latest trends or connect with others with common interests, here are their latest endorsements.

How to Win Friends and Influence People by Dale Carnegie

Recommended by Associate Director of People & Culture Uli Alvarez Olvera

"I highly recommend this book for personal growth and to learn how to work with people. This book offers ways to improve your relationships in a way that can help you get the best out of people. There are several scenarios in this book that I could relate to and helped me reflect on them and think of ways that I could have adjusted the way I communicated to get a better outcome."

A copy of this book is available for check out through the EDI library and qualifies for three entries in the quarterly EDI incentive drawing.

60 Songs that Explain the '90s podcast with Rob Harvilla

Recommended by Social Media Specialist Nicole Ceron

"Rob's vocal cadence is great. He holds nothing back but somehow convinces you that even if he doesn't like a song, he can still appreciate its place in the cultural zeitgeist of the '90s. He could shred a song to bits, and even if it was a favorite of mine, I'd still find myself agreeing with him. Definitely a podcast for a music lover who isn't afraid to face nostalgia head-on."



Save the Date

JUNE 19 — JUNETEENTH

Juneteenth is considered the longest-running African American holiday, colloquially known as "America's second Independence Day." The federal holiday commemorates the emancipation of all enslaved African Americans in the United States. It was not until 2021 that the day was first recognized as a federal holiday when President Joe Biden signed the Juneteenth National Independence Day Act into law after the efforts of Lula Briggs Galloway, Opal Lee, and others. The date recognizes the anniversary of the order, issued by Maj. Gen. Gordon Granger on June 19, 1865, proclaiming freedom for slaves in Texas. Juneteenth has since become an international holiday and is celebrated by the Mascogos, descendants of Black Seminoles who escaped from slavery in 1852 and settled in Coahuila, Mexico. Visit juneteenth.com for more information.

AUG. 24 — ALL-STAFF PICNIC

The next all-staff meeting will be on Thursday, Aug. 24, at 2 p.m. at the Central Office. We will be having a picnic and are looking for people who would like to help plan the event. If interested, please contact Ulises Alvarez Olvera at ulises.alvarezolvera@mowp.org.



Eagle Creek Trail

Recommended by Two Rivers Center Home Delivery Manager Danielle Kim

"This trail is a 26-mile out and back, but there is tons to see even in the first 3 to 5 miles. There are multiple Eagle Creek trails, so be sure to do the one that has Punchbowl Falls."