



ISSUE NO. 4 | FEB. 2019

SWEET ABYSS

"Dip into bliss with Sweet Abyss"

**"OUR PASSION IS TO
RESTORE THE CHIP
INDUSTRY BY
PROVIDING
DEHYDRATED CHIPS
AS HEALTHY
ALTERNATIVES
FOR ALL LIFESTYLES
AND OCCASIONS."**

WHAT'S NEW AT SWEET ABYSS:

- About Us!
- Special Sale
- Fundraiser
- Bakersfield Trade Show
- Health
- Employee of the Month
- Human Resource Announcement
- Today's News
- Upcoming Events

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www.sweetabyssve.com

About Us!

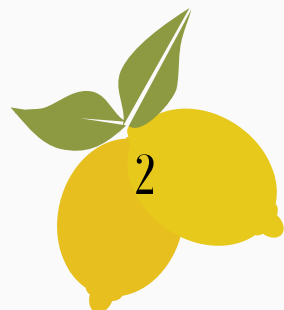
Sweet Abyss was founded in August 2018. Here at Sweet Abyss, we specialize in healthy snacking alternatives. Our goal is to promote a healthy living for everyone whether it's at school or at work. Sweet Abyss is founded in the heart of San Joaquin Valley where the mild climate supports a flourishing agriculture economy of dairy, cotton, almonds, tomatoes and other leading commodities. Being a B corporation, we give back to our agriculturally striving community by purchasing all the fruit we use from local farmers.

Special Sale

Sweet Abyss is introducing a limited time dried fruit for Valentines. "Will you be my Clementine?" is our Valentine's themed delicious dehydrated fruit chips and is only available through the month of February. Purchase it now on the Sweet Abyss website!

Fundraiser

The I.T. department has teamed up with many local advertisers to create banners. They have designed banners for the Dos Palos High School athletic department, the community's youth sport teams, local businesses, etc. They have worked very hard taping, cutting, measuring and grommeting their finished product. If you are interested in purchasing a banner, stickers, or fatheads; contact graphic design at (209)-392-0300.

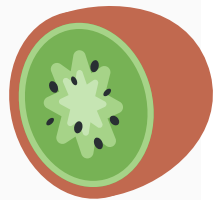
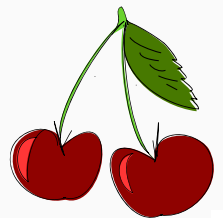
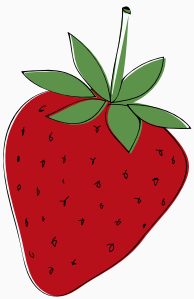
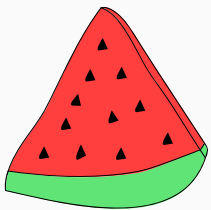


Bakersfield Trade Show

What has two days and two nights? The Bakersfield Trade Show! The Bakersfield Trade Show is an annual event where all virtual enterprise companies all over the United States come to compete in individual competitions and as a whole company as a booth. Sweet Abyss employee's worked long and hard for months to prepare for their individual competitions. The first day was centered around the individual competitions while the second day was focused on selling their delicious dehydrated fruit chips. A special thank you to the Residence Inn for their amazing customer service and for welcoming Sweet Abyss by setting up a conference room for them! Sweet Abyss also attended the first annual leadership conference at The Blvd located in Bakersfield. Virtual Enterprise students had the opportunity to meet and interact with other flourishing businesses. They had the chance to relax after a long day full of competitions by playing a number of arcade games. We would also like to Congratulate our event planners (Ashlynn Climer and Juan Sanchez) for receiving gold on their attention grabbing booth and to the Human Resource department (Nancy Najera and Eileen Garcia) for earning bronze on their newsletter!



Top from left to right: Robert Howard, Bedreldeen Albusaisi, Juan Sanchez, Sergio Orozco, John Nichols, Janae Avila, Brittney Bonds, Destiny Duarte, Ashlynn Climer, Nancy Najera, Jennifer Orozco, Miranda Ramirez, Deana Manzo, Jennifer Aguilar, Mireya Rojas, Isabel Mejia-Sanchez, Eileen Garcia, Elisa Drayton, and Joseph Lopes.



Health-Office Ergonomics

Ergonomics is a process of fitting the work environment to the worker to provide optimum comfort and avoid injury. It should never be the other way around! You shouldn't have to feel uncomfortable while working at your desk. How are you sitting?

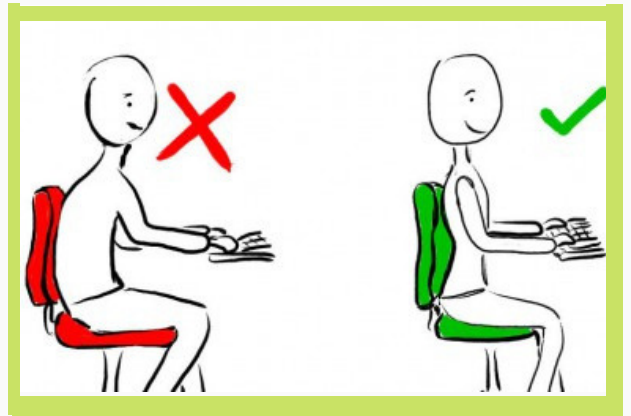
- Your chair should be adjusted properly to fit your body and assist in maintaining your posture.
- Sit all the way back in your chair and don't slouch. Rest your back on the chair's backrest. This will lessen muscle fatigue as you sit throughout the day.

Where is your computer monitor?

- Move your monitor so it is square and directly in front of you.
- Adjust the monitor so that the point, three inches down from the top of the monitor, is at eye level. This may require putting the monitor on a stand or taking the monitor off the stand and placing it directly on the desk.

Keyboard and mouse

- Keep your keyboard and mouse on the same plane and as close together as possible.
- Place the keyboard and mouse at a height where your elbows would be bent at a 90 degree angle when in use. This is the most optimal position.



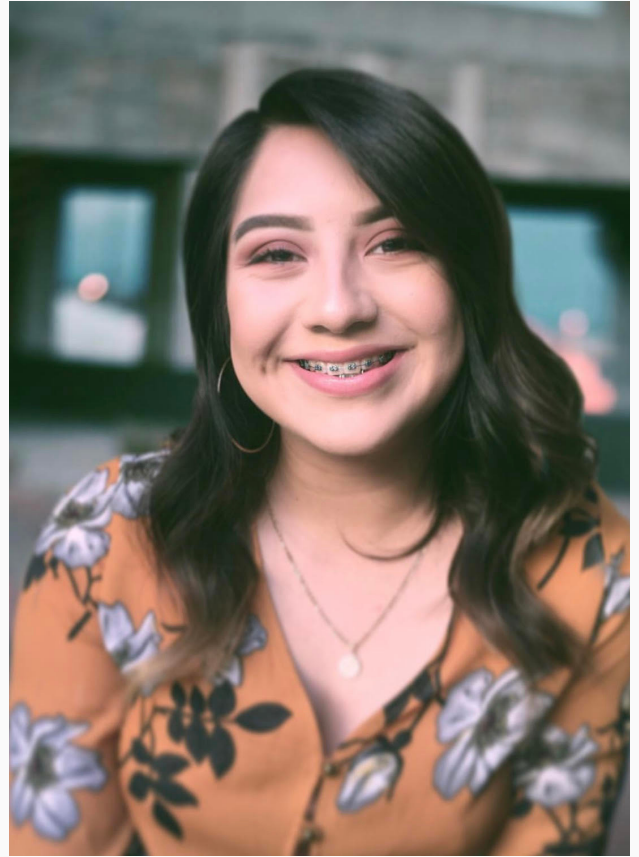
Work and rest cycles

- Sitting for long periods of time is unhealthy and harsh on the body. Try to break up work tasks so that you are getting up from your chair periodically throughout the day.
- Shrug your shoulders – Lift your shoulders high up to your ears. Hold. Release and drop. Repeat three times.
- Shake your head slowly in a yes and no motion. Move your head from left to right and then up and down.



Employee of the Month

Jennifer Orozco is this month's employee of the month! Jenny is an employee of Banking. She has gone the extra mile when it comes to any task given whether it is payroll, sending emails, etc. Thank you for the hard work and for all you have done for Sweet Abyss.



HUMAN RESOURCE ANNOUNCEMENT:

Upcoming employee development training's are posted on the bulletin board in the employee break room.

Today's News

Obesity rates of children from ages 10-17 years have been decreasing as the years pass! However, our work here is not done. You can gradually continue decreasing the numbers one at a time by changing poor eating habits such as skipping meals, eating foods high in fat, etc. For more ways to improve your eating habits, visit <https://www.pta.org/home/family-resources/health/Obesity-Prevention/Promote-Healthy-Eating> and <https://stateofobesity.org/children1017/> for more information on the state of obesity.

Upcoming Events

- Career Day
- World AG Expo
- Talent Show
- Valentines Day
- Martin Luther King Jr. March
- Portfolio day

FOLLOW US ON SOCIAL MEDIA!

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