



Vine Lines

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www.redgold.com

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Message from the C.E.O.

Winter seemed to be a long one this year, but when it quit snowing and raining in March, I thought spring was just around the corner. March was incredibly dry, so the April rains were welcomed, but boy were we drenched! The end of April looked promising and we started our planting season in southern Indiana. Now with intermittent rainy days, I know many of you are wondering how we are doing. We all get so excited about putting our favorite plant into the ground that with every rainy day, we ask ourselves if we're behind. Guess what? Overall, we're right on schedule! Only central Indiana remains a bit soggy.

It's no secret that private label sales have been increasing as consumers look for value and ways to stretch their dollar. While many national brands have experienced decreases, the Red Gold and Tuttorosso brands are experiencing sales increases, along with the private label products. Quality and value are the reasons that consumers enjoy all of our Red Gold products.

Our manufacturing facilities have been busy all year with these increased sales. As a result, our inventories of canned fresh tomatoes are at an all-time low. As we prepare for the 2009 Fresh Pack, we must focus on starting the manufacturing plants up as early as possible and plan on running into the middle of October. We have had tomato plants in the ground since April 23 and we have planted more acreage, so with a little help from above, we should be able to accomplish this goal.

The manufacturing facilities all have a head start on pre-pack preparation, and the Geneva plant is currently 75% finished, with an expected completion day of June 1. Two of our facilities, Orestes and Geneva are now SQF certified, with Elwood starting their audit in July. SQF stands for Safety Quality Food, a leading, global food safety and quality certification and management system. More and more customers are requiring SQF and Red Gold has taken a pro-active leadership role to become compliant, even before our customers ask. The DC has made great strides with their 21 member, Inventory Organization Team. Forklift drivers comprise over 70% of this team. Having employees who actually handle the product, be an integral part of how that product is stored, has been very beneficial to their efficiencies. Elwood installed their fourth Winpak machine to keep up with the demand for seven and nine gram ketchup packets. 2009 has been one of our busiest springs for ketchup production. The Orestes management team, supervisors and leads are training with the DuPont STOP program, a pro-active approach to safety. The STOP program is proven to deliver results.

We must also continue our Peak Performance journey by not letting up on the improved efficiencies we are enjoying. Our Peak Performance teams have done such a great job this year, with more employees involved than ever before and with the improvements and efficiencies to prove it! This year we will need to produce more cases per day, every day, throughout pack!

I hope to see you and your family at the company picnic in June!



Brian

YEAR OF TOMATOES presented by RED GOLD

This year's Indiana State Fair will be more exciting than ever for Red Gold employees and families, because our company and our Red Gold Brand will be showcased at the 2009 Indiana State Fair! There will be over fifty Red Gold YEAR OF TOMATOES events, exhibits and displays. This year's State Fair runs 17 days, August 7-August 23 ... 'More Days for More Red Gold Tomato Fun'!

The partnership with the Indiana State Fair highlights the quality and natural health benefits of Red Gold Tomatoes, in addition to the importance of Red Gold Tomatoes to Indiana agriculture and the local economy. Indiana is the 2nd largest producer of processing tomatoes in the United States! Visit the [Indiana State Fair](http://www.in.gov/state-fair/fair/index.html) YEAR OF TOMATOES website (<http://www.in.gov/state-fair/fair/index.html>) to "ketchup" on your tomato knowledge.

And, don't forget to visit www.RedGoldTomatoes.com for details about more Fair Fun!

Fairgoers won't want to miss the following interesting and educational events, where Red Gold Brand Tomatoes will be featured:

- 'Canstruction' competition where 10 teams build giant 3-dimensional canned food structures, which will include 20,000 lbs of Red Gold Tomato Products. All of the products will be donated to Gleaners Food Bank at the end of the fair
- Red Gold recipe demos and family photo ops will be available in the Pioneer Our Land Pavilion
- Actual Red Gold tomato plants in various growth stages will be displayed in the Greenhouse. Inside the Normandy Barn, fairgoers can view a Red Gold seed-to-table video and the locations of Red Gold growers on a large Indiana map
- Cross promotions featuring Red Gold with Clarian Health, INShape Indiana, Indiana Department of Agriculture and the Indiana Pork Producers
- Make-your-own Red Gold labeled coin bank as a commemorative "take-away" from the 2009 YEAR OF TOMATOES State Fair

KETCHUP KORNER

This is a place where you can catch up (Get it?) on news, fun facts, and items of interest about our products, people, and activities.

If someone says HACCP, do you say "Bless you"? HACCP is a system of approaching food safety to prevent hazards in our nation's food supply. This system is supported by prerequisite programs which create a safe environment and operational procedures to ensure the production of safe and wholesome food. Each of our production facilities has a HACCP plan with monitoring, verifying, and corrective actions to be taken in response to the potential hazards the facility HACCP team has identified.

Quarterly Definitions

HACCP – Hazard Analysis and Critical Control Point

Hazard – A biological, chemical, or physical agent that is reasonably likely to cause illness or injury in the absence of its control

Definition quoted from [HACCP – A Systematic Approach to Food Safety](#); published by The Food Processors Institute





Dear Stewie Readers,

It is official...2009 is the "Year of The Tomato" (YOT)! Now, maybe it's the investigative reporter in me, but, this is exciting stuff and yet something doesn't feel quite right. Yes, I was invited to the newsletter team's planning meeting, perched in my normal spot in the northwest corner of the conference room table and I listened to the exciting "YOT" announcement. And, yes, when I checked the 2009 Indiana State Fair website, it, too, says it is the "YOT". And, yes, when this lycopen storage unit made a secret stroll through the Red Gold marketing cubicles, just left of the large vine covered Milwaukee billboard photo and just below the way-too-chubby stuffed replica of yours truly, there's the certified announcement stating "2009, YOT". All, proof-positive that 2009 truly is the "YOT", but....again, something is just not right.

Considering 2009 has been declared the "YOT", wouldn't one naturally think a short professional tomato industry representative... an indisputable symbol of red plumpness with goofy green feet and a much loved icon "from the family", if you will... would have been contacted by "The YOT Committee"? There must be literally thousands of "YOT" regional events scheduled and I certainly should be making some appearances...no? But, as I type, this reporter has triple checked his Out-Look calendar...and to date, no "YOT" event requests for ol' Stew. So, color me confused.

One must wonder about this "YOT" selection committee. How does it work? How does a committee decide when "A Year" should be awarded? Is it a dart-board kind of selection process? Or, did the "Why Tomatoes Deserve a Year" speech giver have a superior presentation to the poor "Why Lima Beans Deserve a Year" guy? Or, is there a Veggie Pageant somewhere and the winner gets awarded "A Year"? And, if there was a Veggie Pageant, is there a talent contest? Or, a swimsuit contest? (...okay, maybe Mr. Plumpy should not be involved in a swimsuit contest). Or, does the writer of these articles sometimes ask way too many questions?

By now, this tomato marketing icon's calendar should be filled with "YOT" events. Will there not be a "Soar Over Stewie" frog jumping contest? That could be fun...and I'm available! Or, doesn't anyone need an emcee for their hometown dance contest "Dancing With Maters"? That would draw some attention to "YOT"...and I'm available! Maybe our "year" could use a parade with giant helium tomatoes and a lovable little red and green Grand Marshall riding in the first convertible...waving to the crowds and tossing packets of yummy ketchup to the kiddies. Parade...fun...and I'm available!!

Maybe, we should ask the official holiday decider for a "YOT St. Stewie Day" proclamation, whereby, tomato lovers everywhere honor their best friend with a deliciously robust bacon, lettuce and TOMATO sandwich. Or, maybe a "YOT National Salsa Month" could coincide with a release of a colorful calendar, filled with candid photos of unsuspecting Midwestern grown tomatoes with a very cute cover boy. Did I mention I'm available?

So, this reporter's point is the "Year of The Tomato" isn't going to last forever. And, I'm available to help promote it!! But, the fact is it's our YEAR. Regardless of which events will involve this available reporter, let's be sure to enjoy every minute of it!!! Let's tell the world that we produce "the freshest, best tasting tomato products in the world" and we're pretty darn proud of it!!!

See you next time...

A DAY IN THE LIFE ... World Class Efficient Line 6

Take a guess; how many cans of 8 ounce sauce can we produce in a day? Better yet, try to guess how many 8 ounce cans do you think that Red Gold can produce in a minute? 100... 200... 500? Let's clarify part of the question; how many 8 ounce cans do you think Red Gold can produce in one minute on ONE LINE. Well, if you guessed 500, you would still be wrong. Try 700 cans a minute! Orestes's world class 8 ounce sauce line runs at least five days a week at 95% capacity, averaging... are you ready for this... 957,600 cans per day! I think Joe Miller, Orestes Plant Supervisor, put it best with, "Now that's a lot of sauce!" He estimates that if Line 6 were to run every minute of the day at 100%, the line could produce 1,800,000 eight ounce cans of sauce per day.

So how did Line 6 get to run at such world class efficiency? Jack White, Orestes Production Manager, explains that an actual event made this high efficiency possible. Related directly to Red Gold's initiatives to educate the employees and to follow best practices, Peak Performance has done it again! Following the philosophies of Peak also helped Orestes do a much better job of CIL (Clean, Inspect, and Lubricate). Orestes Production and Maintenance discovered that the closing machine (the part of the line that puts the lids on) was being improperly adjusted. They discovered that their skill level in adjusting the closing machine was not where it needed to be. Once they started to re-educate again and improve their seaming methods training on the closing machine, they saw a breakthrough in improving the efficiencies on Line 6. Beau Reichart, Orestes Production Superintendent, further explains the success of the line, "From the supervisor standpoint, a lot of work has been spent on improvement sustainability. We really believe in standard operating procedures and employee development". Orestes Production Supervisor, Blong Yang, agrees with Beau, "To meet world class efficiency on Line 6, we provide the best training available with the latest technology. Red Gold believes in reinvesting in our key operators to be well trained and self-applicable in all areas of the process through continuous improvements and training."

A typical week on Line 6 starts with production supervisors performing pre-operational inspections of all the equipment. Once pre-op is complete, cook-room personnel run pre-rinses through all the equipment to make sure the line is ready for product. Throughout a run, production and sanitation employees kept the equipment clean. Every eight hours, the line is shut down for a "clean and grease". Every morning, the filler bowl valves are disassembled, inspected, lubricated and reassembled. At the end of the production runs, all systems are deep cleaned. The sanitation crew then takes over once production and rinses are complete. Sanitors disassemble machines, and then use specialized chemicals, equipment and proven methods to remove all soils and minerals.

Want to learn more? Some Q&A with Jack White should cover any more questions you may have about the world class efficiency of Red Gold's Line 6 at Orestes.

What products and packaging sizes are ran on Line 6?

Line 6 runs 211x300 cans (8oz) of tomato sauce that end up in a 48 count case. The machine runs 700 cans per minute 24 hours a day.

What kind of modifications have been made to Line 6?

Several Kaizens have been held for CIL and depalletizers, but the main feature was improving methods of adjusting the closing machine.

How long did these changes take to make?

About one year... and we've maintained this success for about three years! We continue to improve our methods using Peak Performance guidelines.

How many cans per second used to run on this line?

We used to average 8 cans per second... now we're averaging 11.

How does downtime on this line compare to others?

This line has about 66% less downtime than most other lines.

Who did we work with to help improve the efficiencies? Any outside companies?

We got there mostly inside of Red Gold. Production wouldn't be successful without the help of support groups; QA, Warehouse, Maintenance, Materials Planning, Packaging, and HR. We did find some outside seaming experts to help as well.

RED GOLD ALL STARS Geneva Shipping Department

The Geneva Shipping Department has 2 Supervisors, 2 Leads, 3 Clerks and 49 hourly employees.

WHAT WE DO:

- This shipping department ships a wide range of products, including spaghetti sauce, salsa, puree, taco sauce, 6 oz. juice, diced, stewed, marinara, as well as seafood and chili sauce
- Geneva's Shipping Department receives a variety of packaging and ingredient items from all over the United States, including:
 - Tomato paste from California
 - Cans from Florida, Pennsylvania, Wisconsin, Ohio, Tennessee
 - Glass from as far away as Louisiana, and North Carolina; and as close as Dunkirk, Indiana (located 21 miles away)
 - Ingredients from New Mexico, Oregon, Michigan, California, Florida, and Maryland

Did you know?

In addition to the warehouses at Geneva, the Geneva Shipping Department has a warehouse and rail facility in Portland with 105,000 sq. ft. and two leased warehouses in Bluffton with 164,000 sq. ft. of space

- Rail shipments are shipped out of our Portland warehouse, 13 miles south of Geneva. The volume varies by season; however, the department works to limit the number of rail shipments during Pack. The current rail siding with one daily car switch has a capacity of five loads a day both inbound and outbound. On an average day, the Geneva Shipping Department ships 1.5 loads out, and receive two loads in.



PACK BACKWARDS

The sun is shining. That's a statement used rarely so far this planting season. But, it's one we hope will be on our lips regularly over the next sixty days. Planting for the 2009 tomato season began on April 23rd. As with each new agricultural season, our hopes are high and we're anticipating great success.



The greenhouses have been busy preparing Red Gold's various varieties of transplants since early March. They will continue new plantings through early May and provide our growers with the "freshest, best-growing tomato plants in the world"! Grouped in over 780 "planting blocks" (the different varieties of transplants sorted by acre, but planted at the same time), the greenhouses follow a rigid delivery schedule to our 54 anxious growers.

In January, Agriculture Coordinator Curt Utterback, began developing the detailed planting schedule. Working from the likely end of Pack backwards, Curt created the planting blocks delivery schedule to ensure a steady stream of fresh tomatoes will arrive at our three processing facilities.

Many more things must happen with the crop before the summer season begins. Let's hope all things fall in place perfectly and the 2009 Pack will be the greatest ever!

A New Decal Package???

Stay Tuned...

What do brand new trailers and sleep apnea have in common? Normally, nothing...but, both were hot topics at RG Transport's most recent quarterly safety meeting held on April 18, 2009. The company announced the purchase of 100 new trailers. They will be arriving soon. This major investment is just another sign that our owner is confident the economy will turn around, and RG Transport will be ready to handle all the business.

The first incoming 53-foot trailers, manufactured by Great Dane Trailers, will be installed into the local shuttle operation. Road trailers will arrive afterwards. They are built tough and will hold up well for years. There are lots of bells and whistles including reinforced suspension, stronger floors, extra cross-members underneath, increased door lock rods, LED lights and more. There's even a hint a brand new trailer decal package might be released for public viewing soon. Be sure to watch for it.

Making drivers healthier through sleep apnea screening was the safety topic at the meeting. Guest speaker, Dr. Michael Levine, explained sleep apnea is a concern for the trucking industry. Typically, thirty percent of truck drivers are candidates for the sleeping disorder. When untreated, sleep apnea causes severe fatigue, but can also lead to very serious health issues like hypertension and heart disease. The doctor did an excellent job discussing treatment options and the advantages of early detection.

RGT wrapped up the meeting by recognizing the fleet's safest and most productive drivers. They were presented with Driver of the Month Awards. The January 2009 winner was Mike Wade. Troy Rush received the award for February. The Driver of the Month for March 2009 was Chris Welborn.

Congratulations to our deserving winners!

IT DOESN'T GET ANY BETTER THAN THIS

What do you consider a "perfect day"? For 5 year old, Jonah, it was the day of last year's Red Gold Family Picnic. Jonah is the grandson of Pat Brockman, RG Geneva. Lounging at the pool after the picnic, he told his grandma "it just doesn't get any better than this. This day couldn't have been more perfect."



What makes the Red Gold Family Picnic such a great event? Well, let's see: great food, great company, and tons of family entertainment...yes, this definitely equals a wonderful day!

The company picnic is the perfect opportunity to show off your family and meet the family members of your co-workers. The food is always delicious, and the kids' games are brought to us by Fun Services. You can plan summer activities at the Recreational Fair, and see your children learn as they watch and participate in the Silly Safari Show. There will be several door prizes given away, and the EIT teams are giving away bikes again this year. We are very excited to announce the newest additions to the Red Gold Family Picnic...representatives from the Brown County Visitor and Convention Bureau and the Hoosier National Forest. While there won't be an official tournament, Corn Hole boards will be available to challenge your co-workers.

The picnic will be June 14, 2009, from 11:00am to 2:00pm at Calloway Park in Elwood. Be sure to sign up and bring your tickets to the picnic...the ticket will serve as your meal voucher and the chance to win a door prize.

THAT'S ABOUT THE SIZE OF IT!

Did you know that Red Gold packages products in over 30 different containers? Between the three production facilities, there are actually 35 different product containers with countless different products in them.

The Elwood production facility has the honor of producing both the smallest and the largest tomato products for Red Gold. The smallest package is a 7 gram ketchup packet and the largest is a 500 pound drum of ketchup. At this time, the Elwood facility is producing 25 million ketchup packets each week. Elwood also produces ketchup in 13 other sizes in various packaging types. We have America's hot dogs covered! Some of the other packages used at Elwood are plastic bottles and steel cans for three different sizes of juice.

The Orestes facility is home to many of the retail sizes of canned tomatoes which can be packed in a 300x407 can, better known as 14.5 oz can. They also pack canned tomatoes in 10 oz, 28 oz, 35 oz, and #10 cans. The variety of flavors seen on the grocery store shelves, under the Red Gold label, are produced during Fresh Pack. They also produce all of our retail sizes of tomato sauce in an 8 oz can.

The Geneva facility produces spaghetti sauce, salsa and other products in 17 different packages. There are three different bottle designs just for 16 oz salsa! At this time there are four different packages for spaghetti sauce and more to come. One of the production lines at Geneva runs ten different bottle sizes at this time and the demand for new packaging continues to grow.

These container sizes are just some of the options that are available to customers for the finished packaging of their products. In addition there are different caps, a variety of boxes, and different pack sizes to offer our customers. Pack size refers to the number of containers per shipping case. The DC, in support of the production facilities, creates "mod" pallets for some product as well. These are mixed pallets of product as requested by our customers. All plants work together to make sure the variety of containers and sizes get labeled and shipped to meet our customer orders.

OH SNAP!



Spring is the perfect time to begin improving your overall health. The E3, Health and Wellness Team, has created a fun and friendly competition to help motivate everyone to become healthier. "SNAP" is the name of the spring challenge, and what does "SNAP" stand for?

- Screenings - Health screenings at all facilities are scheduled for June
- Nutrition - Eating healthy makes you feel better and controls weight
- Activity - Increasing activity levels improves heart health and can help control weight
- Participation - Just do it!

There are TWO competitions going on this spring. The first one is the new "10 in 10" weight loss challenge that began in April. 157 employees took the challenge to lose 10 pounds in 10 weeks. The goal is to lose weight in a healthy way, so that it will STAY OFF. Every participant gets weekly tips on reducing their caloric intake as well as ways to increase the calories burned. Weekly updates are being posted at each facility. For week #1, 73 participants have lost a total of 132.5 pounds.

The second challenge is a walking contest for the month of May called the "Red Gold 500 Challenge." Almost 200 employees have signed up for the challenge. Every participant has been assigned to a team and the team's total steps are converted to laps around the famed 500 oval. Walking is one of the best forms of exercise – it's something that can be done anywhere and nearly everyone can do it! All you have to do is put on a pair of comfortable shoes and put one foot in front of the other!



There will be a lot of cool prizes for the winners, including the coveted "Traveling Running Shoe" trophy, but the best prize is the improvement in overall wellness that every participant receives.

- reduce risk of heart disease, diabetes and some types of cancers
- reduce stress and improve ability to sleep soundly
- strengthen heart and lungs and improve your body's ability to use oxygen efficiently
- improve stamina and productivity both at work and at home

Ladies and Gentlemen...Start your Engines!

THANK YOU!

An Orestes employee contacted the team and asked that we put this Thank You in the newsletter. Several other people in the company had voiced the same opinion concerning our CEO. The Newsletter Team welcomes input for the newsletter from our fellow employees. Thank you for sharing.

"The Red Gold Employees would like to thank our CEO for taking care of us during these difficult times. We were privileged to receive a raise this year while many people had to take a pay cut just to keep their job. Several CEO's around the country have been getting a bad rap, but we are fortunate to have a CEO that takes care of his employees. Thanks Brian, you are the BEST!!"

Which One Should I Choose?

We are all trying to make healthier choices in our diets, either to lose weight or to make sure we are eating the right things to help us stay healthy. How much do you know about nutrition? Take the quiz below and turn the page upside down to see the answers.

1. You're stuck in a breakfast meeting and starving. Which would be the lowest-calorie choice from the tray of baked goodies?
 - Blueberry muffin
 - Butter croissant
 - Cinnamon chip scone
2. Of these fast-food sandwiches, which has more calories than a Big Mac?
 - Wendy's Chicken Club
 - Arby's Roast Turkey & Swiss
 - McDonald's Premium Grilled Chicken Classic
3. Which of these salad toppings will set you back the most calories?
 - Roasted almonds
 - Butter-garlic croutons
 - Crispy chicken
4. Of fruits and veggies, does fresh offer more vitamins than frozen and canned?
 - True
 - False
5. Fiber-rich foods help fill you up without filling you out. Which of these snacks contains the most fiber and the least calories?
 - Three cups of popcorn
 - One ounce of multigrain tortilla chips
 - A small handful of cashews

How did you do? Answers

1. The right answer is butter croissant. All that air inside makes the scone (470) or muffin (500) dense than the croissant (about 355 calories) much less calorie-sounding.
2. The right answer is Arby's Roast Turkey & Swiss which is 725 calories, 8 g of saturated fat, and more than a full-day's worth of sodium.
3. The right answer is crispy chicken. Tossing in a few strips of chicken strips adds 330 calories and 17 g of fat. Opt for grilled chicken (at only 150 calories and 4 g of fat).
4. The right answer is 'false'. In some cases, frozen and canned fruits and vegetables may even contain more vitamins than fresh.
5. The right answer is three cups of popcorn. Not only can you eat a whole bowl of popcorn for only 100 calories, but you also get 3.5 g of fiber.

Source: Webmd.com

UPCOMING EVENTS

Employee Holiday May 25

Memorial Day

Health Assessments

Health assessment in June 2009 qualifies employees for \$5/week discount on medical insurance premiums for 2010.

Corporate June 1

Orestes June 2

Elwood & RGT June 3 – 4

DC June 10

Geneva June TBA

Red Gold Golf Outing..... June 13

Cattails Golf Course

Company Picnic June 14

Employee Holiday July 3

Independence Day

Madison County Fair July 19 – 25

Adams County Fair..... July 19 – 23

Jay County Fair..... July 27 – August 1

Indiana State Fair August 7 – 23

Elwood Glass Festival August 14 – 16



CONGRATULATIONS STEVE SMITH



Steve Smith, Director of Agriculture, has been named 2009 Distinguished Agriculture Alumni by Purdue University. Steve's involvement with farm industry groups spans three decades. Presently, he serves on the Indiana Lieutenant Governor's Team Ag Committee and is an advisor to the Indiana Department of Agriculture.

COMPLIMENT

I was at a restaurant when I tried your ketchup and was astonished by the fabulous flavors.... A Must Have... thanks so much for your time.

Consumer, TX



Ah-Choo!

People only have about three reasons to dislike spring; they no longer get a spring break, they can't stand basketball, or maybe worst of all, they spend the whole season sneezing. Seasonal allergies affect more than 20 percent of the U. S. population. It's also the cause of 14.1 million doctor's visits at an overall cost of \$6 billion each year. At the root of the problem are allergens, such as airborne pollens and mold spores. They trigger nasty symptoms, including sneezing, congestion, runny noses and itchiness. The pollen season generally stretches from February or March through October.

Some of the most common allergens are; Pollen, dust mites, molds, animal dander and cockroaches. Here are some sneeze-stifling secrets:

- Close your windows and turn on an air conditioner or air purifier with a high-efficiency particulate air (HEPA) filter
- Keep the house aired out and dry and the moisture level below 50%. Use a dehumidifier during humid weather. Dust mites thrive where humidity is greater than 50%.
- Leave your shoes by the front door to avoid tracking in pollen, grass and other allergens
- Dust and vacuum 1 to 2 times a week. Use a vacuum cleaner with a HEPA filter
- Avoid carpet, upholstered furniture, and heavy drapes that collect dust. Vacuuming doesn't pick up dust mites.
- Have your heating or air-conditioning ducts and vents cleaned regularly

- Remove items that collect dust, such as stuffed toys, pictures, books, knick-knacks, and artificial flowers
- Do not use wool or down blankets, feather pillows, or foam rubber, all of which attract dust mites
- Wash bedding, including pillows, once a week in hot water [130°F] or cover the pillows with an allergen-proof casing. Cover your mattress and box springs with dust-proof cases and wipe them clean once a week.
- Exercise at dusk. Morning dampness increases mold counts in the morning. At midday, when temps are high, plants open up and release pollen as they absorb heat.
- Use your clothes dryer. Hanging laundry out on the line to dry invites pollen to nestle in the fabrics.

An ounce of prevention, the earlier you start tackling the problem, the better. Don't wait until you get sick. By that time, it takes considerably more effort to get things under control. If you don't treat your allergies immediately you could end up with infections in your sinuses, throat or ears.

For more information on allergies or allergy supplies visit the sites below;

www.aafa.org • www.natlallergy.com
www.nationalallergysupply.com

RECIPES

PASTA CLUB SALAD

No pasta salad is easier with a taste this superb! The recipe uses already cooked and prepared chicken and a box pasta salad.

MAKES 6 SERVINGS
PREPARATION TIME: 10 MINUTES
REFRIGERATION TIME: 1 HOUR

- 1 (10.4 ounce) box classic ranch with bacon pasta salad
- 1 (6 ounce) package prepared chicken strips, flavor of your choice
- 1 (14.5 ounce) can **RED GOLD® PETITE DICED TOMATOES**, drained
- 1/4 cup green onions, sliced

Prepare pasta salad as directed on package. Stir in remaining ingredients. Refrigerate for 1 hour and serve.

NUTRITIONAL FACTS PER SERVING
Calories 260, Fat 1g, Cholesterol 0mg, Sodium 330mg, Carbohydrate 25g, Fiber 1g, Protein 5g, Vitamin A 15%, Vitamin C 4%, Calcium 2%, Iron 8%

Shopping Tip: The prepared chicken strips can be found in the deli meat section of your grocery. They are completely grilled and ready to eat.



Service Acknowledgments
Recognized once a year in the third quarter newsletter (August).

Personal Milestones

Italicized Name Denotes Red Gold Employee

RG Geneva: Births:
Troy and *Bethany Johnson*, Heath Glenn, February 22, 2009
Ben and *Jeni Wanner*, Jax McClain, March 18, 2009

RG Orestes: Anniversaries:
Pat & Manet Shettle, August 17, 2009, 30 Years
Lori and *Jeff Frepan Sr.*, May 12, 2009, 30 Years
Peggy and *Carl Buis*, June 16, 2009, 30 Years

Births:
Josh and *Sylvia P McGuire*, Sara Maria, March 17, 2009

RG Corporate: Marriages:
Cara (Phillips) & Todd Klein, February 26, 2009

Anniversaries:
Michael & Debra Herrmann, June 23, 2009, 30 Years
Selita & Brian Reichart, May 19, 2009, 30 Years

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