



THE INTEGRITYS DIGEST

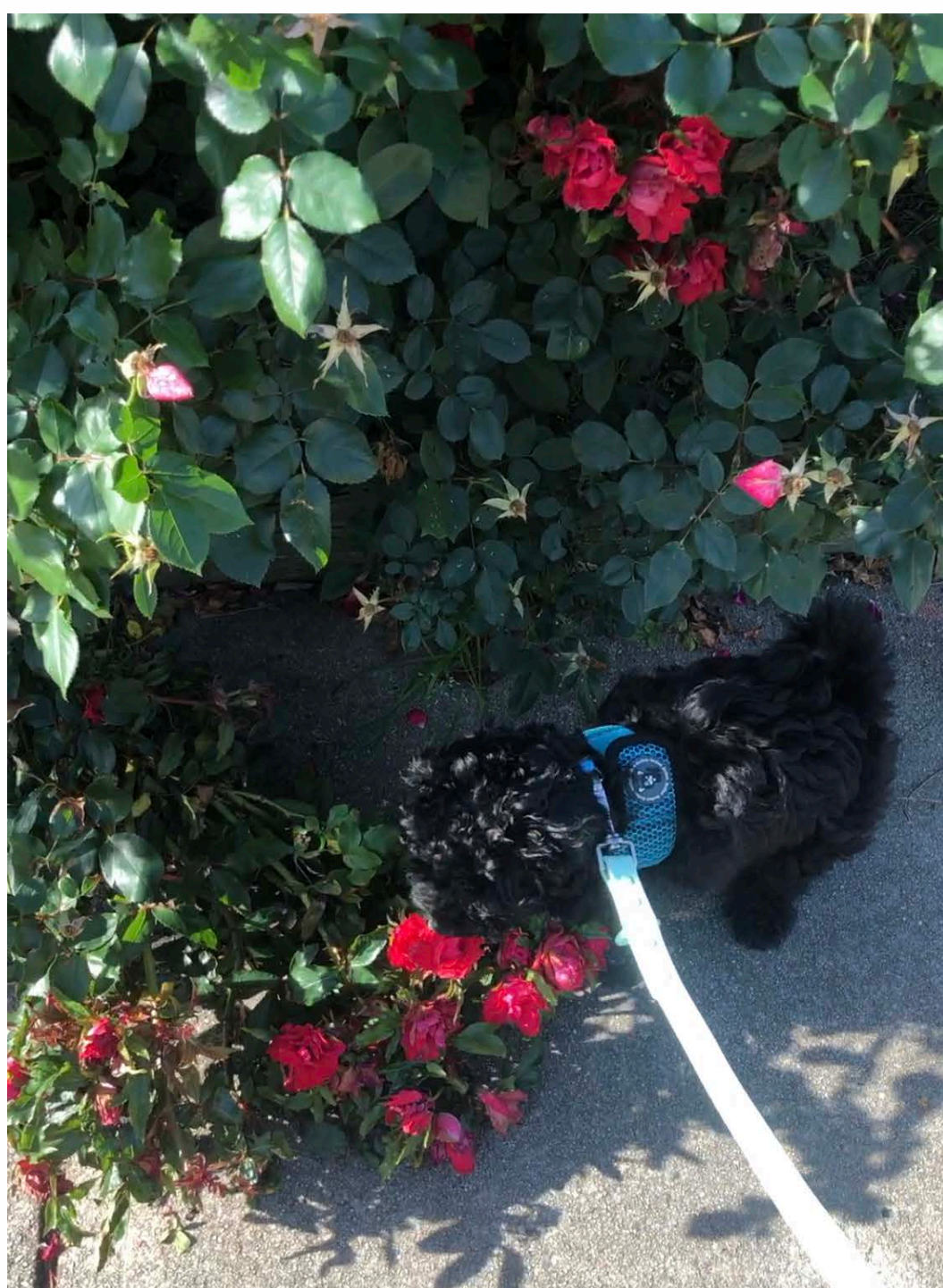
JUNE 29, 2023



**5TH THURSDAY CHECK-IN:
Hello, Summer!**



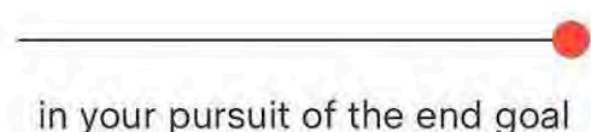
5th Thursday Check-In



Summer is here, and we can't believe that we're already halfway through 2023! Our team member, Sarah Carter (Sr. Communications Analyst), recently recalled how her new puppy, Langston, insists on stopping by the same rose bush during their daily walks. He takes the phrase "stop and smell the roses" quite literally, and we've been thinking about how this puppy's simple routine can be an encouragement for all of us to create space in our lives to pause and notice the world around us.



Time seems to be flying by quickly and it can be difficult to “stop and smell the roses” when life is moving at such a rapid pace. So, as we enter a new season, let’s not forget milestones and joyful moments from the last six months.



If you made goals back in January, go back and review them. What have you completed? What have you added to the list? Have they evolved over the last six months?

What brought you joy along the way? Make note of this and consider how you can incorporate these sources of joy into the next six months.

@newhappyco

Find your “rose bush.” A time or place where you can pause and notice the good and beautiful things around you. Soak up the sun. Splash in the pool or the ocean. Eat a delicious meal. Laugh until you cry with friends and family. The possibilities are endless, if we only stop to notice them.





Coffee is on Us!

The first 20 employees to email news@integrits.com with the correct answer to the trivia question below will win a \$10 gift card to Starbucks!

(NOTE: The gift cards will be sent to winners via email. We will simply reply to the email address you used to submit your answer, unless you indicate another preferred email address along with your response. If you do not receive a response from us, that means we've unfortunately already awarded the 20 gift cards.)

Fill in the blank:
In Q2, Mr. Carter shared vision for the future of our company—particularly as it relates to our approach to _____, processes, and technology.

Email us at news@integrits.com with your answer!

Note: you can find an archive of all our newsletters [here](#).

Summer Recipes

Here is a list of fruit and veggies that are especially yummy this time of year because they are in-season (Source: [USDA](#)):



Summer →

Apples

Apricots

Avocados

Bananas

Beets

Bell Peppers

Blackberries

Blueberries

Cantaloupe

Carrots

Celery

Cherries

Corn

Cucumbers

Eggplant

Garlic

Green Beans

Herbs

Honeydew Melon

Lemons

Lima Beans

Limes

Mangos

Okra

Peaches

Plums

Raspberries

Strawberries

Summer Squash

Tomatillos

Tomatoes

Watermelon

Zucchini



Roasted Zucchini with Parmesan

Ingredients

- 2 medium sized zucchini, cut into 1/2 inch thick rounds
- 1/2 cup grated parmesan cheese
- 1 tsp garlic powder
- 2 tbsp olive oil
- 3/4 tsp sea salt
- 1/2 tsp pepper



Directions

Step 1

Preheat oven to 450°F

Step 2:

In a large bowl toss the zucchini with olive oil salt, pepper and garlic powder.

Step 3:

Arrange on a baking sheet, top with grated parmesan cheese and bake on center rack for 5 minutes, next broil the zucchini for 2-3 minutes or until cheese is golden brown.

Step 4:

Serve as a side or as a low-carb base to your meal.

Source: [The Modern Proper](#)



Minty Watermelon-Cucumber Salad

Ingredients

- 8 cups cubed seedless watermelon
- 2 English cucumbers, halved lengthwise and sliced
- 6 green onions, chopped
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Directions

Step 1

In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

Source: [Taste of Home](#)



Tip of the Week

With the rapidly growing presence of AI in our world, it's hard to know if what you're seeing is authentic or bogus. We came across an article that outlines four tips for spotting AI generated images. [Click here](#) to learn more.

Employee Referral Bonus Program

At the end of each quarter, everyone who refers a prospective employee *who makes it to the interview process* will be entered into a raffle for a \$500 gift card. We will select two winners from this pool of contestants—meaning two people have the chance to win a \$500 gift card each quarter! Furthermore, we will enter all employees who refer a job applicant into another raffle (regardless of the stage they make it to in the hiring process), with the winner receiving a \$250 gift card.

We have a number of job openings across multiple IntegrITS locations ([*IntegrITS Opportunity Central*](#)). Let's work together to find the best candidates for these open positions!

COMING SOON

Next week is the first Thursday of the month, so we'll be back with a message from Mr. Carter in The CEO's Corner.



COMMENTS/QUESTIONS

If you have any comments or questions about this week's newsletter, email us at news@integrits.com.

We have also created a website where we are storing the archives of all our newsletters to date: <https://integrits.com/digest-archives/>.

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