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# ◀ HISPANIC HERITAGE MONTH ▶

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*At RNDC, we offer an inclusive and strong family culture that respects the diversity of our associates and business partners. From September 15 – October 15, we will highlight our Hispanic colleagues who have a story to tell about their Hispanic Heritage.*

Name: Onita Nogales Barham  
Title: Account Executive National Accounts- On Premise  
Location: Sacramento, California  
Date of Hire: 2016



## **What traditions or elements of your heritage make you most proud?**

Family dinners, whether big or small, have always been the tradition I'm most proud of. My house was always full of extended family and friends enjoying typical traditional Mexican dishes. Today, nothing makes me happier than ending the day sitting at the dinner table enjoying dinner with my family.

## **What does "Adelante" mean to you?**

To me, Adelante means you can always work on developing yourself to be better, whether that is in your career or personal life. Which, I believe, leads to a brighter future.

## **What advice would you give someone who is attempting to move forward in the face of adversity or challenges?**

Be You. Be Strong. Don't be afraid to put yourself out there for that next opportunity. When you get that next opportunity, give it your all.

**Tell us about a person who has helped you move forward in your life/career?**

From the sixth grade and into college I competed in cross country and track and field. I have had some wonderful coaches along the way. Some of the best were in college. Not only did they help coach me to be a great athlete, but they mentored me off the track as well. They helped shape the strong competitive spirit that still drives me to this day.

**Looking forward, what vision do you have for your future and how is your culture part of that vision?**

My culture will always be a part of me. It helped me develop my strong work ethic and determination to always be the best in my career and my personal life.

