



EMPLOYEE RECOGNITION

Tractor Supply store 1625 in Charleston, WV had this to say about driver, John Turner and our shipping department:

John Turner has been the driver for my last four or five deliveries. He is very helpful unloading and pleasant to work with. Thank you for the calls and emails alerting me of upcoming deliveries.

Tractor Supply store 772 in Boaz, AL also called in to say this about driver, John Turner:

John is an excellent driver. He is very helpful and friendly.

NEW TEAM MEMBERS

Table with 3 columns: Name, Date, Role. Includes Gregory Brown, Terry Hatfield, Christopher Mastin, Larry Meade, Jacob Bruner, Mark Robertson.



ANNIVERSARIES

Table with 3 columns: Name, Date, Years. Includes Scotty Lynn, Patrick Terry, Anna Campbell, Brec Dykes, Breanna McGowan, Josh Swango, Charles Bryant, Dancy Blakey, Ashley Stearnes, James Willis.

BIRTHDAYS

Table with 2 columns: Name, Date. Includes Randy McBeath, Mia Gregory, Timothy Stang, Scott Patton, Brad Tallent, Breanna McGowan, Gabe Martin, David Sims, Brad Neat, Hannah Goodin, Michael Mink.



EMPLOYEE OF THE MONTH



Jaunnaa Long

Jaunnaa has held the role of an Accounting Assistant with Neat Companies for 2 years. She is currently working from home the majority of the time. Her flexibility during the pandemic has been very beneficial to the company. Her supervisor, Jennifer Phillips, had this to say about her. She is a team player that is always willing to step up to the plate no matter where she is needed or what job needs to be done. She always has a positive outlook on any task that is thrown at her. Those are qualities that make her a great asset to the Neat Team! Thank you for your hard work and dedication Jaunnaa.

# DRIVER INFORMATION



## Top winter weather driving tips for truck drivers:

1. Watch for brake lights on the vehicles ahead of you.
2. Make sure your lights are on and working.
3. Clean the ice and snow off mirrors, windows, lights and reflective tape.
4. Use your air conditioner to help keep windows defrosted. Conditioned air is dry air.
5. Watch the cloud of powdered snow surrounding your unit. There may be a car hidden in it.
6. Look out for other vehicles whose only means of visibility is a 3-inch by 3-inch area scraped off the windshield.
7. **See and be seen.** Be aware of your surroundings. Look ahead, to the sides and rear.
8. Be extra cautious on entrance and exit ramps. A sharp turn on a slippery road means double trouble.
9. Be aware of bridges. Their surfaces freeze first and can be more slippery than the roadway itself.
10. Start braking early for stop signs and red lights. Intersections can be icier than the roads leading to them.
11. Allow for the wind. Be ready for it in large open areas or when you come out from behind a hill, tunnel or an overpass. Be especially cautious with an empty trailer.
12. Don't "fall" for roads that are rain covered. Keep your speed down to maintain traction and stay off cruise control. **If your wipers are on, the cruise should be off.** Increase your following distance to be able to react to other vehicles getting into trouble ahead of you.
13. Keep in mind the importance of a good following distance (7-14 seconds or more) and your ability to recognize what the other driver might do.

14. Don't drive in the ruts of other vehicles. Their spinning wheels have probably packed the snow into ice.
15. Accelerate/decelerate carefully and gradually. Remember that the tractor must pull the trailer. If the pavement is slick, the conditions are ripe for a jackknife.
16. Slow down. Speed decreases traction. Slowing will increase your traction.
17. Turn the engine brake off when on wet, icy or snow-covered roads, when approaching bridges, on-ramps or exit ramps.

Defensive driving involves the ability of the professional driver to operate the vehicle without being involved in a preventable accident. Sometimes this means letting the driver who is in the wrong have the right-of-way.

## DRIVER OF THE MONTH



### *James "Mike" Willis*

Mike is a great guy and has been with the company almost a full year now. He got his CDL through Lake Cumberland CDL School in Campbellsville, KY and went through our 6-week finishing program. Mike does an excellent job, never complains and goes above & beyond what is asked of him. Thank you, Mike!!



# HEALTH & WELLNESS

## What Will Your Thanksgiving Plate Look Like?



Compared to the traditional plate, this healthy plate has:

- 1760 fewer calories
- 68 fewer grams of total fat
- 30 fewer grams of saturated fat
- 204 fewer grams of carbs
- 55 fewer grams of sugar
- 68 fewer grams of protein
- 2800 fewer milligrams of sodium

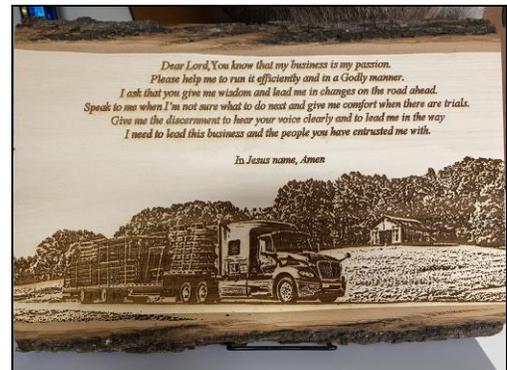
### Tips for Your Thanksgiving Plate

Your actual plate will likely end up looking like something in-between these two, and that's OK. At the end of the day, this is just one meal—one meal that you can easily bounce back from the day after. But if you go into the holiday with a healthy-eating game plan, staying on track with your goals will be a whole lot easier. A great strategy is to decide in advance where you'll splurge and where you won't. You don't have to eat all the dishes offered simply because they are on the table. Opt for a portion of one decadent side, and skip all the other creamy, buttery, and cheesy stuff.

**More good advice:** Don't arrive to the meal starving, go easy on the appetizers. Choose to be mindful and in control of your selections and portions, and you're less likely to end the day feeling like that turkey—overstuffed and completely cooked.



**HAPPY BIRTHDAY BRAD NEAT!**  
**NOVEMBER 26<sup>TH</sup>**  
**BOSS'S DAY**



National Boss's Day is celebrated every year on October 16<sup>th</sup>. This year for Boss's Day, we celebrated by giving Greg, Brad, and Dustin a beautiful, wooden-engraved picture and prayer made by K & A Clothesline in Russell Springs.

The prayer reads:

*"Dear Lord, You know that my business is my passion. Please help me to run it efficiently and in a Godly manner. I ask that you give me wisdom and lead me in changes on the road ahead. Speak to me when I'm not sure what to do next and give me comfort when there are trials. Give me the discernment to hear your voice clearly and to lead me in the way I need to lead this business and the people you have entrusted me with.*

*In Jesus name, Amen"*

# KEEPING IT SAFE



## HERE ARE SOME SAFE AND HEALTHY TIPS TO ADJUST TO TIME CHANGES

**Go to bed and get up at the same time.** Get at least seven hours of sleep before and after the transition. Lack of sleep tells the body to store fat. It may be tempting to stay up later or change your habits, but it's best to keep your sleep schedule consistent. The closer you stick to your normal routine, the faster your body will adjust to the time change.

**Practice good habits before bedtime.** Limit caffeine in the afternoon. Exercise earlier in the day, if possible. Raising your body's core temperature can make it harder to fall asleep, so avoid heavy workouts within four hours of bedtime. Put your phone, computer, or tablet away an hour before bedtime. Electronics' high-intensity light hinders melatonin, a hormone that triggers sleepiness. It stimulates your brain and makes sleep difficult the same way sunlight does. Turn off the television and pick up a non-suspenseful book. Take a warm – not hot – shower. Dim the lights. Relax.

**Keep your dinnertime consistent.** Or, even eat a little early. Our sleep cycle and our eating patterns affect each other. Don't overeat. Try to eat more protein instead of carbohydrates. (This might seem like good everyday advice but it's even more important during time changes.) Go shop for fish, nuts, and other sources of protein for dinner this week! Avoid the pasta.

**Get more light!** Go outside and get exposure to morning sunlight on Sunday to help regulate your internal clock. Shorter daylight hours affects our mood and energy levels, decreasing serotonin. Make time to take a morning or early afternoon walk outside when the Sun is out. Try using a light therapy box or an alarm that brightens as you wake up.

**Take a short nap.** Some folks may disagree, but if you're starting to stack up sleepless hours, it's safer and healthier for your body to give in to a nap than to continue without sleep. Make it a short nap to restore lost sleep hours; however, do NOT take a long daytime nap. It may help to go outside into the natural sunlight to cue your body and help retrain your inner clock.



Thanks to the cull-lot for helping keep loads safe for the drivers. Great Job Guys!!!!

# HALLOWEEN COLORING CONTEST



Congratulations to the winners of our Halloween coloring contest.

**1<sup>st</sup> place-Dancy Blakey**  
**2<sup>nd</sup> place-Hannah Goodin**  
**3<sup>rd</sup> place-Sasha Baldock (not pictured)**



# THANKSGIVING SAFETY TIPS



Whether you plan on staying in and cooking for your family or gathering together for the holidays, Thanksgiving fires can be avoided. For most, the kitchen is the heart of the home, especially during the holidays. From testing family recipes to decorating cakes and cookies, everyone enjoys being part of the preparations.

So, keeping fire safety top of mind in the kitchen during this joyous but hectic time is important, especially when there's a lot of activity and people at home. As you start preparing your holiday schedule and organizing that large family feast, remember, by following a few simple safety tips you can enjoy time with your loved ones and keep yourself and your family safer from fire.

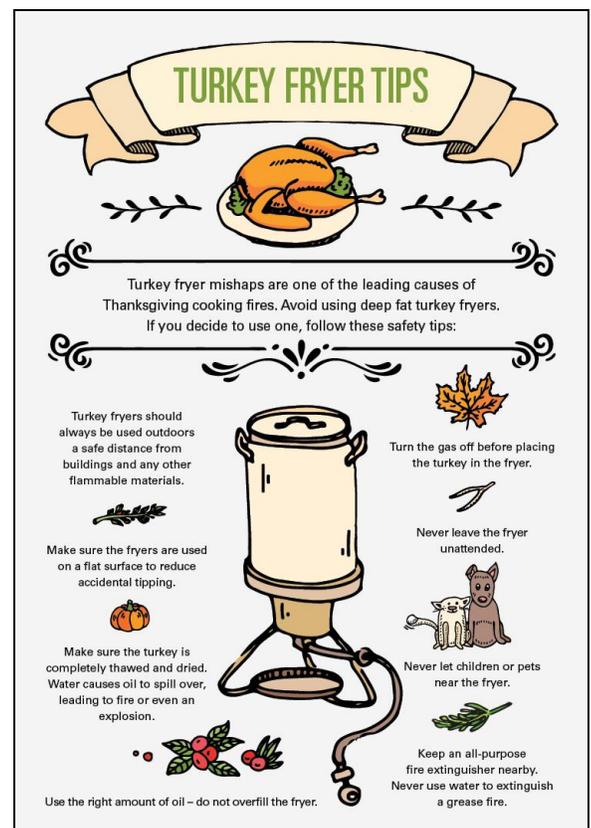
## Top 10 safety tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot, and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Make sure your smoke alarms are working. Test them by pushing the test button.

## Thanksgiving fire facts

- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day, Christmas Eve, and the day before Thanksgiving.
- In 2017, U.S. fire departments responded to an estimated 1,600 home cooking fires on Thanksgiving, the peak day for such fires.
- Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths.
- Cooking equipment was involved in almost half of all reported home fires and home fire injuries, and it is the second leading cause of home fire deaths.



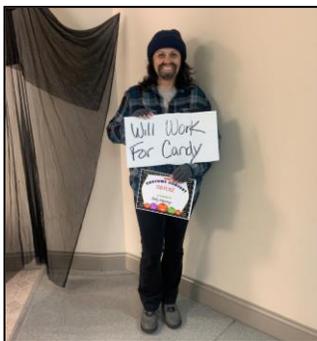
# HALLOWEEN COSTUME CONTEST



**Congratulations to our winners of the Halloween Costume Contest!**



**1<sup>st</sup> Place – Ashley Stearnes, Anna Campbell, and Tina Thomas**



**2<sup>nd</sup> Place – Becky Monday**



**3<sup>rd</sup> Place- Breanna McGowan**

# HALLOWEEN PUMPKIN DECORATING CONTEST

**Congratulations to our winners of the Halloween Pumpkin Decorating Contest!**



**1<sup>st</sup> Place – Ashley Stearnes**



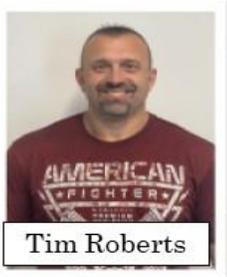
**2<sup>nd</sup> Place – Anna Campbell**



**3<sup>rd</sup> Place – Christy Simpson**

# THANK YOU VETERANS

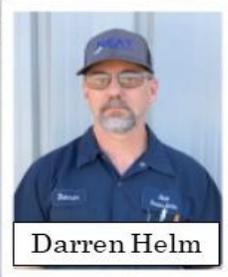
**THANK YOU to our NEAT Employees for your service!**



Tim Roberts



Steve Davis



Darren Helm



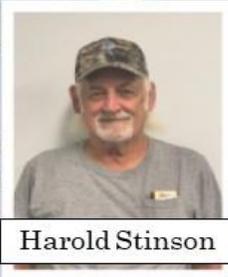
Dean Morgan



Danny Sallee



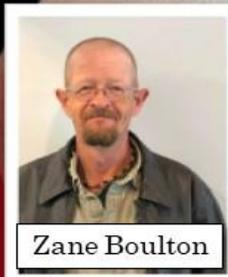
Steve Wood



Harold Stinson



Greg Brown



Zane Boulton



Zachary West



Shawn Meininger



Greg Neat



Jason Grange



Michael Roderiques



Jeremy McBride



Brad Ketchum

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