



## EMPLOYEE RECOGNITION

Eric Guenther, Shipper/Receiver at Tractor Supply in Tallahassee, Florida had this to say about driver Andrew Francis:

*“Andrew Francis was outstanding! Could not have asked for a more straight forward, step ahead gentleman who knows his job! Took 45 minutes and done! Give the man a raise!”*

**Great customer service Andrew!**



## NEW TEAM MEMBERS

Bruce Minerd	4/8/2021	Truck Driver
Tristan Coffey	4/14/2021	General Labor
Marty Schwoebel	4/22/2021	Truck Driver
Chris Huff	4/23/2021	Truck Driver



## BIRTHDAYS

Steven Davis	05/03
Wilford Evans	05/05
Matthew Farrell	05/08
Bradley Ketchum	05/08
Gary “Buck” Dial	05/10
Joshua Aaron	05/11
Kevin Hatch	05/11
Adam Jeffries	05/11
Patrick Lawhorn	05/11
Steven Myers	05/12
Jacob Bruner	05/15
Michael Myers	05/15
Arron Moberly	05/18
Barry McFarland	05/21
Ruhl Barker	05/22
Joseph Wethington	05/23
Andrew Francis	05/27
Jacob Meade	05/28
Larry Meade	05/28
Brandon Garner	05/31
Jonathan Johnson	05/31



## ANNIVERSARIES

Duane Owens	5/14/2018	3 years
Derek Riddle	5/25/2004	17 years
David Runice	5/01/2017	4 years
Kelly Sanders	5/21/2014	7 years



## EMPLOYEE OF THE MONTH



*Amy Stanley*

Amy has been with Neat Companies 2 ½ years as an Online Logistics Clerk. She spends her day preparing paperwork and scheduling deliveries for our TSC Omni Channel orders. Her manager Amy Lawless had this to say about her, “Amy is an all-around great employee! She is always up to help out anyone in her department, in any way. Her positive, fun loving and up-beat presence is infectious! Amy is a friend to all.” Thank you for your service Amy Stanley! We are blessed to have you on the Neat Team!

## DRIVER OF THE MONTH



*Cody Martin*

Cody Martin has gone way above any expectations that can be asked of an employee. Cody and his wife Alyssa relocated to Utah to lend a helping hand getting loads delivered while more drivers were being added out West. They jumped at the offer to do this not only to help the company but also to gain priceless personal experiences. Cody has since returned to Kentucky and we are extremely thankful for Cody and his dedication. He is a great asset to the Neat team.

## Great Display



Steve Pace submitted this great shot of Chappell's Hometown Food in Centerville Tn.



Neat Companies held a 90-day weight loss challenge from January 8<sup>th</sup> until April 9<sup>th</sup>.

Laura McQueen was our **WINNER** with a weight loss percentage of 7.66% of her beginning weight.

Laura's prize was a \$150 check.

**Way to go Laura!!!**



# DRIVER INFORMATION

## Managing the Risks of Road Service

If you've been in the transportation industry for any amount of time, you have experienced some sort of drivability issue while on the road. Whether it's a blown-out tire or mechanical issue, operating issues can be stressful and dangerous.

## When Drivability Issues Arise

When an issue comes up while you're on the road, make sure you do the following:

- If possible, find a safe place to pull over (rest stop, truck stop, parking lot) out of the way.
- Figure out your location so roadside assistance can get to you as quickly as possible.
- If you do have to pull over on the shoulder of the road, turn on your flashers, and use safety triangles, road flares or other safety measures.
- When you are on the shoulder, stay in the truck.

Make sure you have contact information for the appropriate departments. Know who to call to help you get back on the road safely and rapidly.

### Pre-Trip Checklist

<input checked="" type="checkbox"/>	Engine
<input checked="" type="checkbox"/>	Fuel Area
<input checked="" type="checkbox"/>	Coupling Area
<input checked="" type="checkbox"/>	Light Check
<input checked="" type="checkbox"/>	In-Cab
<input checked="" type="checkbox"/>	Brakes

## How to Avoid Roadside Service Issues

Always keep in mind that the best way to manage your risk of requiring roadside service is to reduce your odds of having an issue in the first place. Some best practices to follow are:

- Perform regular pre-trip inspections.
- Make sure you have regular preventative maintenance performed on your truck.

# KEEPING IT SAFE



## Safety tips for outside hazards— machinery, insects, heat, and more

Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.

**Hearing** - Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.

**Equipment** - Make sure your equipment is working properly.

**Gloves** - Wear gloves to protect from skin irritations, cuts, and contaminants.

**Insect Repellant** - Use insect repellant containing DEET.

**Sunburn and Skin Cancer** - Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.

**Heat** - Keep an eye on the thermometer and take precautions in the heat.

**Hot Weather** - When working in hot weather remember to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid. Pay attention to signs of heat-related illnesses, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.



# HEALTH & WELLNESS

## May is National Stroke Awareness Month

A stroke is a sudden interruption in the blood supply of the brain. Most strokes are caused by an abrupt blockage of arteries leading to the brain. Other strokes are caused by bleeding into brain tissue when a blood vessel bursts. Because stroke occurs rapidly and requires immediate treatment, stroke is also called a brain attack. When the symptoms of a stroke last only a short time (less than an hour), this is called a transient ischemic attack (TIA) or mini-stroke.

The effects of a stroke depend on which part of the brain is injured, and how severely it is injured. Strokes may cause sudden weakness, loss of sensation, or difficulty with speaking, seeing, or walking. Since different parts of the brain control different areas and functions, it is usually the area immediately surrounding the stroke that is affected. Sometimes people with stroke have a headache, but stroke can also be completely painless. It is very important to recognize the **warning signs** of stroke and to get immediate medical attention if they occur.

Time is critical when treating and recovering from a stroke. **ACT QUICKLY**. Don't wait! Stroke is a medical emergency and every second counts.



Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a **comprehensive dilated eye exam**: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts or are in the early stages of any eye-related diseases.

## Be Aware of Stroke Symptoms

While each individual may experience different stroke symptom, the ones below are most common.

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

### 6-point Stroke Prevention Plan

1. Keep your blood pressure under control.
2. Exercise moderately for at least 150 minutes a week (ideally 30 minutes a day, 5 days a week)
3. Eat a nutritious, healthy diet
4. Keep your cholesterol within norms, or take a statin drug if your doctor recommends it
5. Don't consume more than two standard alcoholic drinks per day
6. Don't smoke – or quit if you do

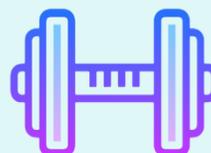
## Healthy Vision Tips



1. Wear Sunglasses
2. Get An Annual Eye Exam

3. Eat Eye-Healthy Foods

4. Wear Eye Protection



5. Rest Your Eyes
6. Get Plenty of Exercise

## FULLY VACCINATED

Neat Companies held their 2<sup>nd</sup> COVID shot Clinic on Wednesday, April 14<sup>th</sup>. Thirty individuals received their 2<sup>nd</sup> COVID vaccination.

## NEAT'S BLOOD DRIVE

We held our 2<sup>nd</sup> Quarterly Blood Drive on Monday, April 12<sup>th</sup> with 8 donors. We hope to see an increase in that number next quarter.

Our next quarterly Blood Drive will be **Monday, July 12<sup>th</sup>**. Donors who donate between July 5 – September 11 will be entered to win a white 2021 Toyota Camry XLE AWD!!!!

## CPR/FIRST AID/AED RECERTIFICATION TRAINING

The following workplace first responders participated in recertification classes Wednesday, April 21<sup>st</sup>:

Randy McBeath	Hannah Goodin
Rhonda Thomas	Andrew Wilson
Breanna McGowan	Mia Estes
Joe Wethington	Theresa Russell

Neat's first responders were certified 3 years ago, and the recertification will allow them to be certified for an additional 3 years with refresher courses several times throughout the year led by Safety Director Randy McBeath.



## HOLIDAYS AND EVENTS

Saturday, May 1 <sup>st</sup>	147 <sup>th</sup> Kentucky Derby
Wednesday, May 5 <sup>th</sup>	Cinco De Mayo
Friday, May 7 <sup>th</sup>	Celebrate May Birthdays
Sunday, May 9 <sup>th</sup>	Mother's Day
Friday, May 28 <sup>th</sup>	National Hamburger Day
Monday, May 31 <sup>st</sup>	Memorial Day



Sunday, May 9<sup>th</sup>



**Memorial Day** is observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings, and participating in parades. Unofficially, it marks the beginning of the summer season.

## 147<sup>th</sup> Kentucky Derby Festivities

Our Neat crew celebrated the Kentucky Derby in style on Friday, April 30<sup>th</sup>. We started the day with a big country breakfast, then held a hat contest, a stick horse decorating contest, and a stick horse racing contest. A fun-filled day!



### Hat Contest Winners



**Best Fascinator**  
*Rhonda Thomas*



**Best Hat & Ensemble**  
*Peyton Grider*



**Best Horse Theme**  
*Sasha Baldock*



**Best DIY Hat**  
*Becky Monday*

## Stick Horse Decorating Contest

We held our 1<sup>st</sup> Stick Horse Decorating Contest. Winners below each horse.



**1<sup>st</sup> Place**

Hannah Goodin

**2<sup>nd</sup> Place**

Amy Lawless

**3<sup>rd</sup> Place**

Sasha Baldock

### Stick Horse Race



Randy McBeath, Allen McGowan, Tyler Matney, and Gabe Martin were the riders. Gabe came in 1<sup>st</sup> place.

***Congratulations Gabe!!!***

### Kentucky Derby Winner Drawing

Of course, we had to have a little Derby betting on which horse would win the 147<sup>th</sup> Kentucky Derby. Rhonda Thomas and Gabe Martin each won \$100.

Congratulations to Rhonda and Gabe!