

NEAT *News*

COMPANIES



EMPLOYEE RECOGNITION

Greg, Dustin, and Brad would like to express their thankfulness and gratitude to each and every employee. It's been a tough year in a lot of ways, but with our excellent team members, Neat Companies has persevered and continued to grow.

Thank you for all you do for Neat Companies. It doesn't go unnoticed.

Greg, Dustin, Brad



NEW TEAM MEMBERS

Welcome to the newest members of the team!

Ronald Isabel	NSC	09/14
Joshua Cheek	Driver	09/15
Timothy Avery	Driver	09/17
Jeffrey Spence	Driver	09/17
Theodore Milby	Driver	09/21

Birthdays:

Kelly Sanders	10/02
Heather Gooden	10/08
Jack Joseph	10/09
Christopher Mastin	10/10
William Moss	10/13
Carl Hogue	10/14
Thomas Luttrell	10/20
Skylar Luttrell	10/22
Jeffrey Meeks	10/27
James Owens	10/27

Anniversaries:

Jule Evans	10/26/1993	28 years
Amy Lawless	10/22/1998	23 years
Steve Wood	10/19/2000	21 years
Darren Helm	10/04/2004	17 years
Danny Sallee	10/02/2012	9 years
Mia Gregory	10/14/2013	8 years
Billy Grant	10/13/2014	7 years
Stevie Roy	10/19/2015	6 years
Robert Garner	10/17/2016	5 years
Garrett Bryant	10/16/2017	4 years
Zach West	10/03/2018	3 years
Patrick Lawhorn	10/08/2019	2 years
John Turner	10/23/2019	2 years
Gregory Brown	10/05/2020	1 year
Christopher Mastin	10/28/2020	1 year
Larry Meade	10/29/2020	1 year

Employee of the Month



Heather Luttrell



Heather has been with Neat Companies for the past 2 ½ years. She is a billing clerk that performs many duties. Heather is a joy to have in the office. She's always got a smile on her face and she's always willing to help others. Her manager, Amy Lawless, had this to say about Heather "She is a warm, calm, and friendly soul. She catches on quickly, does a great job and works until the job is completed. I appreciate her!"

Heather, thank you for choosing our Neat family. We are pleased to have you on the team!

Driver of the Month



Mike Myers



Mike has been here for many years and does an excellent job. His paperwork is always superb and he takes very good care of his equipment.

Way to go Mike!

We appreciate you!

PARKING AND PLANNING

Being a driver can mean committing to a variable lifestyle. Hours are unpredictable. Conditions are always changing. Flexibility is essential. Planning out a trip strategy is highly valuable. Today's Carrier Connection focuses on three important keys to maximizing non-driving time.

Parking

If you end up driving into a town with a long layover, where will you park your truck? Have you ever been there before? Also, when did you start to think about this? It has been said that one of the keys to trucking time management is planning ahead. If you start your day thinking about the end and where you will need to temporarily station your truck, you will have an advantage over other drivers who begin their search much later in the day. Parking can be luck. It can also be a well-executed plan.

Facilities

Much like parking spots, not all truck stops are created equal. The difference between Honey Pots and a [Love's](#) with laundry and showers is never more apparent than when you pull over the interstate after a several-hour stretch looking for shampoo, soap and water salvation. Luckily apps such as [Truckerpath](#) are available to provide restroom/shower information about truck stops on your route.

Nourishment

The hopes are high. The anticipation is there and then, closed. With driving hours being so different than regular business hours, finding great grub on the road is a challenge. Drivers can take things into their own hands and bring their own food, however, there is nothing quite like finding the perfect burger joint next to a [TA](#) when you happen to have the time to kill. One can only survive on corn nuts and coffee for so long. Finding quality food helps support better health and the always elusive increase in energy.



Health & Wellness



Monthly Spotlight:

Breast Cancer Awareness

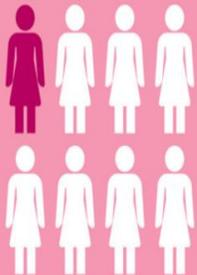


Breast Cancer Stats and Facts

When it comes to breast cancer, what you don't know can hurt you. These figures reveal the scary truth.

This year, **232,670** new cases of breast cancer will be diagnosed in women.

1 in 8 women who live to be age 70 will develop breast cancer in her lifetime.



Breast cancer accounts for about **30%** of cancers in women.

It's the most common cancer diagnosis for women in Utah.

About **85%** of diagnoses occur in women with no family history of breast cancer.

But there's good news.

Breast cancer's mortality rate has been declining since **1989**, due to early detection and improved treatment.



Physically active women are **25% less likely** to develop breast cancer than those who are inactive.



More than **2.8 million** people living in the U.S. are breast cancer survivors.



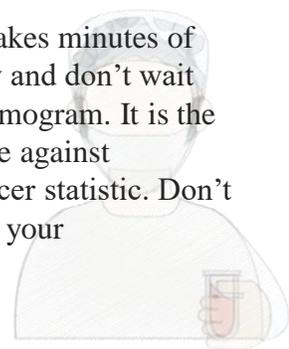
ACT NOW
Breast cancer education and screenings can save up to **37** lives every day in the U.S., according to the World Health Organization. Share this infographic and discuss a screening plan with your doctor.

This year, more than 232,670 women and 2,600 men will be diagnosed with invasive breast cancer (cancer that has spread from where it started in the breast into the surrounding healthy tissue), and more than 42,260 will die from the disease.

Mammograms are important in detecting breast cancer because sometimes, people with breast cancer have no symptoms and the cancer may not be big enough to feel. According to the Society of Breast of Breast Imaging, about 75 percent of women diagnosed with breast cancer have no specific identifiable risk factors.

That is why it is so important to get a mammogram. Most women can survive breast cancer if it is found and treated early. If diagnosed early and treated before it spreads, five-year survival rate for breast cancer is 99 percent.

A mammogram only takes minutes of your time. Don't delay and don't wait years to get your mammogram. It is the most important defense against becoming a breast cancer statistic. Don't be a statistic, schedule your mammogram today!





Safety First!

As the air turns cooler and leaves drop from the trees, it's important to keep a few important fall safety tips in mind.

With proper precautions and safety awareness, your family can enjoy that crisp autumn weather while avoiding some of the dangers that come with the season.

Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.

Use Fireplaces Safely

Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended and make sure a fire in a fireplace is completely out before going to bed.



Exercise Candle Caution

Candles are a great way to give a room that warm glow, but they can also cause fires. According to the National Candle Association, almost 10,000 home fires start with improper candle use. Never leave candles burning if you go out or go to sleep and keep your candles away from pets and kids.



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ANNUAL HEALTH SCREENING

Annual Bloodwork

Beth will be at My Lyfe Clinic inside the Corporate Office the following dates/times:

Monday, Oct 4	6:30 – 8:00
Tuesday, Oct 5	6:30 – 8:00
Wednesday, Oct 6	6:30 – 8:30
Thursday, Oct 7	6:30 – 4:00
Friday, Oct 8	6:30 – 8:30

We know these hours aren't ideal for everyone, but we, as well as Nurse Beth, are doing the best we can under the circumstances.

FASTING

You must be fasting for at least 6 hours prior to blood work.

MASK

Please wear a mask when going into the Clinic.

APPOINTMENTS

For those with no access to the shared drive, please call Theresa 606-787-3574 if you would like to schedule an appointment.

If you can't make it to the Clinic to get your bloodwork done, you can make an appt. at Russell Family Medical and have it done there. We would like for everyone to have had your bloodwork completed by Oct. 15 if possible.

HEALTH REIMBURSEMENT ACCOUNT

By completing your Health Risk Assessment, getting your bloodwork done, and consulting with the Medical Provider, you will receive an additional \$350 in your Health Reimbursement Account in January 2022. It comes in very handy for those out-of-pocket medical expenses.

EMPLOYEE EMERGENCY FUND

Employee Emergency Fund Qtrly. Report July 1, 2021 – September 30, 2021

Beginning Balance	\$19,772.02
Payroll Deductions Added	\$3,878.00
Expenditures:	
Calvin Overstreet	\$ 497.40
• Illness	
Coy Morrison	\$268.50
• Illness	
John Turner	\$ 898.50
• Illness	
Neat & Wilson	\$ 74.20
• Flowers for Wilson Service	
Neat Payroll	\$ 1,411.54
• Insurance deductions	
Patrick Lawhorn	\$ 1,167.80
• Illness	
Patrick Terry	\$ 269.65
• Illness	
Roland Bustin	\$ 887.91
• Illness	
Sasha Baldock	\$ 50.00
• Hospitalization	
Shawn Meininger	\$ 585.98
• Illness	
Zane Boulton	\$1,633.02
• Illness	
Total Expenditures	\$7,744.50
Ending Balance	\$15,905.52



DATES TO REMEMBER

National Smile Day	Oct 1
Bloodwork Dates	Oct 1 -5
Columbus Day	Oct 11
Boss's Day	Oct 16
9th Annual Health Fair	Oct 22
Halloween Festivities	Oct 29
Halloween	Oct 31

SAVE *the* DATE

You are invited to:

Neat Companies 9th Annual Health Fair

"Trucking To Better Health"



Friday, October 22, 2021

8:00 am to 12:00 Noon

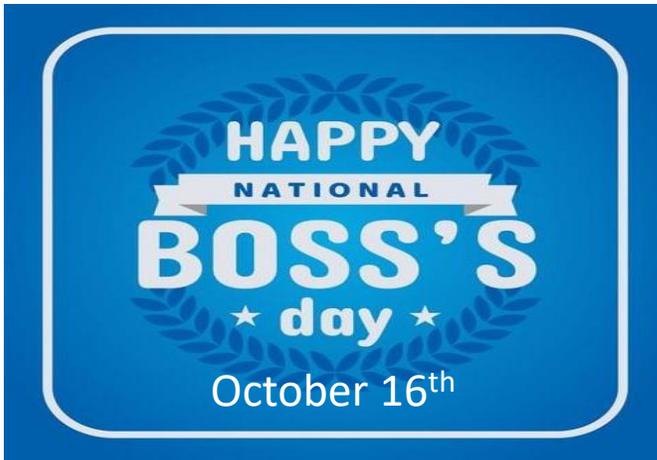
Dunnville Christian Church Community Center

11000 South US 127

Dunnville, Kentucky 42528



Detect. Correct. Protect.



*Happy Boss's Day to:
Greg, Dustin, and Brad!!!*



Driver Appreciation Cookout

Snapshots of the Day

Every year Neat Companies celebrates Driver Appreciation Week with an Annual Cookout. Here are just a few snapshots of the day. We appreciate our drivers every day, but the Cookout has become an Annual Tradition that everyone looks forward to.

Thanks to everyone who came out and ate and a special thanks to **Burnin' it Down BBQ** for a fantastic meal!



Greg Neat's Surprise Birthday Breakfast

Rarely do we ever get one over on Greg, but I think we pulled it off on his birthday. In honor of Greg's birthday, we had a big old country breakfast for him on September 14th.

Happy birthday
to our
incredible boss
and
incredible person!

