

Weekly Newsletter

THE KENT COMPANIES

Making your life



Sept. 2, 2021

Period 9, Week 4

Corporate



Kent Kwik



Safety



Food Service



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KENT CAR WASH NEWS



Check out our newest Kent Car Wash (317) located off Briarwood and Holiday Hill in Midland. Complete with pre-scrub, courtesy dry, and tire shine. This is the best wash in the Permian Basin!



Congratulations to Christian for being promoted to Manager of our new Kent Car Wash! When he's not at the car wash you can find him skateboarding!



Excited for our new car wash is an understatement! Come visit our friendly Team and get your vehicle clean and ready for the weekend!

CORPORATE NEWS



Find out more here: <https://lp.constantcontactpages.com/cu/JK57os5/kentlottery>

We appreciate everything that you do,

which is why we are so excited to introduce the Hard Work Appreciation Lottery - Two lucky Team Members will win **FREE Rent or \$1,200 cash each month!** You have an opportunity to get your name in the drawing each week starting now!

BIG WIN!

**2 GRAND PRIZE WINNERS
WILL BE DRAWN AT THE
END OF EACH MONTH!**

*ONE GRAND PRIZE FOR KENT KWIK CONVENIENCE STORES AND
ONE FOR FOOD SERVICE LOCATIONS

**Earn one entry per week for working your
entire schedule. Continue to earn entries
weekly until the drawing.**

[If you are late or call in, you will not earn an entry that week.]

Each month, the drawing will restart for the new month.

**For example: you have an opportunity to earn up to 5 entries for
the September drawing: Week 1 (August 23-29), Week 2 (August
30-September 5,) Week 3 (September 6-12), Week 4 (September
13-19) and Week 5 (September 20-26.)**

**The week of September 27th-October 3rd will be added to
Octobers drawing.**

All hourly Team Members who work in a Kent Kwik Convenience Store, Kwik Eats Deli, Huddle House, Rustic Cafe, and Baskin Robbins are eligible to win the grand prize. Entries will reset each month and will not be carried over into the next months drawing. The lottery will run until December 31st, 2021. Drawings will be held at the corporate office and winners will be notified via phone and/or email. Team Members must still be employed at the time of the drawing to win. Team Member cannot be more than 10 minutes late for a shift to be eligible and must work all shifts on their schedule for the week. Winners will have the option to have their rent, up to \$1,200, paid by the company or take a check for the same amount.

KENT KWIK NEWS

Welcome to the team!



Welcome our new Team Members to the Kent Family. Joseph, Yury, Tara, and Eric.



Welcome our new weekend Team Members! Sherrie, Anna, and Yetzel.



The Team in Tennessee would like to thank Traticia Duncan for all the hard work she has put in to get the Tennessee division staffed up. No matter what time of day or what day of the week, she has always been there for us trying to recruit every application that she can find and call.

And if she doesn't get in touch with that applicant, she never gives up - she keeps trying. In short, we would like to thank her and kudos to her for not giving up. The Tennessee Team is proud of her and wished that she had a twin to share with the rest of the company. Trish thank you again and we love you.

Thanks for all you do,
Richard Mangrum
Store 902



KENT KWIK NEWS



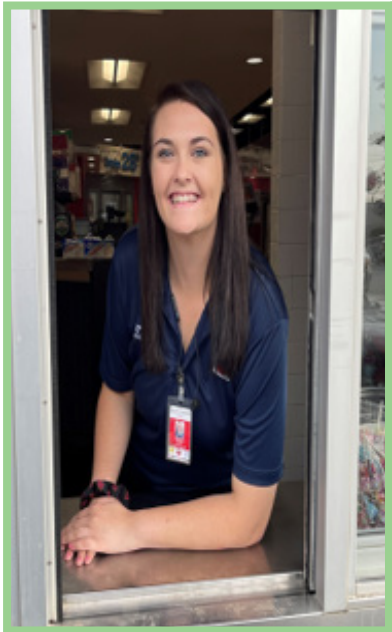
Our porter Pedro at store 440 is making sure our cold box is clean to stock for our Guests.



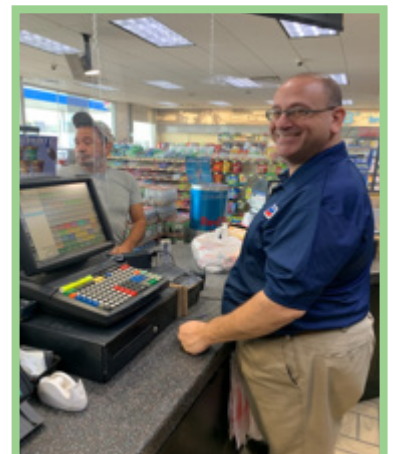
Keeping our Guests happy with a speedy and convenient drive-thru transaction!



Brianna always welcoming our Guests with a friendly smile!



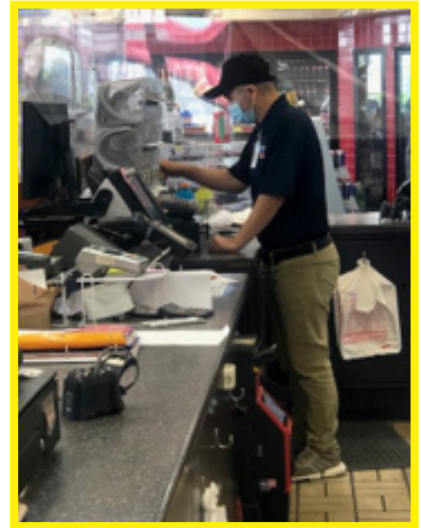
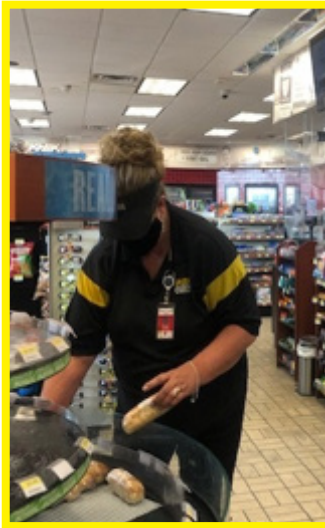
Roger, our Field Coach, saves the day once again at store 220. I really appreciate him.
-Sally



KENT KWIK NEWS



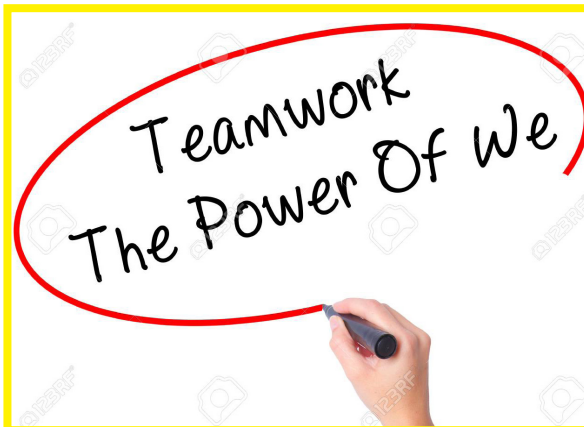
Priscilla practicing Guest service by helping carry out ice for a Guest.



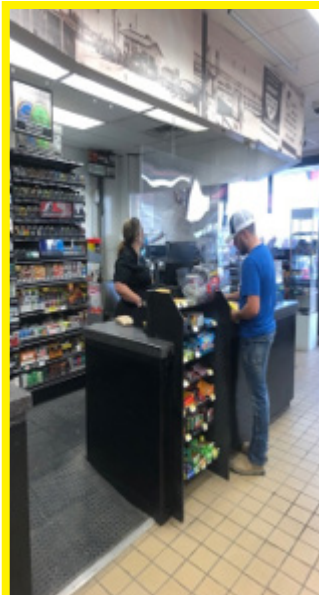
Eric at store 302 learning to take care of Guests.



Paula helping a Guest at the drive-thru.



Austin, Patrick, and David our IT Team doing what they do best!



SAFETY NEWS

Safety Action of the Week – Sleep is important. Are you getting enough?

According to a 1994 study conducted by the National Commission on Sleep Disorders, an individual with **moderate sleep deprivation demonstrates the same cognitive and motor performance as a person who is legally intoxicated by alcohol.** Simply put, if you don't get enough sleep, you can think and perform like you are drunk, without ever putting a drop of alcohol in your body. Sleep is important!

The Mayo Clinic recommends that adults get a minimum of 7 hours of sleep per night. With work and family demands, getting a full 7 hours of sleep per night can be challenging. It is important to deliberately factor sleep time into your daily plan. The Mayo Clinic Staff has provided some tips to help get the best sleep possible.

1. Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal. If possible, go to bed and get up at the same time every day. Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Being consistent reinforces your body's sleep-wake cycle. If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed.

2. Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. Do your best to avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up. Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can wreak havoc on quality sleep. And even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

3. Create a restful environment

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of smart phones, televisions, and computer screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs. Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, to promote better sleep.

4. Limit daytime naps

Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day. If you work nights, however, you might need to nap late in the day before work to help make up your sleep debt.

5. Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.

6. Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for morning.

Remember, sleep is important! Make sure you are getting enough. We need you safe and healthy every day. Stay safe, stay focused, and contact us at safety@kentoil.com if you have any safety concerns!

Stay safe. Stay aware. Stay clean.

Until next week,

The Safety Guy



FOOD SERVICE NEWS



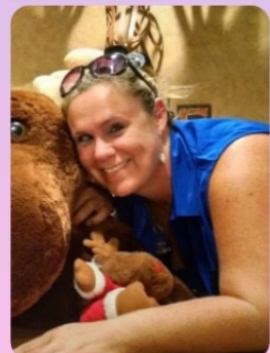
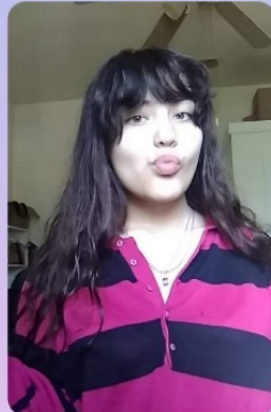
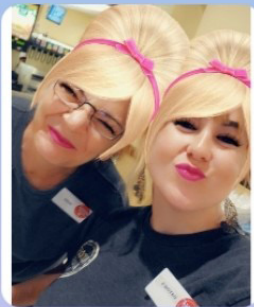
Welcome Mallory to 1493!



Kendall and Issa working together to get the Guests through the drive- thru.



Elizabeth at 1491 reading to help serve our Guest the best she can.



FOOD SERVICE NEWS

WELCOME TO THE TEAM!



Welcome to our Huddle House Team, Maranda. You are doing an amazing job!



Welcome Kloey and April to the Team! Can't wait to see the amazing things you all can do!



Shout out to the ladies at Huddle House 930 for pushing the new rollouts...Evette Smith, Izalee Rodriguez, Victorina Ruiz, and Jennifer Admire. And Will for taking the picture!



A few weeks ago, this young lady and her husband were here eating breakfast and she began having a stroke/seizure. We immediately called 911 and they were whisked away in an ambulance. We are so glad to have them back, and dining with us, and want to thank them for their continued loyalty and wish them all the best!

FOOD SERVICE NEWS



Ashley at Rustic Cafe 501 talking to her Guest about menu items.



Rustic 315 always providing the best Guest service!



At Rustic Cafe 440 we have Brelyn, Connie and Elena smiling ready to serve our Guests.