

Weekly Newsletter

THE KENT COMPANIES

Making your life



July 14, 2022

Period 8, Week 1

Accounting & Bountyland News

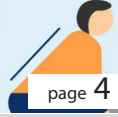


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Safety Message

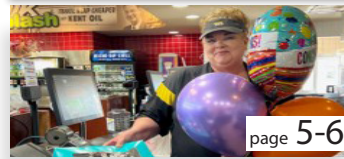
back and avoid back pain:

- ✓ Maintain a wide base of support by keeping your feet shoulder-width apart and your back straight.
- ✓ Keep the weight close to you while lifting.
- ✓ Squat down and slowly lift the weight, utilizing your hips and legs instead of your back.



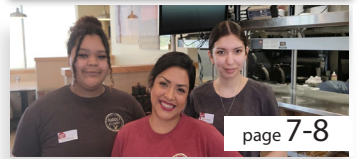
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EPT & Kent Kwik News



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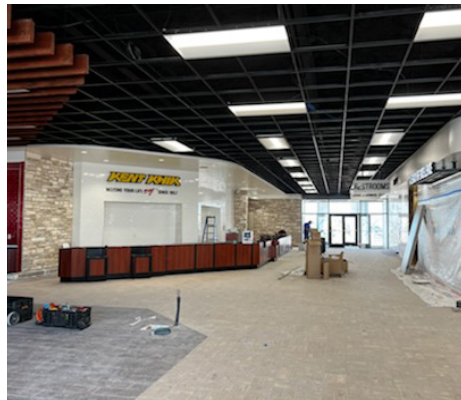
Food Service News



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CONSTRUCTION NEWS

Construction is moving along at our newest location, store 321. The store is a truck stop outside of Midland near the intersection of I-20 and Loop 250 with a connected Rustic Cafe.



CORPORATE NEWS

Congratulations to these three Midland students that recieved the West Texas Strong Memorial Scholarship. They are recieving \$2,500 from The Kent Companies for their continuing educations.

The next round of scholarships will be available for the Fall of 2023 and the application will open in April of 2023.



Joaquin Armendariz will be attending Texas A&M University as a Biomedical Sciences Major.



Jayce Heinemann is attending the University of Texas Permian Basin as an Enviromental Sciences Major.



Andrew Martinez will be attending Midland College as a Criminal Justice Major.

Blair Wealth Advisors will be hosting two webinars via Zoom on Wednesday, July 20th at 8am and 4pm. You can join these Webinars by clicking on the links provided, you do not need to have Zoom downloaded to join.

Topic: The Kent Companies 401k Meeting 1

Time: Jul 20, 2022 08:00 AM Central Time (US and Canada)

Join Zoom Meeting

<https://raymondjames.zoom.us/j/98617176679?pwd=NGpKWnJDb1pzMEZtaUJWNINleHBwZz09>

Password: 362255

One tap mobile

+16468769923,,98617176679# US (New York)

Topic: The Kent Companies 401k Meeting 2

Time: Jul 20, 2022 04:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://raymondjames.zoom.us/j/97617467158?pwd=NW81ak9KTUhUb3EvZnhtMU1WWUd0dz09>

Password: 554617

One tap mobile

+16468769923,,97617467158# US (New York)

Topics covered:**1. What's happening in the stock market this year?**

The markets have been negatively impacted by several factors this year. The most significant factors being inflation and rising interest rates.

2. How does the stock market affect my 401k?

Your 401k money is invested in the fund/s you selected when you enrolled in the plan. Depending on the type of investment, those funds hold some mix of stocks, bonds and/or cash. The value of these investments is determined by what happens in the stock or bond markets.

3. How do I find out how my 401k money is being invested?

You can view your account, investments and statements any time at myplan.johnhancock.com.

4. What does John Hancock do for me?

John Hancock provides the platform that holds and maintains your 401k money and investments.

5. Who can I call if I have questions?

Matt Blair with Raymond James is your primary contact for questions about your 401k.

469-476-3681 Matthew.blair@raymondjames.co



ACCOUNTING NEWS



We want to take a minute to wish some of our Team Members from accounting a Happy Birthday! Happy Birthday, Ivo Krastev (left), and Aly Guerrero (right). Hope you both had great days.



BOUNTYLAND NEWS



Thank you, Bret, for keeping those pumps clean. Your hard work doesn't go unnoticed.



We would like to thank Tamie at 702 for her dedication to the Team. She has gone above and beyond. We appreciate you stepping up.



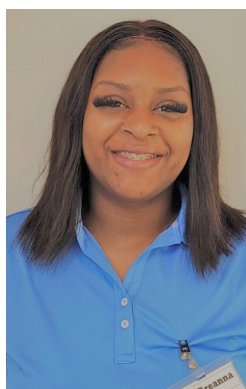
The team at 702 love their Guests. Bud is here celebrating his 87th birthday.



Happy 1 year work Anniversary to Julia at store 705.



Shouting a big Happy Birthday to Shayna at store 704.



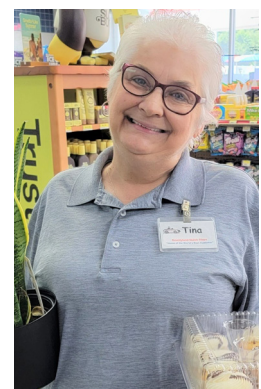
Welcome to the Bountyland Team, Breanna!



Welcome Leaha to our team at 703. We are glad that you are a part of our team.



Happy 1 year Work Anniversary to Marie (left) and, 6 years anniversary to Tina (right) from store 707.



SAFETY NEWS

Keeping Safety in Sight

Nothing is too Small!

Safety Definition: to ensure safe and healthful working conditions for workers by setting and enforcing standards by providing training, outreach, education, and assistance.

A leading cause of back injury at work is lifting or handling objects incorrectly.

Learning and following the correct method for lifting and handling heavy loads can help prevent injury and avoid [back pain](#).

Check out these safe lifting and handling tips!

Think before you lift

Plan the lift. Where is the load going to be placed? Will help be needed with the load?

Remove obstructions, such as discarded wrapping materials. For long lifts, such as from floor to shoulder height, consider resting the load midway on a table or bench to change your grip on it.

Keep the load close to the waist

Keep the load close to the waist. Keep the heaviest side of the load next to the body. If closely approaching the load is not possible, try to slide it towards the body before trying to lift it.

Adopt a stable position

Your feet should be apart with 1 leg slightly forward to maintain balance (alongside the load if it's on the ground). Be prepared to move your feet during the lift to maintain a stable posture.

Do not bend your back when lifting

A slight bending of the back, hips, and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully flexing the hips and knees – in other words, fully squatting.

Do not twist when you lift

Avoid twisting the back or leaning sideways, especially while the back is bent.

Keep your shoulders level and facing the same direction as the hips. Turning by moving your feet is better than twisting and lifting at the same time.

Look ahead

Keep your head up when handling the load. Look ahead, not down at the load once it has been held securely.

Move smoothly

Do not jerk or snatch the load as this can make it harder to keep control and increases the risk of injury.

Know your limits

Do not lift or handle more than you can easily manage.

Lower down, then adjust

Put the load down and then adjust. If you need to position the load precisely, put it down first, then slide it into the desired position.



EPT NEWS



Just another local delivery! Express Petro truck 8020 doing a pump off for Eagle Propane in Pecos, Texas. The challenges are many but we are always up for them, if it were easy everyone would do it. There are several things that can go wrong with a pump off so attention to detail is paramount. The physical demands are very taxing as well, on this day it was 105 degrees outside with only a few lonely clouds that offered no shade. Our driver's dedication to his craft got the job done and he went home safe to his family.



Welcome to the life of a fuel hauler just trying to get product loaded in his trailer to bring to the stores. Long lines like this are becoming the norm and not the exception. With fuel allocation woes affecting everyone in every market it is commonplace for our trucks to sit at the racks for 2-3 hours trying to get loaded. On a good shift, our drivers can knock out 6 loads a shift, however long lines like this can mean sometimes only getting 2 or 3. Logistical nightmares like this make keeping tank levels full quite the challenge.

KENT KWIK NEWS



Introducing our amazing new Team Members for the week. From left to right welcome; Ashley, Ivery, Brittany, Trinity, Giselle, Rashae, Lynce and Monica. Welcome to the Team!

KENT KWIK NEWS



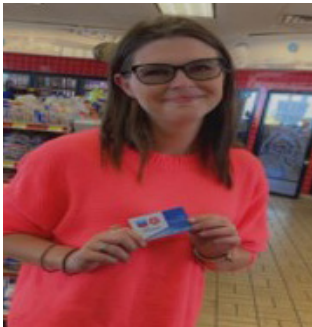
Congratulations to Sam from 317! He is now the proud owner of this beautiful Jeep.



Jackie and her Team at store 325 broke their sales record on merchandise sales for the week. Great job!



Join us in Congratulating Connie on her 30 year Anniversary! Happy 30th Anniversary, thank you for all your years of dedication.



More winners from our 4th of July incentive raffle. Congratulations! From left to right; Karen at 316, Juan at 318, Brenda at 320, Cariann at 302, Bobby at 303, Sylvia at 319 and Andrew at 308.



Left: One of our Guests and her dog Maggie out for a motorcycle ride. They pulled up to 316 for her daily stop.

Right: Happy 21st Birthday to Blake!



FOOD SERVICE NEWS



We would like to show appreciation to Maggie at 215. Thank you for all you do for the company.



Jimmie and Ariel at 325 making sure our Guests get fresh cold box products every time.



Thank you ladies for all your hard work at 610.



Alexis at 601 making lunch.



Lorena doing a great job taking care of our Guests at Rustic 315.



Leadership meeting at Rustic 440. Thank you for your leadership and taking care of your team.



Training and development at Rustic 501.



We would like to show some appreciation to Mike for helping us learn the food and be the best Team we can be. He has shown tremendous leadership and training to us all.



Huddle House 591's new cook Kierra and Brandi getting this Monday started.

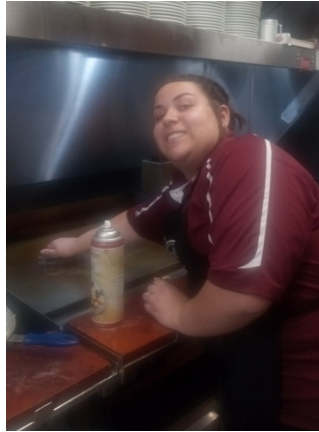


Team HH1079 would like to say a big welcome to the Team to Kianna, Jessica, and Desiree!

FOOD SERVICE NEWS



Thank you, Dan, for all your hard work, we appreciate your support in leading the Huddle



Bianca cleaning the grills, way to go!



On behalf of all food service, we would like to thank Debbie Morin for always being there to help everyone. You inspire us to be better.



Henry getting ready to make our delicious milkshake at BR 1493.



The Team having fun while working at Baskin Robbins 1491.



Baskin Robbins 1492.