

# Weekly Newsletter

THE KENT COMPANIES

Making your life  
*easy*

Period 2, Week 2

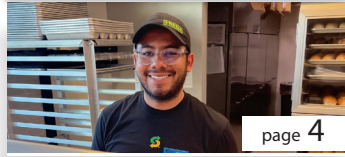
February 6, 2025

Bountyland/DC



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## WESTEX NEWS

### Meet Ariana, Medical Assistant!



Ariana recently joined the WesTex Urgent Care Team as a Medical Assistant in Midland (9107). She graduated from Odessa High School and before coming to WesTex Urgent Care, she worked as a Medical Assistant at West Texas Urology, at Hendrick Medical in Abilene and at Vital Care. She has also served as an Assistant Manager at Mister Car Wash in Abilene.



Ariana comes from a family of ALL women, with 4 sisters and no brothers, but she is excited to finally be welcoming her first nephew in May of 2025.

Ariana began dancing at the age of 4 years old. She loves to bake, even though she claims to not be good at it! Ariana loves anything that keeps her organized, like planners, notebooks, and pens. Additionally, she is a BIG coffee drinker, especially from Starbucks, and enjoys listening to True Crime Podcasts.



### Meet Osnelvis, Medical Assistant



Osnelvis recently joined WesTex Urgent Care as a Medical Assistant. She trained and earned her Medical Assistant certification in Massachusetts in 2022. Previously, she earned her Bachelor's Degree in 2010, her Doctor of Medicine in 2016, and her Comprehensive General Medicine Degree in 2019, all in Granma, Cuba.

Osnelvis has experience as a Medical Assistant from her previous positions with Synergy Integrative Medical Clinic in Midland and at Clinicas Sin Fronteras in Garland, Texas. While in Granma, Cuba, Osnelvis worked in the Carlos Manuel de Cespedes Hospital as a General Physician from 2016-2020.

Osnelvis comes from a very small family, as she is an only child. Her parents live in Cuba.



# WESTEX NEWS



Dr. Michael Dragun, MD from West Texas Urology, shared with the WestTex Urgent Care Team at the corporate office on Friday, January 31st. The Team participated in person and on-online. The lecture, along with handouts, covered a variety of issues concerning urology.



## REVIEWS OF THE WEEK! WESTEX 9112

“WesTex is a great urgent care! The office is clean, spacious and visually appealing. The service was faster than I expected, even though there were several people ahead of us. From the receptionists to the nurses and doctor, everyone was caring, professional and efficient. We received the care that we needed and were feeling better in a couple days.”

“Very professional and took their time to take care of me! Will be going back ! 😊”



# BOUNTYLAND NEWS



Left: Happy 3rd work anniversary to Jenn at 716! Thank you for all you do and always making everyone smile!

Right: Happy Birthday to Sara at 701, hope your day was as special as you are!

# HQ NEWS

## RSVP now for The Kent Companies 2025 Annual Awards Banquet!



Join us for a stellar evening as we celebrate our Team and your accomplishments at The Kent Companies 2025 Annual Awards Banquet.

Mark your calendars for Saturday, March 1st, from 5:30PM to 11 PM at the Bush Convention Center in Downtown Midland.

RSVPs will be accepted for you and a guest now through Friday, February 14th.

On the Making Your Job Easy website, you will find the information under the Announcements section of the homepage.

# DC NEWS



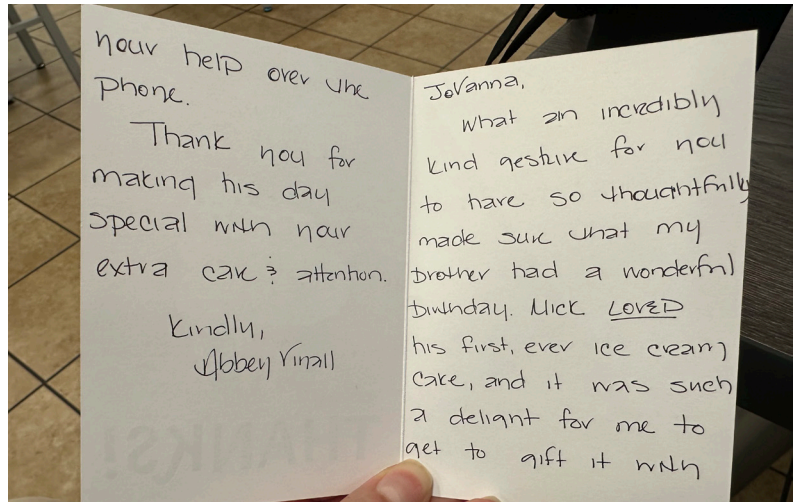
Nan, the Knife Lady, was setting the knife cases in San Angelo when in walked Brenda Jacob. Brenda is the OG knife lady. She started our knife program and taught Nan everything she knows!

# FOOD SERVICE NEWS



Right: Ms. Cindy is our Team Member of the week for HH 724 Monahans!! Always reliable, always in full uniform, gets along great with everyone, and most importantly ALWAYS smiling!!!

Left: Team Member of the week for HH 591 Gun Barrel City goes to Terrance!! Always has a great attitude and ready to work! Thank you, Terrance, for all your hard work!!



We would like to recognize Winter from HH 725 Kermit for her outstanding work performance! She goes above and beyond to help out whenever it is needed and is fantastic with Guest Service. Our Guests in Kermit just adore her!! A huge thank you to Winter for all she does!!

JoVanna, at Baskin 1493, received this super sweet thank you card from a Guest. JoVanna worked extra hard to make sure this Guest had the perfect ice cream cake for her brother. Great job!!



Pablo, a newer Team Member who has been with us since September and recently moved to Marathon from Nicaragua, happy to be on the Kent Team.

Rustic 219's very first double winner for our 2LB BURGER CHALLENGE! Congratulations to Joel Ruiz (left) and Jessie Garcia (right).

# TOM THUMB NEWS



Angela, at 950, passed her undercover shop! Thanks for keeping our Guests safe.



Niurka, our newest Team Member showing some love to one of our 4 legged Guests in Big Pine Key.



Kathy, 963 Store Manager, recently had the pleasure of visiting Paris with her grandson!



Jairo, at 952, and Julia, at 953, started their cigarette scans this week. Thanks for adopting change so quickly!

# SAFETY NEWS



## 10 ways to improve your heart health

- 1** Balance calories eaten with physical activity.


- 2** Reach for a variety of fruits and vegetables.


- 3** Choose whole grains.


- 4** Include healthy protein sources, mostly plants and seafood.


- 5** Use liquid non-tropical plant oils.


- 6** Choose minimally processed foods.


- 7** Subtract added sugars.


- 8** Cut down on salt.


- 9** Limit alcohol.


- 10** Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

In a valiant quest to live their best heart-healthy lives, the crew of veggies, grains, and fish assembled like the Avengers of nutrition. Led by Captain Carrot and his trusty sidekick, Spinach Supreme, they embarked on a mission to purge the kingdom of processed snacks. Meanwhile, Avocado Oil, in all its suave non-tropical glory, suavely banished butter to a distant land. Duke Whole Grain and Sir Frozen Pea strategized their next move from the comfort of their quinoa fortress. Yet, amidst the kale-idoscope of healthiness, one rogue Cookie remained defiantly unbalanced atop the scales, daring anyone to resist its sugary charm. The battle for health was on, and the adventure had just begun!

# KENT KWIK NEWS



Happy Birthday, Dorothy!!



A Guest gave (our country girl) Lani a jar of peaches as she was checking the pumps!!



The 315 team has hit 10,779 for PBRC! Their goal is 15,000!



The American flag flying high at store 903.



Lexi is following through with our Guest Bill of Rights by pumping gas for a Guest during her New Hire Training. Great job "Taking Care of the Guest."

Great job to the store 711 for scoring 100% on their Period 13 Customer 1st Mystery Shop!!



# KENT KWIK NEWS



Left Top: Matt is teaching the art of washing and drying your hands during new hire training.

Right Top: Learning to follow the recipes during training in Food Service.



Left Bottom: Enjoying a well deserve break during new hire training.



Welcome our new Team Members to the Kent Family - Yusleidy, Lexi, Carmen, Eugenia, Evelin, Sierra and Alexis.



Welcome our new Team Members to the Kent Family - Rinna, Audrey and Jessa.