

Wellness Newsletter

THE TIRE RACK

JUNE 2025



MEET OUR DISTRIBUTION CENTERS SERIES



Windsor, Connecticut

The Connecticut Distribution Center opened its doors in 2009. Initially occupying only a portion of the building, the operation expanded to utilize the full 304,000 square feet of warehouse space in 2015. The team in Windsor includes several long-standing and dedicated employees. Mike Neal, originally from Delaware, is celebrating 25 years with Tire Rack this month! Assistant Warehouse Manager Shawn Larkin, who has contributed to operations at several distribution centers, is in his 13th year. Tim Banning from the Maintenance team is also marking his 13th year with the company. Samantha Gower, now leading the EWP, began her Tire Rack career at the Windsor facility 13 years ago, where she launched the COP program—an initiative that played a key role in shaping the recent refresh of the employee wellness program. In recent months, the team has seen some exciting leadership changes. Lisa Gallipo was promoted to Office Manager in December 2024, bringing strong local roots and a deep appreciation for the area's history—her great-grandparents farmed tobacco less than three miles from where the distribution center stands today! In May 2025, Pierce Highfill joined the team as Warehouse Manager, bringing fresh perspective and leadership to the Windsor operation.



Windsor itself is steeped in history as the first town settled in Connecticut in 1633. The Connecticut River borders the town's eastern edge and historically served as a vital distribution route for tobacco, a crop first grown in the region by Native Americans and still cultivated in the area today.

Although Connecticut is a small state, it offers a rich and diverse experience. It's the birthplace of George H. W. Bush—the only U.S. president born in the state—and home to many firsts, including the first phone book (published in New Haven) and the hamburger (served at Louis' Lunch, still operating in New Haven). Charles Goodyear, the inventor of vulcanized rubber, also hailed from Connecticut—while the Goodyear Tire company wasn't founded by him, it bears his name in recognition of his innovation.

Popular destinations across the state include Mystic Seaport, Gillette Castle, the Mark Twain House, Yale University, and Foxwoods Casino. From beaches and bustling cities to rural farmland and scenic forests, Connecticut truly offers something for everyone.

Connecticut

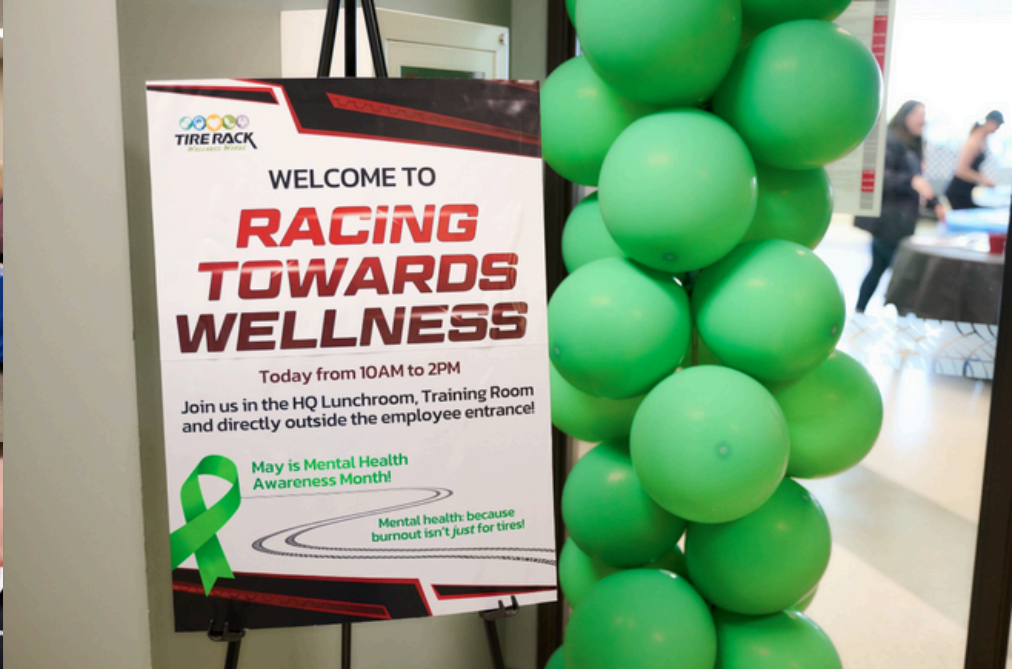
established 1788



May's Happenings

Check out
what we've
been up to!





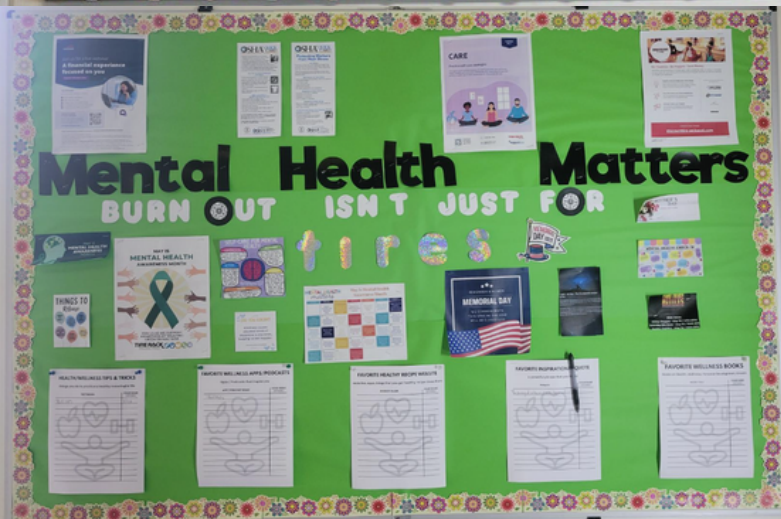
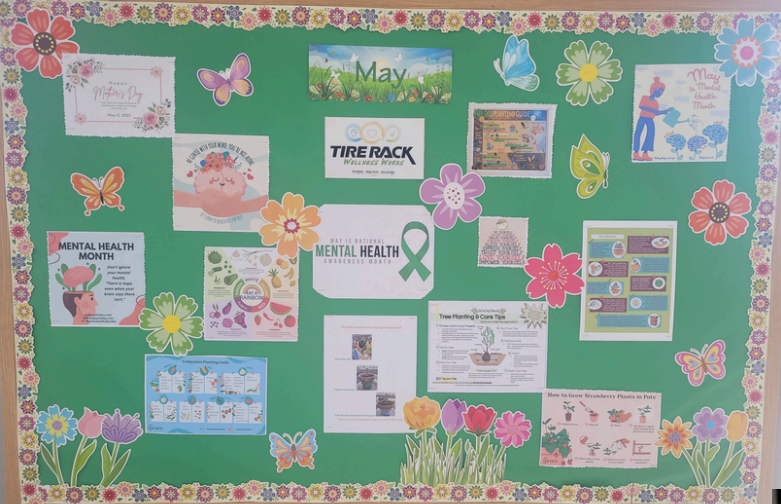


Be Seen in Green Mental Health Awareness



Be Seen in Green!







- **NATIONAL SAY SOMETHING NICE DAY - 6/1**
- **D-DAY - 6/6**
- **NATIONAL DONUT DAY - 6/6**
- **NATIONAL TRAILS DAY - 6/7**
- **NATIONAL FORKLIFT SAFETY DAY - 6/10**
- **NATIONAL WEED YOUR GARDEN DAY - 6/13**
- **ARMY BIRTHDAY - 6/14**
- **NATIONAL FLAG DAY - 6/14**
- **FATHER'S DAY - 6/15**
- **NATIONAL GO FISHING DAY - 6/18**
- **JUNETEENTH - 6/19**
- **FIRST DAY OF SUMMER - 6/20**
- **NATIONAL HYDRATION DAY - 6/23**
- **INTERNATIONAL LGBT PRIDE DAY - 6/28**
- **NATIONAL METEOR WATCH DAY - 6/30**

Available
June 1

REST

Relax for improved sleep

An essential part of self-care is getting good-quality sleep. Learn how resting improves energy, boosts your mood and supports overall health. Visit the Monthly Feature tile on your web portal or mobile app for relaxation techniques to help you sleep easy.



Download
the mobile
app today!



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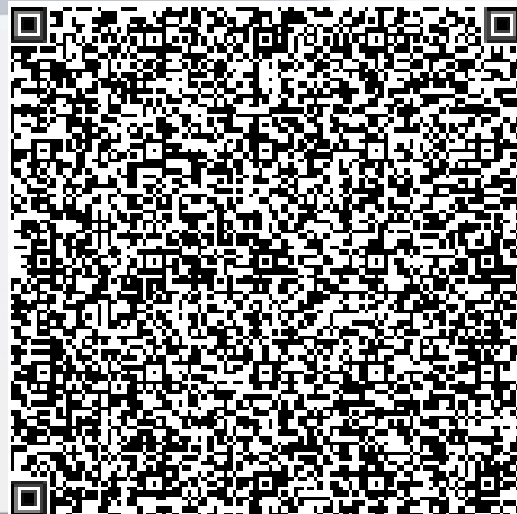
 **supportlinc**
EMPLOYEE ASSISTANCE

TIRE RACK[®]

TOWN HALL

MAY 2025 RECORDING

SCAN THE QR CODE BELOW





EMPOWER

RETIREMENT™

*Do not
forget*

**LOG IN
BEFORE
IT'S TOO
LATE!**



If you are contributing below the 6% automatic enrollment rate, you'll be automatically reenrolled in the plan at a 6% pretax contribution rate starting July 13, 2025. If you do not want to be reenrolled at the 6% pretax contribution rate, you must opt out by updating your contribution rate between June 11th and July 11th

HEALTHY SLEEP

TIPS TO FEEL FRESH AND RESTED

1

ESTABLISH A CONSISTENT SLEEP SCHEDULE, GOING TO BED AND WAKING UP AT THE SAME TIME.

2

CREATE A CALMING BEDTIME ROUTINE, SUCH AS READING, TAKING A WARM BATH, OR PRACTICING RELAXATION EXERCISES.

3

KEEP YOUR SLEEP ENVIRONMENT COOL, DARK, AND QUIET TO PROMOTE UNDISTURBED REST.

4

LIMIT EXPOSURE TO SCREENS BEFORE BED AND CREATE A TECHNOLOGY-FREE ZONE IN YOUR BEDROOM.

5

AVOID CAFFEINE, HEAVY MEALS, AND STIMULATING ACTIVITIES CLOSE TO BEDTIME.

6

GET ADEQUATE EXPOSURE TO NATURAL SUNLIGHT DURING THE DAY TO PROMOTE YOUR NATURAL SLEEP-WAKE CYCLE



Top 5 Warehousing Violations

1. Lack of operator training
2. General requirements for powered industrial trucks
3. Poor maintenance of powered industrial trucks
4. Exit routes
5. Electrical hazards

NATIONAL EMPHASIS PROGRAM ON WAREHOUSING

OSHA.gov



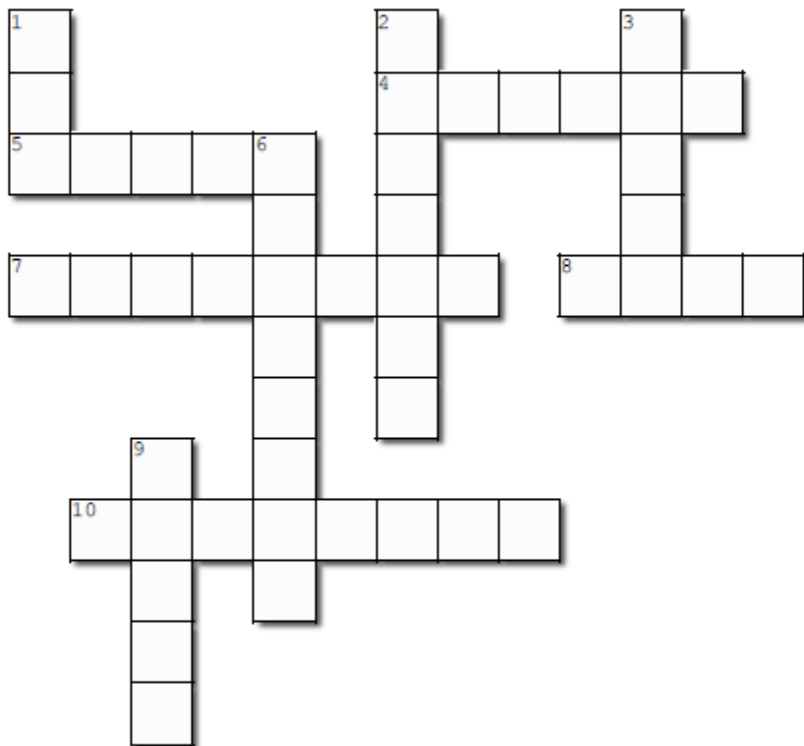
**Safety
First**

NATIONAL
**SAFETY
MONTH**
— JUNE —

***"It's safer to ask a dumb question
than it is to fix a dumb mistake"***

Tires Basics

Complete the crossword puzzle below all about Tire Basics.



Across

4. The second set of numbers in the tire size represents the _____ of the sidewall from the bead to the tread.
5. The part of the tire with the groove pattern that comes in contact with the road
7. The DOT is recorded for customer purchases and are used for _____ issues & manufacture recalls.
8. The inner ring of the tire. When mounted on a wheel, this part sits on the rim.
10. The part of the tire that bridges between the tread and bead.

Down

1. The 10 to 12 character code that identifies the production location, tire size and specs and week and year tire was made.
2. When measuring the sidewall profile, the lower the number the _____ the sidewall.
3. How many sets of numbers are in the tire size?
6. The last number on the tire size represents the _____ of the wheel, in inches. This is the tire size to M&B with.
9. The first three numbers in a tires size measure the tire's _____, from its inner sidewall to its outer sidewall.



Shoutout to Heather in DE for the TR custom word puzzle and searches!

SAM'S SEGMENT

As the seasons shift and summer rolls in, we're reminded that change brings new energy and opportunity. Just like the tires we handle—**built to move forward no matter the road ahead**—we too are built for progress. This is the season to recharge, refocus, and push ahead with purpose. Let's keep the momentum strong, support each other, and drive through the season with pride in every turn we take. Summer's here—**let's make it count!**





VIRAL SMASH BURGER TACO

BURGER SAUCE

- ¼ cup mayonnaise
- 2 tbsp. ketchup
- 1 tbsp. sweet pickle relish
- 1 tbsp. yellow mustard
- 1 tsp. hot sauce

SMASH BURGER TACOS

- 1 lb. ground beef
- 6 (5") flour tortillas
- 2 tsp. burger seasoning
- kosher salt
- 6 tbsp. neutral oil
- 6 slices of cheese
- 18 thin pickles
- 1 c shredded lettuce
- 3 tbsp. chopped onion
- white sesame seeds

DIRECTIONS

1. In a small bowl, mix mayonnaise, ketchup, relish, mustard, and hot sauce until combined.
2. Sauce can be made up to 3 days ahead – cover bowl and refrigerate!
3. Divide beef into 6 portions about 2.5 ounces each. Top each tortilla with a portion of beef. Using a fork, flatten beef into an even layer, leaving a 1/2" border. Sprinkle with seasoning and salt.
4. In a large skillet over medium-heat, heat 2 tbs. of oil and swirl pan to coat. Arrange 2 tacos beef side down and press into skillet to flatten with a spatula or burger press. Cook, undisturbed, until beef is browned and cooked through, 2-3 minutes. Flip tacos, top each with cheese until slightly melted, about 1 minute. Transfer to baking sheet and repeat with remaining tacos.
5. Top each taco with burger sauce, pickles, lettuce, onion, and sesame seeds. Enjoy!

COMEDY CORNER

How did grandma make cookies so fast?
She works in nana-seconds! -AK

I've been talking about watching the
Lord of the Rings. Made me realize I
wouldn't destroy the One Ring...but
Elijah Wood...-AK

What do you call a fish with no eyes?
Fsh!

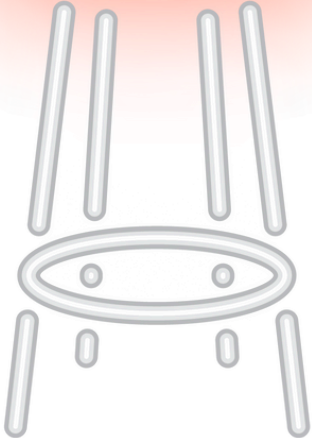
What did the hamburger name his
daughter?
Patty!

Where do cows go on vacation?
Moo York!

A sandwich walks into the bar. The
bartender says, "Sorry, we don't serve
food here." The sandwich replies, "Then
why are you serving drinks?"

Did you hear about the actor who broke
his leg onstage?
He's still in the cast.

How do you get a country girl's
attention? A tractor.



Want some more
laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



This Month's Employee Shoutout



Kailey joined the AP team just a year and a few months ago, but it already feels like she's been part of the team much longer. In that short time, she has excelled beyond measure—eager to learn and grow her knowledge every day. She's punctual, dependable, and always ready to take on the day with a positive attitude. Kailey's quick wit brings laughter to the team, and she's rarely seen without a smile. She's the kind of person who jumps into the next task without being asked and is always willing to lend a hand wherever it's needed. Kailey is a true asset to the AP Team, and we're lucky to have her!

Kailey Hanna
Accounts Payable Associate I



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

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