

Wellness Newsletter

THE TIRE RACK

NOVEMBER 2025



MEET OUR DISTRIBUTION CENTERS SERIES



Santa Fe Springs, California

Our Santa Fe Springs Warehouse began receiving tires on December 14, 2021, and has proudly remained in the same location since opening. The facility is led by DC Manager Nathaniel Goldman, who joined the company in June 2021 and has been instrumental in guiding operations and fostering a strong, collaborative culture. Office Manager Rachael Strimaitis joined Tire Rack in 2019 and relocated from Connecticut to help establish the new office, bringing valuable experience and leadership to the team. Several employees - Alex Berumen, Armando Guzman, Bryon Bostic, Jacob Oviedo, Jessie Trujillo, and Nick Aguila - have been with the warehouse since day one, reflecting the team's commitment, reliability, and pride in their work. The Santa Fe Springs location is staffed entirely by full-time employees, emphasizing long-term employment, growth, and teamwork.



DID YOU KNOW?

- The 1st online message was sent from UCLA, which crashed the system after sending just "LO"
- The iconic Fortune Cookie originated in Los Angeles
- The iconic palm trees lining the streets of LA were actually imported from Mexico
- You can travel from desert valleys to snow-capped mountains in just a few hours!

October's Happenings

Check out
what we've
been up to!



SATURDAY

OCTOBER 18th, 10am - 6pm

Enjoy corn mazes, wagon rides,
farm animals and more.

Entrance fee is covered by Tire Rack!



please sign





WEAR IT PINK

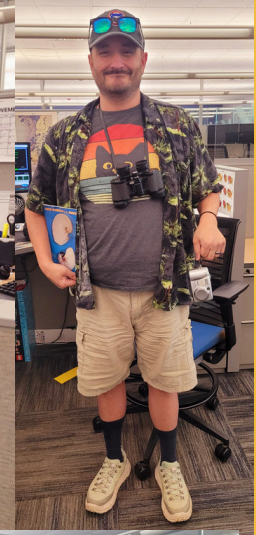


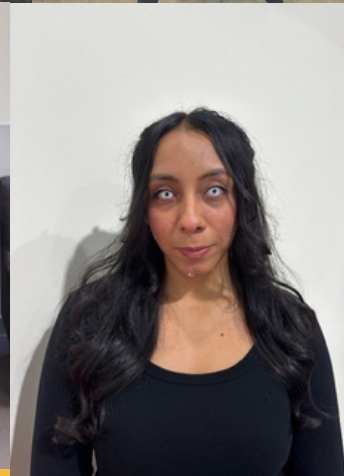
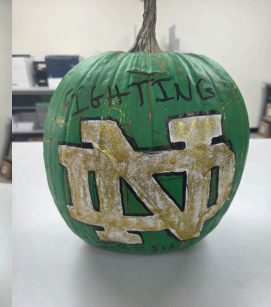
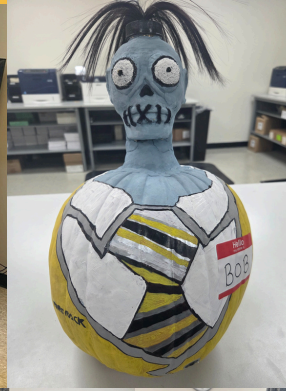
FRIDAY, OCTOBER 24TH

Send your photos to EWP@tirerack.com











Congratulations Mike Joines

On Being Inducted into the
2025 TIA Hall of Fame



Scan the QR Code for a
Message from Mike



November

National Holidays

- **DAYLIGHT SAVING TIME ENDS - 11/2**
- **NATIONAL STRESS AWARENESS DAY - 11/5**
- **NATIONAL NACHOS DAY - 11/6**
- **VETERANS DAY - 11/11**
- **NATIONAL FRENCH DIP DAY - 11/12**
- **NATIONAL TAKE A HIKE DAY - 11/17**
- **NATIONAL EAT A CRANBERRY DAY - 11/23**
- **THANKSGIVING DAY - 11/27**
- **BLACK FRIDAY - 11/28**
- **SMALL BUSINESS SATURDAY - 11/29**
- **COMPUTER SECURITY DAY - 11/30**



OPERATION GRATITUDE

SAYING "THANK YOU" TO ALL WHO SERVE

"OUR MISSION IS TO SAY THANK YOU TO OUR MILITARY AND FIRST RESPONDER COMMUNITIES, AND TO HONOR THEIR SERVICE BY CREATING OPPORTUNITIES FOR ALL AMERICANS TO EXPRESS THEIR GRATITUDE."



Join us as we **continue our annual tradition** of creating handwritten cards and letters to show our appreciation and gratitude

Please send all items to HQ by 12/1 E.O.D.

Mail to: *Tire Rack*
Attn: EWP - Operation Gratitude
7101 Vorden Parkway
South Bend, IN 46628

happy,
Thanksgiving

We will be closed on November 27th
Have a Safe and Happy Thanksgiving!



TIRE RACK®

DTU

DISCOUNT TIRE UNIVERSITY



**INTRODUCING THE
NEW AND IMPROVED**

DTU featured on
the Tire Rack KC!



Available
November 1

REFLECT

Learn through self-reflection

The holiday season provides an opportunity to pause, consider what you have learned and cultivate gratitude. Visit the Monthly Feature tile on your web portal or mobile app for tips to build self-awareness and reflect on how far you have come.



Download
the mobile
app today!



1-888-881-5462



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group code: **tirerack**

TIRE RACK
.com

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EMPLOYEE ASSISTANCE

daily gratitude

focus on the good

quote of the day

3 Things I'm Grateful For

Why I'm Grateful

My reflection

expanding your gratitude

People

Experiences

Simple Joys

gratitude prompt

What challenge did I overcome today that I'm grateful for?

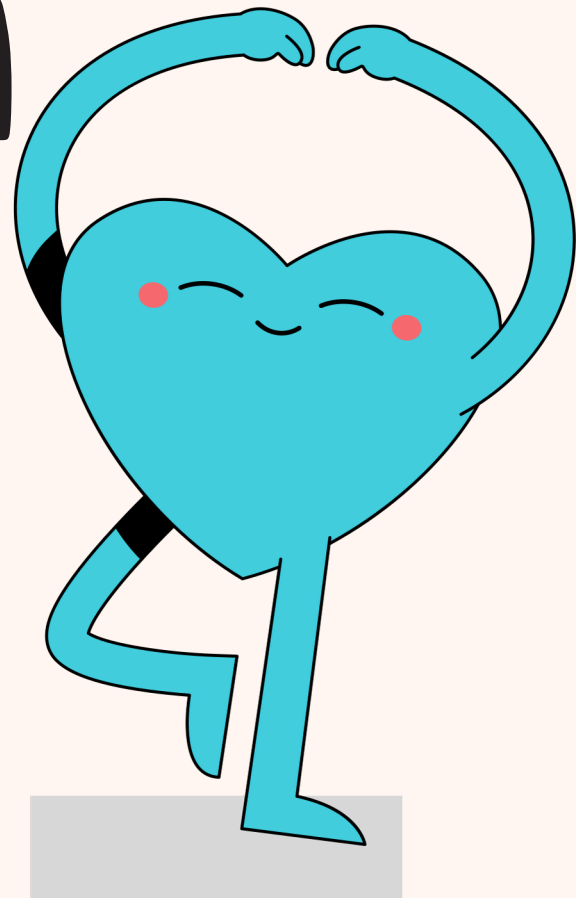
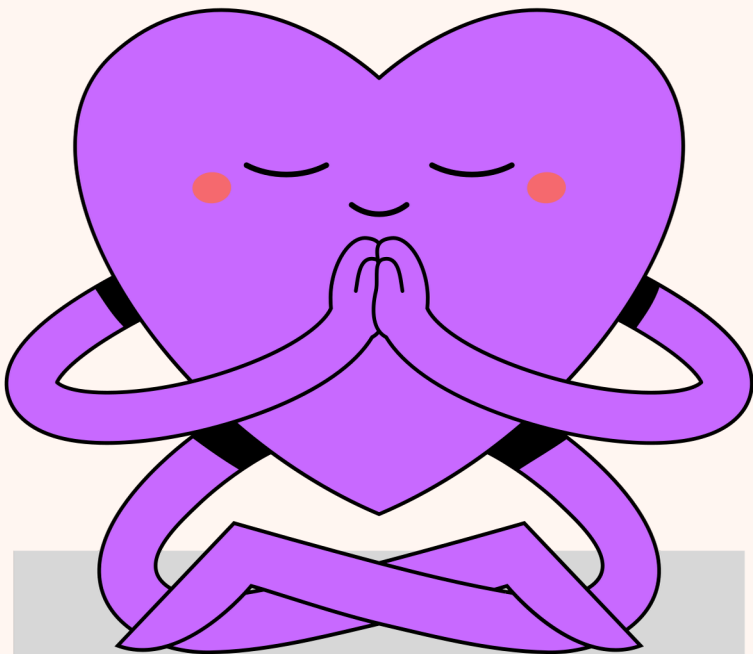
What lesson did I learn today that I'm thankful for?

MOVE WITH PURPOSE

✦ Intention turns motion into transformation

✦ Supports emotional balance

✦ Nourishes the spirit

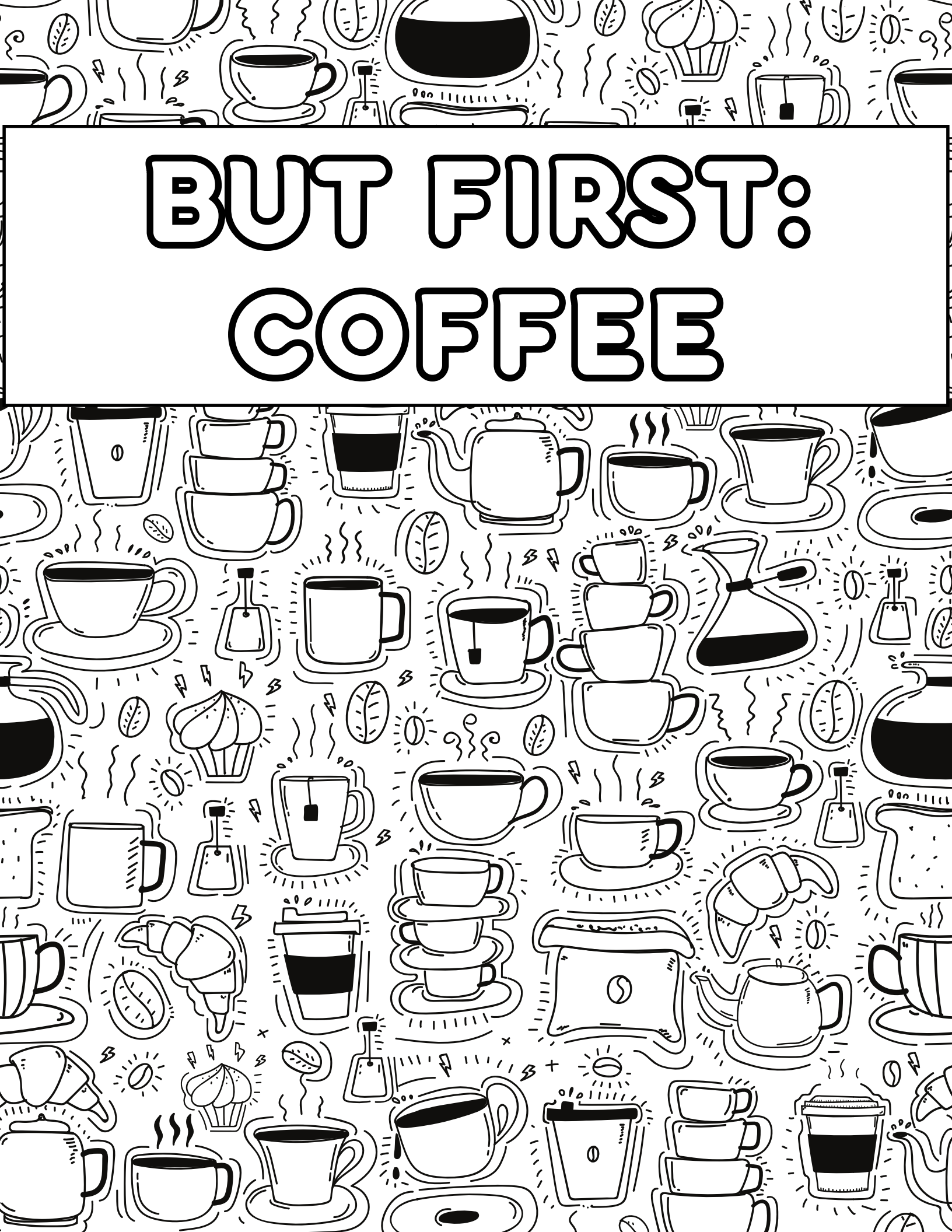


✦ Strengthens the body

✦ Calms your mind

✦ Builds powerful habits

LIVE WITH MEANING



BUT FIRST: COFFEE



Safety Tips for Young Workers

1

Ask Questions

If you are ever unsure of safety procedures or work conditions ask your supervisor. They are there to help!

2

Pay Attention to Training

Your workplace health and safety training is your most valuable tool. Pay attention to the training you are given by your employer, it could save your life one day.

3

Wear Your Safety Gear

The first step to workplace safety is to wear your protective gear. Your employer has asked you to wear those items for the specific purpose of keeping you safe. Wear proper additional protective gear when cleaning up spills, dealing with hazards, etc. as outlined in your health and safety training.

4

Pay Attention to Your Surroundings

Always keep your eyes and ears open for potential hazards in the workplace. Pay attention to the people and machinery around you in order to protect yourself from avoidable hazards.

5

Get Help

If you ever feel a situation is too much to handle on your own ask for help! Never risk your health or safety, ask a co-worker or supervisor to assist you. This includes speaking up if you are asked to complete any task you feel is unsafe.



WHAT'S IN SEASON IN November

This will vary depending on time of the month and where you live.

Apples

Artichokes

Arugula

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celery

Clementines

Cranberries

Dates

Endive

Figs

Garlic

Kale

Leeks

Lettuce

Onions

Parsnips

Pears

Peppers

Persimmons

Potatoes

Pumpkins

Radishes

Squash

Sweet Potato

Swiss Chard

Turnips

Watercress



HOMEMADE SWEET POTATO PIE

INGREDIENTS

- Dough for single-crust pie
- 2 medium sweet potatoes (about 1-1/2 pounds), peeled and cubed
- 1/3 cup butter, softened
- 1/2 cup sugar
- 2 large eggs, lightly beaten
- 3/4 cup evaporated milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- Whipped cream, optional

1. Preheat oven to 425°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate; flute edge. Refrigerate while preparing filling.
2. Place sweet potatoes in a medium saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 13-15 minutes. Drain potatoes; return to pan. Mash until very smooth; cool to room temperature.
3. In a bowl, cream butter and sugar. Add eggs; mix well. Add milk, 2 cups mashed sweet potatoes, vanilla, cinnamon, nutmeg and salt; mix well. Pour into crust. Bake for 15 minutes. Reduce heat to 350°; bake until set or a knife inserted in the center comes out clean, 35-40 minutes. Cool on a wire rack. If desired, serve with whipped cream. Refrigerate leftovers.

Tire Rack Family RECIPES

Join us in collecting your favorite holiday recipes to be distributed in a special edition Tire Rack Family Holiday Recipes Newsletter!

ALL ENTRIES DUE 11/14

PUBLISHED 11/21/25

 Send all recipes to EWP@tirerack.com



TIRE RACK

energize, empower, encourage

COMEDY CORNER

What kind of key doesn't open a door?
A tur-key!

What's a scarecrow's favorite fruit?
Straw-berries

Why do birds fly south after
Thanksgiving?
Because it's too far to walk.

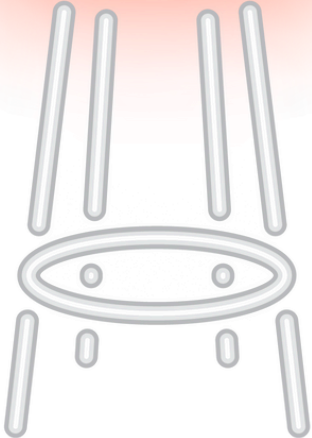
Where do you find a turkey with no
legs?
Exactly where you left it!

What happened when the turkey got
into a fight?
He got the stuffing knocked out of him!
-CN

What's the best way to fix a broken
pumpkin?
Use a pumpkin patch.

What kind of music do Pilgrims listen
to?
Plymouth Rock.

Work Safely - 90% of all people are
caused by accident -BM



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



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE

