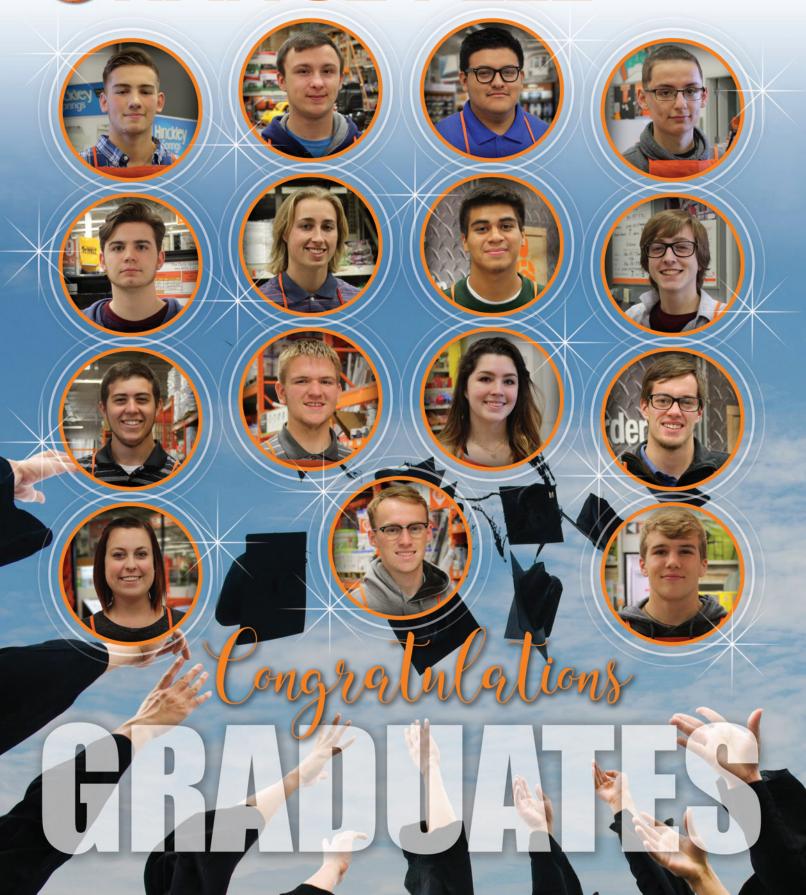


PRANGE PEE

Monthly Newsletter for The Home Depot Store # 8460 • Tiffany Springs Store Manager: Robert Large

Vol. 3, No. 4 | May 2017



DS SPOTLIGHT

Cullen Moriarty / Lumber-Building Materials DS

Cullen started as a part time temporary Lumber/Building Materials associate in March 2012, but was recently promoted to DS of 21/22. He would describe his management style as being flexible, willing to listen to everyone above and below, and working hard to ensure that he can do the exact same thing as his associates. Cullen grew up as a military kid, so even though he's lived in Kansas City for ten years, it still doesn't feel like home. However, he'd recommend Kansas City as a place for others to live because it's a big city with a small town feel. A place Cullen would like to visit again would be the Netherlands, and it's the one European country that he could

see himself living in. If Cullen wasn't working for THD, he'd like to be a GM for an MLB team. He considers himself to be more of a gatherer than a hunter, and to be just a little bit lucky. While he recognizes that he's worked hard for some things, he understands that he's been graced with some great opportunities. A bit of life advice from Cullen would be to not be upset if the smallest thing doesn't go your way. He personally struggles with it. Cullen went to KU for two years, and then couldn't get into his degree program, and, essentially, wasted two years of college. He then transferred to another college of about eight hundred students - a college smaller than his high school! Either way, Cullen feels as though it was the best decision he's ever made. His advice for our recent high school and college graduates would be to never get comfortable and be as flexible as you can.



MET for being the best in the district with an 100% Efficiency Health Score.

ASSOCIATES OF THE MONTH · APRIL 2017



Jamie Salsberry



Nadine Odil



Josh Kucinick



Edward Martinez



Autumn Boyle



Herschel Sampson



Rose Beal, DS91

Rose started as a cashier. She cashiered for two years before becoming a BOA.

- O How long have you been with the company and when did you start?
- A 16 years. April 12, 2001.
- For people who don't live in Kansas City, what would you tell them you love most about living here?
- A All the activites you can do.
- Where's a place you'd like to visit?
- A Ireland.
- What's your dream career?
- A Being an Accountant.
- If you were stranded on a desert island, with whom would you want to be stranded?
- A My husband.
- Are you more of a hunter or a gatherer?
- A Gatherer.
- Q How lucky are you and why?
- A Very, I have a loving family, job and my health. What more do you need?
- What's a bit of life advice you'd like to share?
- A Don't judge a person until you've walked in their shoes.
- What's something we don't know about you?
- A I've helped build 2 houses.
- What advice do you have for our high school and college graduates?
- A Work hard, leave your cell phones in your locker, be on time and don't call out



Clifton Tunley, D94

Clifton started on December 10th last year and started as an OFA.

- Q For people who don't live in Kansas City, what would you tell them you love most about living here?
- A It's affordable.
- Where's a place you'd like to visit?
- A The Vatican.
- What's your dream career?
- A surgeon. I think I've watched enough surgeries to give it a shot.
- Q If you were stranded on a desert island, with whom would you want to be stranded?
- A Jesus.
- Are you more of a hunter or a gatherer?
- A I'm both.
- What's a bit of life advice you'd like to share?
- A Do the right thing always! I know how hard it can be.
- What advice do you have for our high school and college graduates?
- A Be all you can be!

INTRODUCING



Jacob Asher Trembly born 3.16.17 @ 8:05 am 9lb. 2oz., 21in.

Zane Brockhoff, D96

Zane is a lot associate and has been with us for almost four months.

- For people who don't live in Kansas City, what would you tell them you love most about living here?
- A The people. More often than not the people here are very friendly and open.
- Where's a place you'd like to visit?
- A Antarctica.
- What's your dream career?
- A I want to work in IT Security.
- If you were stranded on a desert island, with whom would you want to be stranded?
- A Zack Galifinakis.
- Are you more of a hunter or a gatherer?
- A Hunter, for sure. Carpe diem, my dude.
- Q How lucky are you and why?
- A I'm sooo unlucky! I don't know why or who hates me so much, but I am the most unlucky person that I know. For instance, I was going to Ireland for Spring Break and the day before we were supposed to leave someone hacked into my account and stole two thousand dollars from my account. That was all my money from the trip!
- What's a bit of life advice you'd like to share?
- A Don't be so fast to get mad. It makes life so much more enjoyable.
- What's something we don't know about you?
- A I'm an enormous nerd. Literally, for anything.
- Even though you're still in high school, do you have any advice for our recent high school graduates?
- A Party hard, but study harder. Find your balance.

Customer Feedback:



John went the extra mile in helping us. He not only told us where the product was, he took us to the location. John is always helping Home Depot shoppers in any way he can. You have an excellent employee in John. Thank you John for your superb job well done!!!

Customer Feedback:

Demetria helped me purchase a propane gas tank for my grill and made sure I knew the steps to accessing it at the kiosk. Demetria carefully explained the process. She gave me detailed instructions and was willing to show me how it worked. When I had a question during the process she quickly provided the information I needed.

Customer Feedback:



Abbey took time to understand my project and her knowledge to help make the best choice of the products needed for the 3 doors and labor I needed to get the project done in a timely matter. I would recommend to anyone for great service.

Customer Feedback:



Craig was awesome. He was very patient with me and helped me above and beyond what was expect. VERY PLEASED. I had orginally gone to the Home Depot in Gladstone and got terrible service. But Craig was awesome and I really appreciated him helping me. I am finishing my basement and fairly unknowledgable about it. I had a TON of questions and Craig was able to help clairfy ALL of them. He was full on knowledge and took his time helping me out. I asked the cashier who I could tell about how much Craig helped me and they pointed me toward doing the survey.



KNIFE SAFETY The safety knife is the only knife approved for store use. Cut away from your body and keep your free hand clear. Do not use the knife in place of scissors. Get in Never alter your knife the habit of or blade. changing your blade whenever it becomes dull. **USE YOUR SAFETY KNIFE TO CUT: Boxes** • Stretch Wrap • String





CALF STRETCH

1. Extend one leg in front of you with the foot flexed. 2. Bend your other knee and lean back slightly. Use your hands on your right thigh for support. 3. Keep your upper body upright as you hold the stretch for 10 seconds then switch legs. You should feel the stretch up the back of your extended leg.

- · Benefits include increased range of motion, strength, and reduced back pain.
- Refresh by doing these mid-shift.



1. From a standing position, grab the top of one foot and pull it behind your body.

2. Use your opposite arm to maintain balance. Hold the stretch for 10 seconds and then repeat with the other leg.

- · These help strengthen the tendons and
- You spend a lot of time on your feet, so do these a few times throughout the day.





SHOULDER STRETCH

1. With your feet shoulder width apart, extend your right arm forward at shoulder level. 2. Place your left hand on your right elbow and stretch your right arm toward your left side until slight resistance in your right shoulder. Hold, then switch sides.

- · Benefits include increased strength and flexibility, and reduced soreness
- . Do these after lifting and stretching.



TRICEPS STRETCH

1. Raise one arm with your hand behind your neck, 2. With your other hand, reach behind your head and grab the top of our bent elbow. Slowly pull the elbow behind your head until you feel a stretch in the back of your upper arm. Hold, then switch.

- Benefits include increased strength and flexibility, and reduced sorenes
- · Do these after lifting and reaching

NEW HIRES

AMIT BERRY - Cashier

BRADEN SMITH - Deliveries

CAREY REINSCH - COS

CHRISTOPHER WOOD - Deliveries

GARRETT ELLISON - Garden

TJ HERRINGTON - Deliveries

ANNIVERSARIE

05/03	JOHN G. Electrical/Lighting Associate	4 yrs
05/05	TIM W. Tool Rental Sales Associate	2 yrs
05/07	SAM M. Paint Associate	1 yr
05/12	JACKIE F. Customer Service Associate	9 yrs
05/13	JUANA M. Bilingual Pro Cashier	3 yrs
05/13	TODD M. Pro Department Supervisor	26 yrs
05/14	SHERRIE H. Garden Sales Associate	3 yrs
05/18	JAMIE S. Kitchen & Bath DS	5 yrs
05/19	SONNY S. Plumbing Sales Associate	9 yrs
05/26	ALISON G. PRO Acct Sales Associate	3 yrs
05/28	REGGIE M. Garden Sales Associate	3 yrs

BIRTHDAYS

05/02	JACKIE F.
	Customer Service Associate
05/06	DENNIS A.
	Pro Associate
05/07	BEN T.
	Department Supervisor
05/10	LYLE P.
	Plumbing Sales Associate
05/11	RON F.
	Hardware Sales Associate/Greeter
05/13	BRIAN S.
	Head Cashier
05/15	CONNOR B.
	Cashier
05/19	GARY B.
	Garden Sales Associate
05/21	PAUL H.
	Lot/Loading Associate
05/21	STACY M.
	Receiving Supervisor
05/27	NORIA G.
	Tool Rental Sales Associate
05/29	MEGAN E.
	Freight Team Associate



CHEST STRETCH

DO THIS.

1. With your feet shoulder width apart, place your hands behind your head.

2. Squeeze your shoulder blades together by moving both of your elbows back until you feel slight resistance in your chest. (For an increased stretch, lift your elbows higher.) 3. Hold for 10 seconds, then repeat.

- · Benefits include increased range of motion and improved posture
- Do these whenever lifting or working while bent over

