



KROGER TIMES AT NORTSHORE DRIVE!

President Obama Goes Krogering!



Preparations began days in advance of President Obama's health care reform Town Hall, which took place July 29, 2009 in the Bristol, Va., Kroger store. More than 120 store associates and others worked hard for several days to prepare for the big event. They were excited to welcome the President and join the important discussion. Mid-Atlantic Division President Jay Cummins introduced the President. "We have a saying at Kroger that 'Our People Are Great,' and our talented team has proven that once again with their attitude, dedication and teamwork," said Jay. "Town Hall meetings have been a part of our democratic society since before our nation was formed. We at Kroger are deeply honored to be part of this important discussion today." After the introductions, President Obama thanked Kroger and the store associates for hosting the event. The President mentioned he doesn't get to do much grocery shopping anymore, and it's something he misses. Then, the Town Hall began. The associates asked several questions that were on their minds, and many were featured on national news programs throughout the day. After the meeting, President Obama stayed behind to eat a fresh peach from the produce department. Realizing he was out of money to pay for the peach, he turned to his assistant, asked him for a dollar and gave it to Dave Dillon, who in turn gave it to Store Manager Rick Caldwell. Rick said he will frame the dollar and hang it in the store. Kroger was honored to provide the venue for this historic visit by President Barack Obama and to be part of the important discussion on health care reform. A replay of the entire Town Hall meeting can be found on C-SPAN.org. KTV recorded the Town Hall meeting and will make it available on KTV soon. Please watch for details on when it is available.

KEY PEOPLE IN OUR STORE:

- Store Manager.....Ted Mills**
- Front End.....Holly Lawson
- Fuel.....Elizabeth Brakebill
- Starbucks.....Tampa Newport
- Pharmacy.....Kristie Hutchinson
- Floral.....Kim Jones
- Produce.....Mike Beckham
- Nutrition.....Chris Coning
- Deli.....John Pugh
- Cheese Shop.....Belinda Brackett
- Bakery.....Debbie Moody
- Seafood.....Alex Kandilakis
- Meat.....Chuck Breeden
- Drug G.M.....Karen Lindsay
- Grocery.....Ray Caldwell
- Frozen Food.....Gordon Smith
- Dairy.....Jeff Trentham

August Anniversaries

<u>Name</u>	<u>Date</u>
Kate Harrod	8/01/04
Sharon Hargrove	8/01/06
Debbie Moody	8/02/75
Belinda Brackett	8/02/90
Nicole Jones	8/04/08
Ed Durham	8/11/05
Amie Leonard	8/13/06
Michael Malek	8/14/08
Karen Lindsay	8/15/96
Matt Fritz	8/15/08
Nathan Fritz	8/19/08
Andrew Reinerio	8/20/08
Josh Reinerio	8/20/08
Billie Riggs	8/23/75
Dana Fulkerson	8/25/99
Josh McKeel	8/28/08



August Birthdays

<u>Name</u>	<u>Date</u>
Mitchell Honey	8/01
Erin Greene	8/02
Amanda Cales	8/02
Claire Dodson	8/02
Gordon Smith	8/04
Karie Ely	8/04
Marla Orchid	8/05
Whitley Cole	8/11
Kay Knight	8/12
Hasmukhbhai Patel	8/16
Andy Abraham	8/20
Karen Lindsay	8/26
Joyce Jarman	8/27



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 Nationwide is now offering employees a
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 50 Yard Line, Front Row, Center Stage...
 To most people this sounds like just a fantasy, but at Dream Seats
 they make it possible for everyone to experience!
 Whether it's the "Big Game", the Hottest Show of the year or even
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 Call now to get a 5% discount and enjoy the experience!

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 July 1 - November 30, 2009. PHONE ORDERS ONLY.

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 seating to popular and sold out events nationwide. They are in no way
 affiliated with any box office or ticketing company. Their prices reflect
 the cost of obtaining the best possible seats as well as the event,
 supply, demand and seat location.

Your Newsletter is on the Web

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 a Brand New Look, at
<http://your525newsletter.yolasite.com>.

Be sure to check it out and drop me a line to share
 your comments and suggestions with me about how
 to improve the site or what you would like to see. I
 would love to hear from you!



New Web Address:



As Part Of Kroger's Core Values, We Have Created An Inclusion Council Help Make Our Store The Best That It Can Be For Both Our Associates And Our Customers. Here Is The Goal Of The Kroger Inclusion Council: Your Voice Matters, Working Together Works, Encouraging Everyone's Involvement, Being The Best Person You Can Be.

The Council Includes 12 Associates Throughout Store That Would Like To Hear Your Comments, Suggestions, Concerns and Ideas So That You Have A "Voice" In The Store.

KROGER 525 INCLUSION COUNCIL MEMBERS

- Alex Kandilakis.....Meat/Seafood
- Alice Pinckard.....Front End
- Andy Abraham.....Grocery
- Betty Noe.....Front End
- Danielle Allen.....Management
- Debbie Moody.....Bakery
- Doug Flynn.....Accounting
- Ed Durham.....Fuel
- Mechelle Hawkins.....Deli
- Mitchell Honey.....Produce
- Sherri Breeden.....Drug G/M
- Tampa Newport.....Starbucks

Shining Stars Period 6 Winners



Being Customer First Really Pays! Just ask Alice Pinckard, Joseph Barnett, Josh McKeel, Lora Huffman or Sandi Shaw. Each of these employees has won a \$20 Gift Card just for being recognized as being Customer First in the Shining Stars 6th Period Drawing. Congratulations to each of these OUTSTANDING Employees.



Store 525's Shining Stars!



Autumn Light
By: Timothy Sorsdahl

August Happenings

- Aug 1, 1969: THE BIRTH OF THE INTERNET**
- Aug 2, 1909: THE LINCOLN PENNY ISSUED**
- Aug 5, 1884: LADY LIBERTY'S CORNER STONE**
- Aug 10, 1846: THE SMITHSONIAN INSTITUTE WAS FOUNDED**
- Aug 17, 1786: DAVY CROCKETT'S BIRTHDAY**
- Aug 19, 1871: ORVILLE WRIGHT'S BIRTHDAY**
- Aug 21, 1959: HAWAII BECOMES THE 50th STATE**



Employee Assistance Program Visit www.MagellanHealth.com/member or call 1-800-547-1442 for information, referrals and support on topics such as:

- Family
- Work-Life Balance
- Stress
- Health and Wellness
- Relationship Issues
- Grief and Loss
- Depression and Anxiety
- Alcohol or Drug Concerns



Keep Life Moving...

Buying a home?
 Moving into an apartment?
 Purchasing or leasing a car?
 Verifying past employment?

You will need proof of your employment or income.

So be sure to visit

www.theworknumber.com

or Call 1-800-367-2884

You will need:

- Employer Code 10575
- Your SSN
- Your PIN

From The Vault of Fred Meyers



From the Vault items are specially priced online items for Associates only and reflect a savings greater than the everyday Associate 20% discount.

Here is the Fred Meyer Vault Special for the month of August

Peridot Leverback Earrings in 14K Yellow Gold



Regular Price \$155

From the Vault Price \$59
 (*includes free 2nd day shipping \$5.95 value)

Fred Meyer **JEWELERS**

"For All Those Special Times"

Available online only

Use online discount code: 9KREPA65

Visit www.fredmeyerjewelers.com/vault Offer valid 8/1/09 – 8/31/09

Cannot be combined with any other offer or discount

While Supplies Last

Peridot Occasions:

August's Birthstone

16th Wedding Anniversary

THINK SHRINK: SHRINK SMARTS



What is Cold Chain Management?

Cold Chain Management is the process of keeping perishable product at the correct temperature from the moment it arrives in the moment it arrives in the store until the moment it is sold and leaves the store. This prevents harmful bacteria from growing which could reduce shelf life or even cause illness.

How can properly maintaining the Cold Chain decrease shrink?

- Watch for product that has been left out of refrigeration by customers on the sales floor. Make certain these products have maintained the cold chain guidelines and return these items to their proper place immediately.
- Look for cooler/freezer doors that have been left open in the backroom. Make sure no associates are inside, and then close the doors.

**The Shrink Topic For The 7th Period Is...
Cold Chain Management**



NOBODY LIKES SHRINK

Give your entry form to a member of management.



Period 7 Safety Topic:

Hazard Awareness

“Working together, we can develop a culture that will reduce accidents to zero.”
Safety Creed

Cuts and lacerations don't just come from knives and cutting equipment. Be aware of cut hazards throughout our store.

Prevent Cuts and Lacerations By:

- Being careful when cleaning up broken glass.
- Staying alert for sharp, jagged or frayed edges that could pose a cut hazard.
- Reporting any cut hazards to a member of management.
- Wearing the right personal protective equipment (PPE) and following procedure when handling sharp objects.

PERIOD 7 Cold Chain Management

Part of your job to communicate opportunities in your store!



How to Maintain the Cold Chain

- Move climate-sensitive product directly into a cooler/freezer upon receiving it. This will ensure the temperature of the product does not rise and shorten the life of the product.
- Do no pull more product than you can stock at one time. Never leave the cart out of refrigeration while you are on lunch or break.
- Adhere to load limits in cases. This will allow for proper circulation of cold air, which will keep our products fresh.

Fill out this quiz for your chance to **Win a \$5 In-Store Gift Card**

NAME _____

DEPARTMENT _____

Pop Quiz Circle the correct answer for each of the following

- Which drug is stored in the refrigerator in the pharmacy?
A. Ambien B. Nexium C. Phenergan Suppositories D. Viagra
- Cold Chain Management involves?
A. Observing load limits
B. Monitoring temperatures
C. Storing products in their location upon delivery
D. All of the above
- The temperature danger zone is the temperature range at which bacteria thrive. This range is:
A. 41°F - 140°F B. Above 145°F C. 53°F - 125°F D. None of the above

TALK TO US
1-800-689-4609

If you have concerns or questions about losses at our store, talk with your manager. If you'd rather report your concerns confidentially, call the help line. It's confidential and available 24 hours a day.





Get On Track!

Our Customers

expect us to be our very best every time they shop!



Our People Are Great!

- Friendly Cashiers & Courtesy Clerks
- Friendly Associates throughout the store
- Associates who offer assistance and are thankful



I Get the Products I Want, Plus a Little:

- Fresh perishables throughout the store
- In stock on items Customers want when they shop
- Variety and selection of items throughout the store



Our Prices Are Good:

- In stock on all ad items
- Displays on items that are priced with a value to the customer
- Good variety of store branded products
- Engaging with customers on our great prices. Weekly specials, Yellow Tags, Double Coupons, Senior Citizen Discounts, Gas Awards, Plus Card Rewards, etc.



Shopping Experience that makes me want to return:

- Friendly and efficient checkout
- Clean and uncluttered store
- Convenient to shop-ease of getting in and out of the store
- Worth the time and money-helping customer feel good about their shopping experience



Green Living!

Check out these "Green" tips to see what Kroger is doing to help our planet, and to find ideas for what you can do.

CONSERVE ENERGY:

WE ARE...Replacing all lighting in stores with CFL or LED lights, plus installing skylights in new stores.

YOU CAN...Turn lights off when leaving the room. Put your electronics on a power strip, and then shut off when not using, or use timers to automatically shut off lights at night.

REDUCE WASTE:

WE HAVE...Removed plastic lids from yogurt cups. This will save an estimated 1 million pounds of plastic from our ecosystem.

YOU CAN...Bring your lunch to work. That will cut down on take-out boxes and utensils being used.

ENGAGE OTHERS:

WE HAVE...An Energy Champion at each store to lead education efforts and look for new ways to reduce our natural resource consumption.

YOU CAN...Engage your family and friends. Start carpooling and recycling. Make an effort to reduce natural consumption.

REUSE AND RECYCLE BAGS:

WE ARE...Recycling waste from inside the store, such as cardboard, plastic, glass and other materials, by placing bins in stores to recycle plastics.

YOU CAN...Bring in your old plastic bags, and place them in the recycling bins in front of the store. Pick up reusable bags for your groceries.

CONSERVE FUEL:

WE ARE...Improving miles per gallon on trucks by adjusting engine idle time, gear speed settings and setting recommended top speeds of 62 miles per hour or the state limit (if lower).

YOU CAN...Combine your car trips, walk or ride your bike. Check the tire pressure on your car regularly.

CONSERVE WATER:

WE HAVE...Begun installing "low-flow" nozzles on the sinks in restrooms

YOU CAN...Take a shower, not a bath. A five-minute shower uses 1/3 less water. Wash full loads of laundry and dishes, then air-dry the dishes.

REDUCE TOXINS:

WE HAVE...Natural alternative cleaners available in stores for families looking for natural, non-toxic cleaners to use in their homes.

YOU CAN...Use cleaning products that are biodegradable and non-toxic. This will help the environment, your home and your health.