

9-1-17

JEFF Mittelstedt Work Experience

Driver 2-16 to 5-16

First Fleet

1900 8th Drive NE

Austin MN Supervisor & Liaison

507-396-4580 Pkg: 36m2a

Drove CMV pulling 53ft. dry ~~want~~ trailers

Performed vehicle inspections. Drop and

hook trailers. Interact with customers

on a daily basis. Inter interaction into

a electronic logging system.

Left company because it was basically providing

full time work.

7-1-77

JEFF MITCHELL Work Experience

Driver 7-12 to 2-16

Minnesota Metals

PO Box 207

Spring Valley, MN 55775 Supervisor: Chris

507-346-2731 pay: \$37/week

Drove CNV pulling 40ft Flatbed, Performed vehicle inspections. Perform vehicle repairs.

Delivered finished products to a wide variety of customers. Maintained daily paper logs and trip sheets

Left company because it started to be too many unpaid events out east waiting for backhauled.



Preliminary Questions

For CMG use only

Name: Jeff Mittelstadt

Date: 9-1-17

1. If hired are you willing to take a drug test? YES
2. Do you have any known food allergies to soy, wheat, peanuts, or milk? NO
3. Are you able to work with pork? YES
4. Which plant do you prefer? OPEN
5. What shift do you prefer? OPEN

To be completed during interview only

Date of interview 9/1/17

→ Have you ever been convicted of a crime? Yes No X

Explain

Incident _____

→ Employee Signature Jeff Mittelstadt

Interviewer Signature _____

Name: Jeff Mittelstedt

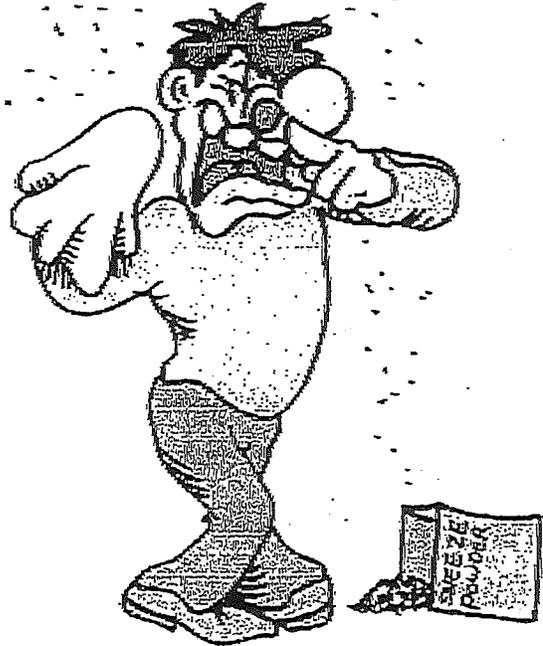
Achoo!

by Cynthia Sherwood

Achoo! We all sneeze sometimes. Sneezing is a reflex that your body does automatically. That means you cannot make yourself sneeze or stop one once it has started. When you sneeze, your body is trying to get rid of bad things in your nose, such as bacteria. You have extra germs when you have a cold, so you sneeze a lot more. You might also sneeze when you smell pepper!

Inside your nose, there are hundreds of tiny hairs. These hairs filter the air you breathe. Sometimes dust and pollen find their way through these hairs and bother your nasal passages. The nerves in the lining of your nose tell your brain that something is invading your body:

Your brain, lungs, nose, mouth, and the muscles of your upper body work together to blow away the invaders with a sneeze. When you sneeze, germs from your nose get blown into the air. Using a tissue or "sneezing into your sleeve" captures most of these germs. It is very important to wash your hands after you sneeze into them, especially during cold and flu season.



Do you ever sneeze when you walk into bright sunlight? Some people say that happens to them often. Scientists believe the UV rays of the sun irritate the nose lining of these people so they sneeze.

If someone nearby sneezes, remember to tell them "Gesundheit!" That is a funny-looking word which is pronounced "gezz-oont-hite." It is the German word that wishes someone good health after sneezing.