

A Halloween-themed illustration. On the left is a black silhouette of a haunted house with several windows glowing with orange light. In the center, a large, glowing white jack-o'-lantern with a smiling face and black eyes is surrounded by several black bat silhouettes. To the right, a black silhouette of a witch with a pointed hat is flying on a broomstick, pointing towards the jack-o'-lantern. In the foreground, a black silhouette of a dog is visible. The background is a dark blue gradient.

Happy Halloween from KR Contracting!

Welcome KR Contracting's first Corporate newsletter! We would like to start by welcoming our new team members at Tycon and Skyline for the Lot 5 contract. We are happy to have you with us! This issue is the first of many to come and we hope to make this a quarterly event, highlighting not only KRC, but also our team members who are the backbone of our business.

It's been an exciting year for KRC with four new contracts which has tripled the company size. With the strength of our PSO's services over the past year that continue to provide the fuel for the growth and success of KR Contracting.

Regardless of the site location, we are expected to perform at our very best at all times for the client, the company and for each other. One of my goals is to promote communication within the company throughout the organization so that employees stay informed. One of the ways we are doing this is my enhancing the employee portal on the company web site. Also, myself and members of the Corporate back office plan to make site visits so that we can have a chance to meet more of our officers and express our appreciation face to face. It is important to me, as I hope it is to you that we work together as the organization continues to expand. Since starting KR Contracting, it has truly been a pleasure to interact with employees who have had and continue to have a positive impact with our clients. I thank you for investing your hard work and talent into KRC and into our future.

President and CEO

Bruce Kuhlman Jr.

Get to Know Us

Bruce Kuhlman

President and CEO

Bruce started KR Contracting in 2011 with unarmored State and commercial contracts. A fun fact about Bruce is that his favorite movie is "The Thing" starring Kurt Russell. Bruce's favorite Halloween costume as a kid was a ninja and he remembers always wanting to be a ninja when he grew up.

Sandra Saltzman

Compliance Specialist

Sandy has been with KR Contracting for almost 2 years. A fun fact about Sandy is that she held a Class A license in the State of Oregon to drive buses and log trucks. As a kid she loved dressing up as a vampire for Halloween.

Melanie Swogger

Recruiting Coordinator

Melanie has been with KR Contracting for 7 months. A fun fact about Melanie is that her favorite color is purple which is why her favorite Halloween costume as a kid was being a witch because she always thought magic was cool and still does. Must be that Harry Potter influence!

Katie Johnson

Human Resources Assistant

Katie has been with KR Contracting for 2 months. A fun fact about Katie is that she can do a wonderful goat impression. Her favorite costume as a kid was when she stabbed a fake knife through a Froot Loops box and labeled herself as a "cereal killer".

Hunter Kuhlman

Accounts Manager

Hunter has been with KR Contracting for 2 years. He was born in Yuma, Arizona where his father was stationed while serving in the Marine Corps. Hunter's favorite Halloween costume as a kid was when he, "created one of a white shirt covered in fake blood and dirt, being attacked by a giant stuffed bunny that was taped to his shoulder".

Un-Boo-Lievable Pumpkin Bread

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1-1/2 sticks (3/4 cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin

-Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour

-In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.

- In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin.

- Add the flour mixture and mix on low speed until combined.

- Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

Upcoming Events

Open Enrollment will begin on November 1-30th 2019

Details coming soon with plan options and changes

Wreaths Across America at Arlington National Cemetery

Saturday, December 14th, 2019

Health and Wellness

Daylight Savings Time ends Sunday, November 3rd. Don't forget to turn those clocks back 1 hour! Here are some tips to help adjust to the time change!

1. Wake Up at a Normal Time Sunday Morning

Many people see the extra hour as an excuse to stay up later and sleep in longer. Instead, try to get up at the same time. Use the extra hour to go for a morning walk or make a hearty breakfast.

2. Eat Well and Exercise

Speaking of morning walks and breakfast, an active lifestyle and a healthy diet can work wonders for your sleep. With the cooler temps and the changing of the leaves, it's the perfect time to enjoy the outdoors.

3. Get a Good Night's Sleep Sunday Night

Still have extra time to kill Sunday? Use it to turn your bedroom into a full-fledged sleep zone. Make it a goal to maintain your usual bedtime, even though the sun goes down earlier.



Love working for KR Contracting and know someone who will love it too? Have them visit our web page at www.krcont.com/careers to view available opportunities

