

Tri-Stater

VOLUME III, ISSUE III

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SEPTEMBER 2019



There is a unique new truck in the fleet!

Tri-State recently rolled out its new "Folds Of Honor" truck in mid-June with a special one-of-a-kind graphics wrap.

The 2020 Kenworth T680 has a striking red-white-blue themed wrap. Aside from the Tri-State logo, it also includes the very classy white star on blue triangle Folds Of Honor logo on the truck sides.

Tri-State is a proud sponsor of Folds Of Honor, a non-profit organization dedicated to honoring and providing scholarships for the children of America's fallen, as well as service-disabled veterans.

Two veterans, Ken Williams and Kenneth Armstrong --- otherwise known around the Company as "The Two Kens" --- are the team Drivers assigned to the FOH truck. Ken Williams still serves as a Master Sergeant in the US Army Reserve, and he is nearing the end of a storied 30-year career.



FOLDS of HONOR

Our valued customers have voiced a wide range of very positive comments and remarks whenever the FOH truck has arrived at their locations. This is particularly true at military bases and facilities across the nation. Other parties have also made requests for the truck to be used in special events, etc.

The FOH truck was recently on display August 22-24 at the Great American Truck Show in Dallas, TX in Tri-State's booth to help attract and recruit new, experienced Drivers.

In attendance were Tim Douglass and



Michael Fisk, both of whom planned and organized the booth display. Also present was Kenneth Armstrong, who cleaned and detailed the FOH truck, and also assisted in the recruiting effort.

If you see the Folds of Honor truck in your travels, take a minute to view the special graphics wrap, and say hello to The Two Kens at the same time.

FOLDS OF HONOR MISSION

Since 2007, the Folds of Honor has carried forth its singular, noble mission: to provide educational scholarships to spouses and children of America's fallen and disabled service-members.

HONOR THEIR SACRIFICE.
HONOR THEIR SACKIFICE
EDUCATE THEIR LEGACY.
EDUCATE THEIR LEGACY



By: Kenneth Armstrong, Professional Driver

Tri-Stater

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PATRAM 2019

AUGUST 4-9 | New Orleans Marriott | New Orleans, LA, USA

PATRAM, the International Symposium on the Packaging and Transportation of Radioactive Materials, was held in New Orleans, LA on August 5th–9th, 2019. This conference only occurs once every three years, alternating to different locations throughout the world. It comes back to the U.S once every 6 years.

PATRAM is an event to help extend professional networks and build stronger connections between colleagues. It encompasses representatives from various companies based all over the world that are involved with handling nuclear material or anything ancillary to that.

Multiple panel sessions were held on a variety of subjects to inspire companies' work and to expand their knowledge of the industry.

Our Tri-State representatives that attended the event were Don Welchoff, Donnie Lester and Mark McDermott.

There were people from several companies that Tri-State is familiar with, including the DOE (Department of Energy) and the NRC (Nuclear Regulatory Commission). There were also companies there that possess transportation arms such as Energy Solutions and RSB Logistics, but Tri-State was the only "Pure Transportation" company in attendance.



Mark McDermott, Loudon, TN Terminal Manager & Donnie Lester, VP, Safety

As shown by the picture, Tri-State set up a large area with a booth, table and chairs in the conference area.

Tri-State also co-sponsored the refreshment breaks throughout the 5 day event.

This conference gave us great international exposure.

The next PATRAM conference will be held in the year 2022 and the location will be the French Riviera.

I wonder if someone will be lucky enough to represent Tri-State in the Riviera???

Current Sponsors & Exhibitors:



email: mark.mcdermott@roadmastergroup.com

Tri-State Receives the National Defense Transportation Association (NDTA) 2019 Corporate Distinguished Service Award

Since World War II, the National Defense Transportation Association (NDTA) has served our country's national defense and homeland security as a trusted environment where government, military, and private sector professionals can solve pressing challenges in the fields of logistics, transportation, and passenger travel services.

NDTA is a non-political, non-profit educational organization. Their three priorities are to:

- Maintain that "trusted environment" by facilitating strong working relationships, education, and the exchange of ideas
- Invest in programs and capabilities that provide value to our corporate and individual members, and help develop the next generation of professionals
- Serve the broader national security interest through a new focus on all government stakeholders in logistics, transportation, and passenger travel.



Tri-State has been a member of NDTA since the late 1980's. It is with great honor that we will receive this 2019 NDTA Corporate Distinguished Service Award.

This award recognizes NDTA Corporate Members who have provided outstanding service in support of NDTA's goals and programs.

CRITERIA: Participation in local chapter activities and at National Committee level, contribution to the NDTA foundation and involvement in NDTA-hosted exhibitions, conferences, symposia, workshops and forums.

The award letter we received (shown below) states that they will be presenting us with the award during the NDTA-USTRANSCOM Fall Meeting in October.

By the Numbers

- 233 corporate members
- More than 5,500 individual members
- More than 30 active chapters worldwide
- Six functional committees
- \$231,000 in student scholarships at the national level in the past 6 years
- Tens of thousands of dollars more awarded every year by NDTA chapters
- 2 Premier national events – NDTA-USTRANSCOM Fall Meeting and GovTravels

NDTA

THE NATIONAL DEFENSE TRANSPORTATION ASSOCIATION

THE ASSOCIATION FOR GLOBAL LOGISTICS AND TRANSPORTATION

50 South Pickett St., Suite 220 | Alexandria, VA 22304 | 703-751-6011 | F 703-823-8761 | www.ndtahq.com

Chairman of the Board
John W. Dietrich
President and CEO
VADM William A. Brown, USN (Ret.)

August 15, 2019

Chairman's Circle Members
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AerCapital, LLC
Agility Defense & Government Services PLUS
ATF Worldwide Logistics, Inc. PLUS
American President Lines, LLC PLUS
American Railcar Roll-off Center (AROC) PLUS
Aramark International, Inc.
ARTIMAX PLUS
Arescote Rail Holdings
Atlas Air Worldwide Holdings PLUS
Bentley Motor Express, LLC PLUS
Berry Aviation, Inc.
BNSF Railway
Boyle Transportation PLUS
British Airways
Central Gulf Lines
Chapman Freeborn & Associates, Inc. PLUS
Choice Hotels International
CNA Worldwide Logistics, LLC PLUS
Crescent PLUS
CXA Transportation
CWT/Travel
Delta PLUS
DCC International
DHL Express PLUS
Echo Global Logistics, Inc.
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Transportation Institute
Tri-State PLUS
U.S. Bank Freight Payment
Union Pacific Railroad
United Airlines PLUS
UPS
US Owen PLUS
Western Global Airlines PLUS
Wyndham Hotels & Resorts, Inc.

Mr. Don Welchoff
Executive Vice President
Tri-State
17235 N 75th Ave
D175
Glendale, AZ 85308

Dear Mr. Welchoff,

It is my distinct pleasure to inform you that the NDTA has selected Tri-State as a recipient of the 2019 "NDTA Corporate Distinguished Service Award." This award is presented to your company in recognition of its invaluable support of the goals and aims of NDTA.

The award is to be presented during the NDTA-USTRANSCOM Fall Meeting on Wednesday, October 9, 8:00am-9:00am, in the Grand Ballroom, of the St. Louis Union Station Hotel.

Please advise us if you will be able to accept this award in person, or who will be able to accept this award on Tri-State's behalf, via email message to Leah Ashe at leah@ndtahq.com by September 16, 2019.

The Board of Directors of NDTA express their sincere appreciation for your support of NDTA's programs. We look forward to hearing from you and seeing you at the meeting.

Sincerely,

William A. Brown

William A. Brown
Vice Admiral, USN (Ret.)
President and CEO

WAB/lja



There is an Angel among us!! A true angel. His name is Clyde Nelson and he is one of our great Drivers for our drom division, AATCO.

On September 26, 2019, Donnie Lester, VP of Safety, presented Clyde with the Truckload Carriers Association Highway Angel Honor, for his heroic, life-saving efforts during an emergency at the Joplin, MO terminal involving another of our Tri-State members, Jeannie Sullenger.



Since its inception in 1997, TCA's Highway Angel program has recognized professional Truck drivers for the exemplary courtesy and courage they have shown others while on North America's roadways. Their good deeds range from simple acts of kindness, such as fixing a flat tire, to heroic life-saving efforts, such as pulling someone from a burning vehicle and administering CPR.

Highway Angels are nominated by their employers, fellow professional truck drivers, or the motorists they have assisted. Once nominated, TCA investigates and verifies the details involved before recognizing the driver as a Highway Angel.

If you would like to read other heroic driver's stories, go to TCA's website at www.truckload.org/highway-angel/.



Pictured above (left to right): Jeannie Sullenger, Safety, Clyde Nelson, Driver and Highway Angel, Donnie Lester, Safety, Dale Jones, Droms and Gary McCandless, Droms

LOUDON, TN TERMINAL



Front of the terminal building

In 2008, the Management of Tri-State asked Twyla and Mark McDermott, who at that time were based in our Joplin, MO office, to move to Tennessee to manage a large DOE/NRC project that Tri-State had been contracted to do.

The project was going to require a lot of attention and close supervision. It was a 5 year contract, and the plan was for Twyla and Mark to return to Joplin at its end.

When they arrived in Tennessee, one thing they knew was that Tri-State had lost a lot of ground in the DOE market, especially in the Oak Ridge, TN area, due to several factors, including a lack of presence. So they set out to regain some of that market, as they were not willing to hang their hats on this one project. As it turned out that was the right course of action because that particular contract never quite came to its projected outcome.

With support and help from a lot of people they added Driver Teams and regained some ground with old customers, along with gaining new customers. Tri-State's share of the market grew.

In 2016 with Roadmaster Group's acquisition of Tri-State, there was a massive injection of resources and support which contributed to more growth in their operation and market share.

During this time period, the terminal was located in Harriman, Tennessee.



The old TSMT sign still stands

Roadmaster Group wanted all of Tri-State's facilities to be state-of-the-art and modern with an emphasis on quality for the Drivers. With that in mind, and with other contributing factors it was decided that they needed to move to a new location within the area. On July 28, 2017, they closed the doors in Harriman and moved to their current location in Loudon, TN. The building and grounds they relocated to needed a lot of work in order to get to the standards that John Wilbur and Roadmaster Group were looking for. It took about a year and a lot of work to complete, but it is now a modern, functional facility that the company is very proud of. The Loudon employees are definitely proud and very thankful for it.

Loudon is a full service terminal with both truck and trailer repair as well as fabrication, painting capabilities and a quality mechanic with decades of experience who receives the additional support of



Back Row, left to right—Mark McDermott, Twyla McDermott, Marshall Hufham, Eddie Kindrick, Steve Clack

Front Row, left to right—Kim Steinle, Leslie Lombardo, Tim Cox



Large rock landscaping in the front of the terminal



local drivers who assist him in the shop .

They continue to concentrate on the DOE/commercial radioactive market, but have also started overseeing some special hazwaste projects and customers, with an eye on growth in both of these areas. Their group consists of:

Mark McDermott

Twyla McDermott

Kim Steinle (works at the Ger-
ing, NE office)

Leslie Lombardo

Tim Cox

Eddie Kindrick

Marshall Hufham

Steve Clack

They all wear several hats throughout the day and night, and they all pitch in to make it all come together.

DRIVE LINE

When it comes to the Golden Rule, attitude is everything...

Being the driving professionals we are at Tri-State, we all have a sizeable collection of stories about other not-so-good drivers --- you know, the rude, inconsiderate, all-about-me crowd --- the ones who can turn your otherwise happy, peaceful driving day into a real character builder.

You know the drill — of how those not-so-good drivers, through their thoughtless and uncaring acts, test your good patience and adult decorum. What we're talking about here is the lack of basic driver etiquette at truck stops. And it affects all of us, one way or another.

And, be honest here, have you ever found yourself voicing displeasure, or shaking your head in outright disgust, when you see thoughtless acts of really bad driver behavior?

Well, join the club, because you can take cold comfort in knowing that you are not alone.

Yes, there are the unwritten rules that spell out the basics of truck stop etiquette. And those rules have been around for years and years. All basic common sense stuff.

We all know there is nothing gained in venting your spleen via CB radio, as it only makes a bad situation worse, or hardens up the attitude of others.

That said, there is a course of action we professional Tri-State drivers can take in situations like this --- just take the high ground, and set a good leadership example for others to follow. And we can also do more.

1. Remember the Golden Rule. Treat others the same way you expect to be treated. When it comes to following the Golden Rule, attitude is everything.

2. Never block fuel pumps at fueling islands. After you fuel, always pull your rig forward, if you can, so the guy behind you can fuel. You have about 8-10 minutes to go inside to take care of business. If you cannot pull forward after fueling, you have even less time available. And if you're going to take longer getting things done inside, then you really need to park your rig elsewhere.

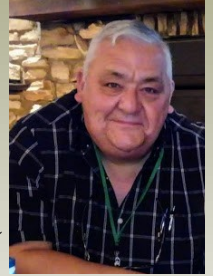
3. Bobtails should never park in spaces designed for tractor/trailers --- the key words here are, should never --- though we know it's sometimes unavoidable. Ask another bobtail driver if you can both share the same space. We all know how precious parking spaces can be at the end of a long day --- and others appreciate bobtail drivers who think smart and respect the other guy.

4. Always try to avoid parking in an end spot adjacent to a row access lane. You could get hit by an inattentive driver. If you absolutely have to park in an end spot, minimize your exposure, leave your clearance lights on!

5. Don't park your rig where it may block access to emergency vehicles, interfere with other drivers, or where parking is prohibited.

6. And remember, please, please, please - leave no garbage or trucker "bombs" dumped on the ground. Always use the garbage can.

BY: Kenneth (Ken) Armstrong Tk 205046. He and his wife, Sara Jo, reside in North Augusta, SC



7. Always leave a gratuity for the shower attendant after having a shower --- it's a respect and courtesy thing --- and while they may not remember your name, they'll most certainly remember you.

Yes, there are several other unwritten truck stop courtesy rules, but they are always consistent in one thing --- follow the Golden Rule --- **it's not just about doing things right, it also about doing the right thing.**

More than ever before, we drivers are measured by how we act, and what we do, rather than what we say. This is especially true in the public eye.

Thus, if we Tri-State drivers take the high ground, set a positive example for others, they look to us as the professionals we truly are. There is always a good feeling knowing you left your world a little better off than how you found it in the morning.

As for those not-so-good drivers who just don't "get it" out there? Just make the least of them and hold out hope they may, someday, somehow, finally come to their senses.

Because, hey, if you're not part of the solution out there, then you might be part of the problem.

STAY SAFE, BE SAFE.

COMPANY-DRIVER-AND-OWNER-OPERATOR-ANNIVERSARIES

MAY - AUGUST 2019

We want all of our Drivers, both company and owner operators to know that we appreciate everything you do for us and value all of your years of service with us. However, if you are a company Driver and switch to an owner operator or vice versa, your anniversary date will not show your total years, thus causing your name to not appear on this list correctly. So, if you are not on this list and you should be, or you shouldn't be and you are, we apologize!!

44 YEARS

Willie Berry

27 YEARS

Martha Dodd

22 YEARS

Richard Armstrong

19 YEARS

Leroy Barnhill

20 YEARS

Christopher Aregood

16 YEARS

Ray Hall

15 YEARS

Michael Terwilleger

13 YEARS

Beverly Harris
James Roberts

17 YEARS

Juliana Masters
Monte Masters
Danny Hatcher

11 YEARS

Carl Gray
Shirley Gray
Phyllis Green
Chris Green
Melvin Edwards
Steven Blehm
Deborah Blehm
Deborah Bayless
Timothy Bayless
David Hendrix
Jo Hendrix
Theodore Harvey
Gregory Meredith

10 YEARS

Sherry Park
William Park

8 YEARS

Dellmas Richards
Robyn Roberts
Timothy Roberts

9 YEARS

Johnny Wilson
Melissa Brindle
Ryan Brindle

7 YEARS

Eugene Deklyen
Jeffrey Wolter
Kathryn Wolter
Jeffrey Leavitt

Thank You!

COMPANY-DRIVER-AND-OWNER-OPERATOR ANNIVERSARIES

MAY - AUGUST 2019

We want all of our Drivers, both company and owner operators to know that we appreciate everything you do for us and value all of your years of service with us. However, if you are a company Driver and switch to an owner operator or vice versa, your anniversary date will not show your total years, thus causing your name to not appear on this list correctly. So, if you are not on this list and you should be, or you shouldn't be and you are, we apologize!!

6 YEARS

Daniel Blumm	Donald Allen
Theresa Blumm	Roberta Matheny
Alfredo Laureano	Rose Bates
Sandra Laureano	Jolene Cushenbery
Louis Loving	Darrel Cushenbery
Michael Markle	Kenneth Aston
Jorge Rodriguez	Katina Aston

3 YEARS

Elizabeth Hansen	Douglas Coss
Fred Hansen	Debra Matasci-Siegfried
John Dust	Terry Siegfried Jr.
Philip Maasen	Norman Goldman
William Inagaki-Huffine	Sharon Eaves
Carolyn Inagaki-Huffine	Elizabeth Price
Jessica Rodriguez	Barton Ryan
Robert Smothers	Jamie Ryan
Ethan Fortin	
Roger Bolan	
Edward Howell	
Carol Meeks-Howell	
Kip Kelley	

2 YEARS

Robert Schildwachter	Fredrick Hinojos
Bobbie Schildwachter	Cindy Hinojos
Tonja Woodington	Michael Harrelson
Colton Woodington	Anthony Redden
Kimberly Ellison	Donald Streeter
Marshall Ellison	Leon Vela
Virgil Akridge	Mary Valenzuela
Lucia Akridge	Hollyce Edwards
Matthew Clarida	Dennis Edwards
Curtis Bunheirao	Jose Vasquez
Jennifer Hranac	Debra Simmons
Mark Wendolowski	Joe Bullock
Andrew Coursey	Sabrina Godwin
David Carney	Scottie Godwin Jr.
Hermenehelda Erice	Eugene Dozier
Douglas Gonzales	Ronnie Smith
Miguel Escalante	Dianne Smith

5 YEARS

Randy Hamlin
Teresa Hamlin
Brandy Stallings
Qwan Stallings
Ronald McCain
Noilani McCain
Michael Osborn
Douglas Brashear Jr
Benjamin Henderson
Mark Hatstat
Stephen Hale

4 YEARS

William Dupee
Sean Little
Joseph Baker
Marlesa Love
Susan McVay
Francisco Hernandez
Thomas Cormier
Alice Breaux
Edward Breaux

1 YEAR

Robert McDonald	David Widney
Lisa McDonald	Larry Knowlton
Patrick McChesney	Carla Preston
Ray Parker, Jr	Linda Cantu
Charles Daum	Carmen Cantu
Joseph Daum	Aldo Goncalves Jr
Helen Taylor\	Katia Goncalves
Bret Brown	James Bell
Mark Alvarado	William Bell
David Gray	Gregory Lawrence
Dawn Chambers	Yvette Lawrence
Lloyd Chambers	Richard Wagner
Dwight Murphy Jr	Matthew Blake
David Blaney	Geoffrey Nielsen
Bruce Caslake	Charles Simon
Monte Smith	Michael Sobieski
Kevin Woodward	Rchard Clary
Rudy Williams Jr	Judy Clary
David Heath	Benjamin Love
Amber Tapia	Phillip Griffith
Samuel Tapia	Emily Davenport
Gary Green	Jesse Davenport
Michaeline Acker	Ray Poland
Guy Love	Joshua Rider
Gerry Goralczyk	Ruth Bruner
Stephen Goralczyk	Gary Bruner
Salvador Lara	Peter Liszewski Jr
Anabel Lara	Allen Ayze

OFFICE/TERMINAL STAFF ANNIVERSARIES

MAY - AUGUST 2019

41 YEARS

Annette Merriman

39 YEARS

Donnie Lester

29 YEARS

Charles Jackson

26 YEARSMark Warren
Vickie Newcomb**22 YEARS**Janice Dubois
Twyla McDermott**18 YEARS**James Fleet
Jim McCain**19 YEARS**Theresa Porter
Tommy Sofia
Carmen Bethea**23 YEARS**

Choya Wells

21 YEARS

Trudy Stroup

16 YEARSKen Fales
Tanika Aquino**14 YEARS**Kara Hamulak
Don Welchoff**12 YEARS**

Karla Dickson

8 YEARSDavid Jenner
Anthony Barlow**10 YEARS**

Chris Stevens

11 YEARSDanny Garcia
Becky Hodges**9 YEARS**Jacqueline Fales
Cynthia Carter
Carrie Wakefield**6 YEARS**Dan Johnson
Nicole Krusemark**5 YEARS**Jake Dooling
Ronda Blackburn
Yolanda Navarro**7 YEARS**

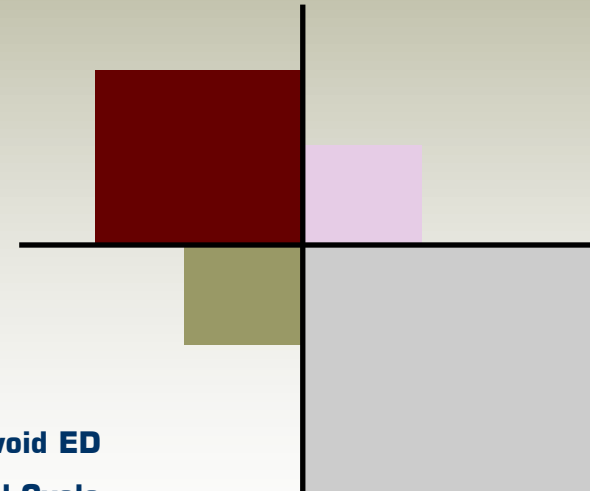
Carrie Cornwell

3 YEARSNathan Derrick
Stephen Howerton
Ray Morales
Aubrey Aragon**4 YEARS**Josh Pearson
Michael Shear
Damon Armstrong**1 YEAR**Tim Cox
Lanae Graham
Brandon Moffet
Monte Smith
Sam Smith
Riley Porter
Timmy Douglass**2 YEARS**Blake Adams
Henry Anger
Jordan Eakins
Wade Fackrell
Jocelyn Repsch
Michael Heaps

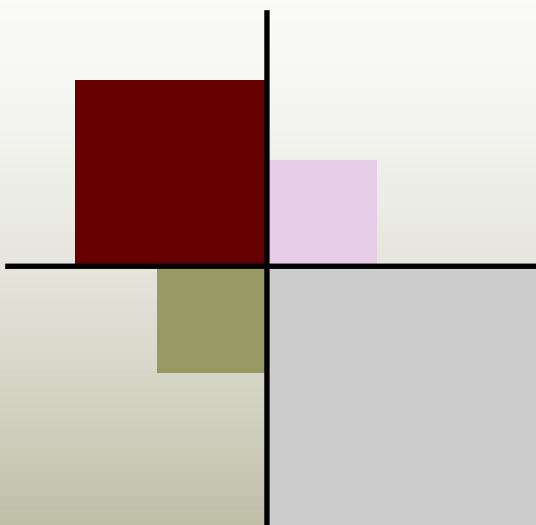
30 THINGS STRESS IS DOING TO YOUR BODY

By: Kevin Mckelvy

1. It Can Give You Headaches
2. It Causes Shaking
3. It Shrinks Your Brain
4. It Can Give You Heartburn
5. It Can Lead to Insomnia
6. It Can Make You Short of Breath
7. It Can Weaken Your Immune System
8. It Can Make Your Heart Pound
9. It Can Make It Harder to Conceive
10. It Can Make It Harder For Men to Avoid ED
11. It Can Interfere With Your Menstrual Cycle
12. It Can Lower Your Sex Drive
13. It Can Raise Your Blood Pressure
14. It Spikes Your Blood Sugar
15. It Can Give You a Stomach Ache



16. It Can Force Your Muscles to Tense Up
17. It Can Turn Your Mouth into a Desert
18. It Might Leave You Feeling Listless
19. It Makes You Sweat
20. It Can Mess With Your Genes
21. It Can Cause Depression
22. It Could Lead to Disability
23. It Could Make You Die Younger
24. It Could Make You Crave Fatty, Sweet Foods
25. It Worsens Your Memory
26. In Some Cases, Can Also Improve Memory
27. It Can Fuel Cancer
28. It Could Make You Crave Alcohol
29. It Can Cause Ringing In Your Ears
30. It Can Cause Your Heart to Fail



This is why it is so important to learn how to control your stress. A mountain of help is out there if you will only seek.....you will find! Let me know if I can help! - Kevin Mckelvy

PLEASE REMAIN CALM!

PLEASE REMAIN CALM. That is the type of message one might hear when in a stressful or dangerous situation. Or, it could be self-talk anytime we begin to find ourselves facing a pressure-packed task. What each of us consider 'pressure-packed' varies greatly depending on many things. Some, for example might consider planning a family birthday party, or making a short presentation in class or at work an anxiety producing affair; while others, such as our valiant first responders might work an injury accident on a busy highway without any apprehension at all. We are conditioned, over a lifetime, to define and react to potentially threatening situations differently. Which brings us to the business of The Roadmaster Group.

Whether in the office or on the road, our chosen profession is certainly not without the potential for experiencing a fair amount of **STRESS**. Science tells us that people in general have less stress when they have a feeling of control over any given situation. People like routines and like knowing what they're going to be doing (or having someone do) as far in advance as possible. That does not sound like trucking does it?

Drivers, planners, driver managers, recruiters, trainers, safety specialist, customer service representatives, sales people, payroll personnel, IT professionals and ALL the rest of us are forced to reinvent the wheel and start over continuously! Your job is

never done...at least not for long. Once you have successfully completed a task, it is time to start over and face the next challenge. That wears on people in general but consider that affect when doing what we do and hauling what we haul.

HERE'S THE GOOD NEWS

As I have said in our classes many times.....YOU ALL ARE ALREADY MASTERS OF REMAINING CALM.....know how I know? Because you're here.....because you do it day and week and year in and out. However, that does not mean that even the coolest of us cucumbers do not experience the occasional crisis in our life. A crisis is a time of intense difficulty, trouble or danger....a time when a difficult or important decision must be made....sometimes very quickly.



Controlling your anxiety in stressful situations is possible, all you need is some daily practice. Taking deep breaths and being **MINDFUL** (paying attention to every little thing you do) slows down the 'Monkey Brain' that we talk about and trains your brain to be more patient. There are ample resource materials to learn more about achieving Peace of Mind.....check it out....and

PLEASE REMAIN CALM!

BY: Kevin Mckelvy
kevin.mckelvy@roadmastergroup.com



**Annual open enrollment
will be effective
November 1, 2019.**



**Be watching for more
information to follow
throughout the
month of October.**

SAFETY FIRST



By Terri Wimberley, Safety

TSMT Missouri plates are going thru renewals. The registrations (cab cards) will expire the end of September. The registrations will be filed in the Driver Permit Room, and are on

the Images tab in Loadmaster for easy access by most office personnel. They can be emailed, faxed, or printed. Be sure to check your registration's expiration date.

Arizona plates were renewed in June so call in if you need your new Arizona registration. AATCO has Missouri plates that will go thru renewals by the end of the year. Those new registrations are not available at the moment.

Also, the Schedule 1 (Form 2290) Schedule of Heavy Highway Vehicles for year 2019-2020 is due for all owner/operators. Thank you to those who have already sent the stamped paid copy. If you are unsure, please contact Terri Wimberley in Safety ext 2362.



terri.wimberley@roadmastergroup.com

SAFETY ANNOUNCEMENT

Its a long, lonely
and windy road,
but somebody has
to do it!

Thank You
Highway Heroes!!

**We will be switching
logs over to ELD's by
the first of November.**

**Be watching for up-
coming changes.**



CHARLIE PITTMAN RETIREMENT

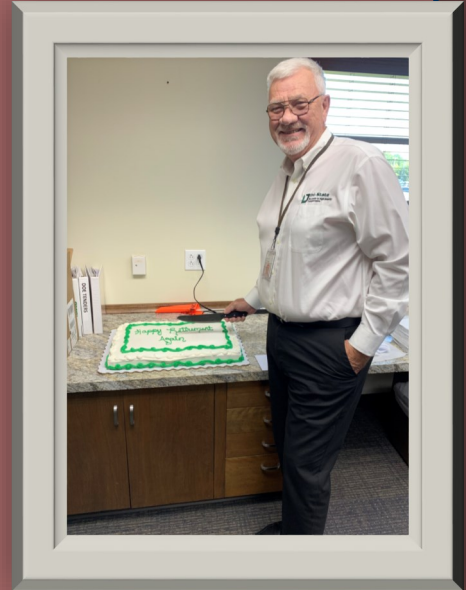
And, he really means it this time

Charlie Pittman, Vice President of Sales, has decided to retire...again.

If you will remember, Charlie retired a while back and we had a big party for him. However, John and Don then told him that they wanted him to stay on a part-time basis, so he did.

Forward to now, he has officially retired again. Charlie's last day was August 30th. Now he will be spending his time with his wife, Marti, his kids and grandkids, and some fish, deer, elk, etc.

Congratulations, good luck and we will miss you Charlie!



5 Tips For New Truckers



- 1. Nurture your relationships**
- 2. Budget your money (watch spending & advances)**
- 3. Take care of your health (get exercise and eat well)**
- 4. Leave early and arrive early for appointments**
- 5. Keep your record clean (driving and safety)**

The secret of joy in work is contained on one word -

EXCELLENCE

To know how to do something well is to enjoy it



Fall Word Search

Find all the words below.

V	V	W	H	A	W	K	S	W	Y	Z	Q	H	S	V	W	Q	T	N	U
V	G	N	I	V	I	G	S	K	N	A	H	T	S	J	H	W	V	K	D
L	X	O	E	W	J	W	I	L	A	X	F	C	F	S	N	O	G	D	E
A	C	U	N	R	O	C	B	E	U	Y	J	O	F	I	Y	R	Z	G	P
T	R	M	U	M	C	I	A	A	T	K	B	O	O	M	H	C	U	B	I
L	E	F	S	E	J	G	U	F	U	S	A	L	B	T	Y	E	O	B	T
X	N	W	U	V	P	Q	O	Q	M	A	Z	M	G	L	B	R	M	N	C
Q	J	F	R	H	C	V	E	W	N	A	E	K	A	R	W	A	Z	M	V
N	K	K	J	R	E	D	I	C	E	L	P	P	A	N	R	C	L	C	M
O	G	S	C	T	D	J	Z	J	D	A	F	E	R	N	C	S	V	L	Q
F	B	V	R	L	S	G	J	N	E	E	W	O	L	L	A	H	T	B	S
K	G	Y	X	E	R	M	D	I	P	C	Z	N	C	Y	Y	F	L	H	O
Z	F	Y	P	H	T	A	N	Y	M	O	P	I	D	R	A	C	E	A	V
H	A	N	T	C	Y	Y	O	C	N	L	J	H	V	L	P	J	E	R	B
N	O	G	N	H	L	E	Z	M	I	O	M	E	L	L	U	J	V	V	O
B	D	K	M	P	I	K	N	J	K	R	Q	G	Y	B	Q	K	Y	E	R
A	Z	Y	L	J	L	R	T	W	P	F	P	A	D	K	E	A	L	S	U
E	X	D	K	H	M	U	U	L	M	U	X	T	U	L	Z	T	U	T	Z
Y	Z	A	V	Q	R	T	T	G	U	L	C	E	G	L	I	D	I	F	J
A	I	Q	U	A	L	N	D	M	P	U	K	K	P	L	Q	U	N	G	V

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY

Fall Word Unscramble

- | | |
|--------------|-----------|
| 1. daehiy | 1. _____ |
| 2. sruenwfol | 2. _____ |
| 3. rrqusile | 3. _____ |
| 4. seleva | 4. _____ |
| 5. kare | 5. _____ |
| 6. derci | 6. _____ |
| 7. nmutua | 7. _____ |
| 8. pape | 8. _____ |
| 9. rseebpnte | 9. _____ |
| 10. uipnkpm | 10. _____ |
| 11. nroca | 11. _____ |
| 12. ycilhl | 12. _____ |



Autumn Apple Salad with Maple Vinaigrette

Ingredients for Salad

- 2 cups baby spinach
- 1/4 cup dried cranberries
- 1/2 cup halved pecans
- 2 tbs feta cheese
- 1/2 granny smith apple sliced
- 1/2 fuji apple sliced
- 2 slices bacon cooked and chopped



Ingredients for Maple Dijon Vinaigrette

- 2 tbs extra virgin olive oil
- 1 tbs apple cider vinegar
- 1 tbs maple syrup
- 1 1/2 tsp Dijon mustard
- Salt and pepper to taste

1. Add the spinach to a medium size bowl or plate.
2. Top with dried cranberries, pecans, feta cheese, apples and bacon
3. Add all the ingredients for the vinaigrette to a small mason jar. Shake to mix and pour over the salad. The dressing recipe makes enough for two salads.