Driver of the Month
Jeff Stewart

Jeff is from Riverside, California and now resides in Owasso, Oklahoma. He joined the Melton family in 2008 and will be celebrating 11 years of service in February of 2019! Jeff has served as both our Tulsa local driver as well as an over the road driver.

Jeff chose to join trucking in 1989 after his service in the Army. Prior to the military, Jeff worked delivering newspapers as a kid and also as a scuba diving instructor.

When asked what separates Melton from other companies, Jeff says, “Melton takes care of you. Upper management does a great job at making decisions that benefit drivers.”

With such tenure in the industry, Jeff’s advice to new drivers is that patience is key and to not get in a hurry. He also emphasizes that drivers read their permits and load notes.

Rookie of the Month
David Hill

Date of Hire: 06/12/2018
Fleet: 14
Truck #: 10546
Quote: “Happy days!”
Message From Our Leadership Team

Winter Operations – Not for the faint of heart!

Greetings and welcome to this edition of OpenLine. It’s cold in most of the country unless you are lucky enough to be in Hawaii, California, Arizona, or Florida! Winter brings many challenges to our operation. It’s very tough on all our drivers to secure, tarp, and in many cases get around on the roads. It’s very important that you encounter any weather delays to call Operations immediately and let them know. We will call ahead and advise the customer if we are delayed and keep them posted as you are able to proceed. Safety is our top priority and we want all our drivers making the right decisions regarding safe operations.

Fourteen years ago, I was provided a great opportunity to move from the Operations department to the Safety department. At the time, I had a good general idea of the Safety, Recruiting, and H.R. functions but did not understand the nuts and bolts. After a wonderful four-year Safety tour, I returned to Operations armed with firsthand knowledge that was invaluable. Based on my experience and a great vision to continue to grow our folks, Bob made the announcement in late October that we would swap Lisa Mason and Angie Buchanan. Lisa will now serve as Vice President of Safety and Human Resources and Angie will serve as Vice President of Operations.

Both Angie and Lisa bring over 20 years of Melton experience with them but need to experience their working lives in a different spot. I am incredibly excited for both of them as I know what is in store and I look forward to working with them as they navigate new experiences. Lisa began working with Angie and the Safety team immediately following the announcement. Angie will join the Operations team in January where she will begin a training period that will cover each functioning area in the department including the role of Driver Manager and even booking some freight. Angie’s favorite saying is “fun times” … yes, Angie, fun times are ahead!

This past year, we said happy trails (in a good way) to two long-time Melton employees. Ronnie Hardiman retired in August after 40 years in Operations, and Deborah Green in December after 28 years in Finance and for the last 10 as Bob Peterson’s personal assistant. Deborah was one of the first of many friends I met when I joined GlasTran almost 28 years ago. Both Ronnie and Deborah are great friends and I personally will miss them. At the same time, they both have more than earned the right to be on their own boss. Well, Ronnie reports to his wife Linda now. In addition to Ronnie and Deborah, Paul Owens, a 9-year Operations Manager also retired in November after a long career in transportation.

I remember when I was 20-something (well sort of) and there were retirement ceremonies where the “old” people were having some cake, telling stories, crying a bit, and saying goodbye. At the time, I didn’t grasp or really appreciate what it all meant because it all seemed so far away. After a few years of going to work, I get it now! To the young guns who are watching the older folks eat some cake, tell stories, hug and cry a bit, you will figure it out down the way. Ronnie, Deborah, and Paul - Think about it, you will never have to ask for a day off again!

Hang tough because spring is coming and I can’t wait. Be safe and thank you to all our drivers and office staff that work so hard and make our company so great!

Russ Elliott
Executive Vice President and Chief Operating Officer

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Elite Fleet – 3rd Quarter

As a result of our continued growth and expansion of our fleet, we continue to strive towards rewarding drivers that deserve special recognition. The Elite Fleet recognizes the Top 25% best drivers in our fleet according to the Driver Scorecard and will be celebrated each quarter along with the Top 100. Of our Twelve Traditions states; “We celebrate each others’ successes” and this is just another way for Meltons to reward drivers on a job well done. The names highlighted in blue also made our top 100 list! The Top 100 drivers will receive a personalized t-shirt and all Elite Fleet drivers will receive $10 to the company store. Great job drivers, keep up the good work!

Top 100 Drivers

Adrian Rehak
Addison Meagley
Lew Eilts
Willie Stoney
Albert Adams
Albert Randle
Albert Shed
Alex Belcher
Alejandro Gonzalez
Alex Madrid
Alfonso Bryant
Alton Jackson
Andrew Deters
Andrew Corse
Andrew Winans
Anthony Hamil
Anton Rudakov
Benjamin Huston
Bradley Moore
Brandon Witter
Braggning Carter
Brian Stewart
Brian Santiago
Brian Sudduth
Bruce Hager
Bruce Van Tassel
Carlos Padilla
CJ Mosley
Charles Tillson
Charles Hyde
Charles Jackson
Christa Patterson
Christian Bendor
Christopher Anacore
Christian Bohorquez
Chris Lode
Christopher Phillips
Chris McPherson
Christoper Mayer
Christopher Patterson
Chuck Becker
Clay Alexander
Cody Berthold
Colt McConnell
Craig Thilenius
Daniel Hass
Daniel Padilla
Daniel Shoobanger
Daniel Sieczkowski
Daniel Thomas
Daniel Wom
Darrell Cannoning
David Parslow
David Allen
David Conder
David Hill
David Lian
David Landau
David Seiden
David Simons
David Solomon
Dayton Hiles
Deanna Hertley
Donny Feliers
Diwar Gaye
Don Earl
Donald Trego
Donnie McCuddy
Drake Wesson
Earnest Randle
Eduardo Garcia
Edward Camichael
Edward Brewer
Edward Jones
Erik Zeller
Emesto Veliz
Eugene Heiser
Everett Age
Francisco Vieira
Gershon Edwards
Hento Tazar
Henry Sanchez
Ivan Magesa
Isaak Olofinly
Jack Hand
Jack Schroeder
James Johnson
James Bowes
James Filer
James Filㅤ
James Fil
James Halverson
James Filer
James Itala
Jason Donlay
Jason Mulford
Jeffrey Bram
Jeffrey Mitchell
Jeffrey Granat
Jeffrey Noah
Jeremy McCgowan
Jesse Davis
Jesse Gonzales
Jesus Arellano
Joe Zuniga
Mike Johnson
Brad Davis
John Kain
John Donavan
John McCauley
John Eveson
John Peavy
John Neeland
John O'Gorman
John Ford
John Pollack
John Vargus
Joseph Bartell
Joseph McDuffett
Joseph Steverman
Juan Soto
Juan Delgado
Jehon J. Louis
Juris Markans
Keith Cochran
Kendal Rhys
Kent Stewart
Kevn Fitz
Kevn Hook
Kirk Reed
Kary Marlon
Kirk Jewell
Kris Stafacker
Kris Schwall
Krushee Lenn
Kyle Galpin
Kyle Fordholm
Lamar Degges
Larry Faulkner
Larry Haskins
Larry Langdon
Lawrence Bishop
Leon Launon
Leon Wend
Leonard J. Mercar
Leslie Brown
Lloyd Cruz
Lyle Schabel
Mack Wilcox
Mackey Francis
Manuel Dalley
Manuel Martinez
Mark Parris
Mark Gilchist
Mark Vandenberg
Marvin Geddings
Matthew Stender
Matthew Lang
Mathew Thomas
Melchor Ramirez
Mitchell Roeckell
Melvin Eason
Michael Davis
Michael Wilcox
Michael Nicholson
Michael Vandenburg
Michael Pietry
Michael Shanklin
Michael Hughes
Michael Robertson
Michael Smith
Michael Ibrahim
Mildred Kirkland
Mildred Flacett
Nicholas Sot
Nollameli"
Driver Kudos

We love it when our drivers and employees notice each other doing a great job. We appreciate all of our drivers, but it is great to see other drivers show their appreciation. When you see a driver or office employee going above and beyond, let us know on Facebook or send an email to kennedy.ruley@meltontruck.com.

Renata Alcaraz, our Special Accounts Manager, would like to thank drivers James Knight 9902 and Jonathan English 11398 for their efforts in getting a load delivered on time! She said both drivers safely moved the load and relayed it for a job well done.

Shout out to Senior Driver Manager, Lisa Aleshire, and Team South Manager, Natalie Burt, for their time and effort in coordinating our Toys for Tots drive! In total, 88 gifts were donated this year!

The Safety team and one of our Driver Managers, Carolyn Douthat, send big kudos to Michael Maines 11616 for his excellent job in transporting a newly restored Vietnam-era Huey helicopter in December. His attentiveness and high level of skill led the team in safely delivering the load. Thank you, Michael, for all your hard work!

Dustin Dennis, our Director of Operations – Driver Management, would like to send a huge thank you to all our drivers who are active on our various Facebook groups. Your pictures of the gorgeous landscapes and the help you give to others when faced with a challenge on the road helps cultivate this growing community. It is something that is helping us all within the Melton family.

Driver Manager, Tawny Davis, would like to give kudos to her hardworking and dedicated Senior Driver Manager, Kaitlyn Grim. Tawny said, “She has made me feel comfortable and more confident in my role as a Driver Manager and always takes the extra step to make sure her group is taken care of. Thanks for being our Mama Bear! We love you, Kaitlyn.”

Fleet 33 Driver Manager, Daniel Sibert, sends kudos to Carlos Espinoza 10648 for communicating and taking the time to have his trailer tires fixed before dropping at the pickup. We hope all drivers will do this to prevent the following driver from starting his run with a problem. Thank you, Carlos!

Jason Jeffries 10706 would like to give kudos to Russell Gist 10409 for assisting him with a load and providing extra equipment over the road. The two drivers were able to correct the issue and get Jason safe and rolling again. Way to work as a team, Jason and Russell!

Kudos to our Tulsa Shop crew and the Birmingham orientation team for making a wonderful first impression for a recently hired driver. He had nothing but positive comments in a company review of Melton online!

Driver Tim Page 10968 sends kudos to Becky Couick, our Overnight Dispatcher, for going the extra mile in making sure one of our drivers was safe and sound! We’re glad to have a great team member like Becky to keep things running after hours!

Peter Hans 11500 would like to give a shout out to his Driver Manager, Paul Marquez, who helped in a time of need and on short notice. He said, “I am truly blessed with great coworkers. Thank you all!”

Kudos to all of our Day of Ringing volunteers who donated their time to help raise funds for the Tulsa Area Salvation Army! We are proud to participate in this annual event.

Our Extended Coverage team would like to send kudos to Driver Manager, Rory Beel, for bringing pizza to them during the Thanksgiving Holiday!

Thank you to every Melton employee that works hard to keep us going. This is what makes Melton great!

Congratulations to Marti Palomo 12494 for receiving his shiny new truck in recognition of 1.5 Million Miles with Melton. Two of our Driver Managers during his tenure at Melton, Maria and Yecenia, joined him for a photo!

Congratulations to Ramon Evangelista for achieving 6 years of Safe driving and receiving his custom jacket and ring!

Driver Charles Britton recently received his custom made million mile Ambassador truck!

Our CFO, Robert Ragan, celebrated 18 years of service with Melton in November!

Melton was named the Third Place winner in ATA’s Industrial Safety Contest!

One of our Field Recruiters, Monica Lopez, took a trip to Houston Community College.

Paul Corder’s student did an excellent job securing and taping his first load!

Charles Barnum received his custom red Melton truck in celebration of his millionth mile with us!

Our Conexus crew showed their Holiday spirit with their most festive sweaters!

Our Conexus Laredo crew celebrated the Christmas season with a yummy lunch!

Our Field Recruiter, Maria Aleshire, coordinated our Toys for Tots drive once again. Melton gathered 88 toys this year!

Congratulations to Daniel Sieczkarski celebrated 3 years with Melton! We love having you on our team, Daniel!

Right now is the time to participate in Melton’s Toys for Tots and the Salvation Army’s Day of Ringing drivers!

Congratulations to Carlos Espinoza 10648 for communicating and taking the time to have his trailer tires fixed before dropping at the pickup. We hope all drivers will do this to prevent the following driver from starting his run with a problem. Thank you, Carlos!

The gorgeous landscapes and the help you give to others when faced with a challenge on the road helps cultivate this growing community. It is something that is helping us all within the Melton family.

A huge thank you to our overnight dispatcher, Becky Couick, for going the extra mile in making sure one of our drivers was safe and sound! We’re glad to have a great team member like Becky to keep things running after hours!

Peter Hans 11500 would like to give a shout out to his driver manager, Paul Marquez, who helped in a time of need and on short notice. He said, “I am truly blessed with great coworkers. Thank you all!”

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### Top Fleets & Anniversaries

#### Anniversaries

- Alton Jackson 26
- Sly Johnson 26
- Jeffrey Noah 16
- Kevin Foster 16
- Mike Dargel 14
- Lisa Potter 10
- Stephanie Phillips 11
- Steven Zanzi 10
- Marianna Watashke 10
- Brian Russell 9
- Jerry McGowan 8
- Homer Hoke 8
- Richard Zapata 8
- Felipe Fernandez 6
- Christopher Garcia 6
- Dennis Smith 5
- Jose Hernandez 5
- Krusner Lee 5
- Robert Bitonti 5
- Robert McIntosh 5

- William Cahoon 5
- Charlemagne Williams 4
- David Teegarden 4
- Michael McLaughlin 4
- Sean Ray 4
- Troy Marquis 4
- Delaney Rea 4
- Daniel Gonzalez 4
- Jorge Landa 4
- Nicolas Gutierrez 4
- Oscar Antu 3
- Raul Tijerina 3
- Carlos Ruiz 3
- Joseph Crehan 3
- Stephen Briggs 3
- Christian Bohorquez 2
- Jason Roe 2
- Justin Bailey 2

- Manuel Martinez 2
- Ricardo Bailey 2
- Robert Sampson 2
- Shane Whitney 2
- Talal Dagher 2
- Miguel Rodriguez 2
- Marco Zamora 2
- Miguel Kaffure 2
- Patrick Tusler 2
- Alejandro Carlson 2
- Brandon Mick 2
- David Mitchell 2
- David Miller 2
- David Rogers 2
- Jerry Calhoun 2
- Joshua Spring 2
- Kenneth Walker 1

- Kevin Lacey 1
- Mark Barber 1
- Matthew Lusher 1
- Michael Patrick 1
- Miguel Guerra Sosa 1
- Nathan Hougaboom 1
- Nathan Vainio 1
- Orlando Alvarez 1
- Patrick Lewis 1
- Pyeus 1
- Ricardo Ballesteros 1
- Shae Merrick 1
- Demond Wyatt 1
- "Anniversary Staff"

#### New Hires

- Daniel Hughan – Day Porter
- DeAndrea Johnson – Sales & Logistics Trainee – Conexus
- Dillon Robinson – Sales and Logistics Trainee - Conexus
- Daniela Chaldez – Sales Intern – Conexus Laredo
- Hannah Servin – Sales Intern – Conexus Laredo
- Scott Bross – Landscape

#### Promotions

- Natalie Burt – Team South Manager
- Marianna Mora – Account Manager Conexus
- Chelsie Simpson – Account Manager Conexus

#### Driver Reminders

- HAZARD RECOGNITION:
  - Cold weather creates unique hazards that must be dealt with effectively each time the truck is operated.
  - Fuel gels when the temperature drops.
  - Ice forms on roads, vehicles, and systems - especially at night.
  - Blowing snow limits visibility and cold temps can be dangerous.

- FOLLOWING DISTANCE:
  - Stopping distance is greatly increased so following distance needs to be doubled to at least 18 seconds.
  - Reduce speed, apply brakes early and softly, don’t use cruise control or Jake brakes, and be prepared to compensate for other’s mistakes.
  - Having enough space to stop straight ahead is always your best “out”.

- WHEN TO STOP:
  - Trucks and loads can be replaced but good drivers cannot.
  - If you can’t see well because the roads are snow-covered, blowing snow has reduced visibility to dangerous levels, or the tires are spinning instead of gripping, stop the truck.
  - If the road conditions are bad enough to require tire chains then find a place to park and wait out the weather.
Road Recruiters Year in Review

By: Melissa Stephan - Recruiting Manager

Thank you, Melton drivers, for being such an excellent representation of our company hard and working hard to grow our outstanding fleet this year! Your efforts have accumulated over $98,250 in referral bonuses by the end of 2018 and your recruiting skills are the reason 327 drivers chose to make Melton their new work family. This year, we surpassed 2017’s referral bonuses paid by over $20,000 and we have hired 138 more drivers through the program in 2018!

In 2019, our goal is to see more Melton employees take advantage of the referral bonus payout by sharing their Melton story with drivers they meet. Remember, all you need to do is send in their name and phone number through a Mac 21 or your Transflo app!

To ensure your leads are processed in a timely manner, the Recruiting department is committed to making at least seven days are made to capitalize on your recruiting efforts. Once an applicant goes into our system, they enter our recruiting machine and will receive phone calls, emails, and mailers from us for years to come.

For more information about the Road Recruiter program, please call 888-336-0419. Our goal is to make 2019 the best referral bonus payout year ever, so start recruiting!

The Importance of Your M.A.C. Rating

By: Paige Hackman - Employee Relations and Safety Coordinator

Do you have your MAC’s? MAC stands for Melton Advanced Credentials. If you have your TWIC card, your Hazmat endorsement, and the necessary documents to enter Canada (i.e. passport) then you have your MAC’s. Load planners love drivers with all the MAC’s. There’s nothing you can’t put on your trailer, or anywhere we haul freight that you can’t. Simply stated, the more credentials you have, the more opportunities you have to haul freight.

Hazmat is an endorsement on your CDL and is governed by your home state. Passport is simply your willingness to haul freight in and out of Canada and you have the necessary documents to legally travel there. TWIC is the Transportation Workers Identification Credential and is a unique piece of identification needed for unrestricted access to ports.

Aside from increased freight opportunities, drivers with a passport get paid an extra 6 cents per mile for loads going in or out of Canada. Drivers with a Hazmat endorsement get paid an extra 6 cents per mile for all hazmat loads.

The Sales and Operations groups are exploring new business opportunities. These new customers are asking for more HAZMAT, Canada, and TWIC qualified drivers. To maximize your opportunities, it is in your best interest to work towards obtaining all of the Melton Advanced Credentials.

If you have any questions, call Driver Relations at 918-270-9613.

Celebrating Our Drivers

Levi Elkins
Keith Ryder
Albert Shed
Kevin Marler
Alex Gonzalez
Kirk Jewell
Alton Jackson
Kyle Galpin
Andrew Delers
Larry Haskins
Anthony Hill
Lawrence Bishop
Benjamin Fulton
Leon Lauron
Brandon Bittner
Luke Schabel
Brian Stewert
Marvin Geddings
Brian Suedelath
Matthew Langi
Bruce Salmeron
Melchor Ramirez
Charles Britton
Melvin Eason
Charles Cozart
Michael Johnson
Charles Keel
Michael Livingston
Christian Hubele
Michael Hughes
Chris Lodge
Michael Robertson
Christian Mayer
Muradul Tijani
Cody Berthold
Nicholas Sivantzev
Darrell Deering
Ondio Alvarezo
David Hill
Paul Corder
David Seeden
Paula Angeles
David Simons
Peter Hams
David Solomon
Petros Patronas
Deanna Hartley
Philip Williams
Denroy Bell
Quinty Cheng
Donnie McCuddy
Ramon Evangelista
Doyle Hester
Randolph Schreiner
Eduardo Garcia
Richard Rubio
Erenett Field
Rickie Legue
Ernesto Veliz
Eugene Eubie
Rob Manke
Everett Agee
Robert Bird
Jack Harid
Robert Simmons
Jack Schroeder
Ronald Fields
James Johnson
Samuel Fitzgerald
James Condit
Samuell Pollard
James Fifer
Stephen Kirkland
James Halvorsen
Stephen Mee
James Thomas
Stevens Pitts
Jeffrey Braam
Steven Jones
Jeffrey Grant
Theodore Pinjuk
Jerry McGowan
Thomas Bell
Jessie Davis
Thomas Hoffman
Brad Davis
Timothy Page
John O’Gorman
Todd Williams
John Perkins
Troy Marquis
Joseph Stevenart
Tyrice Ross
Juan Soto
Vic Slaughter
Juan DeAgdoso
Anthony Brooks
Juleton Jean Louis
Wyn Norsworthy

Safe Driver Milestones

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For more information, contact Paige Hackman at 918-270-9613.
Oklahoma Project Woman
By: Bret Brigham - Wellness Manager

Melton is proud to support Oklahoma Project Woman, an organization dedicated to providing access to breast health care that will facilitate the early diagnosis of breast cancer and decreasing the mortality rate for uninsured women with limited financial resources.

Winter Workouts

Staying fit out on the road can be tough, especially during the winter months when it is too cold to go for a run or a bike ride. Luckily, there are other options. There are over 60 TA/Petro Truck Stops with StayFit facilities, a combination of better-for-you food options, workout facilities, and helpful health information to help you stay fit while on the road.

These facilities include indoor workout equipment and exercise areas, basketball hoops, walking trails, and games. With these options all over the country you will be able to ride. Luckily, there are other options. There are over 60 TA/Petro Truck Stops with StayFit facilities, a combination of better-for-you food options, workout facilities, and helpful health information to help you stay fit while on the road.

We have several levels in our Knight Program to honor your career with Melton. The goal of the Knight Program is to provide a path to success and another way for us to show our appreciation for the hard work you do. The gifts will be distributed to you on your anniversary following your month. The Knight Program is based on tenure; safe driving does not contribute to your classification, although we want everyone to work and drive safely.

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No Shave November

A group of our office folks took part in No Shave November to raise awareness about the common cancers affecting men.

The cancers that most frequently affect men are prostate, colon, lung, and skin cancers. Knowing more about these cancers and how they can be prevented or found early can save your life. Thank you for participating, gentlemen!
Thanksgiving Dinner

Our annual Thanksgiving celebrations were a success! Both office employees and drivers enjoyed delicious feasts this holiday. Thank you to all of our wonderful volunteers of office employees, drivers, and driver spouses who came together to provide exceptional Thanksgiving meals at all of our terminals. We also unveiled our new Christmas decor at the Tulsa terminal featuring giant snowflakes and a winter wonderland of trees!

Huey Helicopter Delivery

Melton partnered with the Tulsa Air and Space Museum (TASM) in transporting a newly restored Vietnam-era Huey helicopter on December 5, 2018. The helicopter was loaded and delivered from Bristow, Oklahoma to TASM on one of Melton’s five wrapped Military Pride trucks. Driver, Michael Maines, along with our Safety team organized the delivery.

“We are honored to partner with the Tulsa Air and Space Museum on this historical project. With nearly 30% of our company consisting of military members, we are always eager to accept opportunities that recognize our veterans. The project’s delivery to TASM will serve as an exhibit to be appreciated by all and an exceptional tribute to those who have sacrificed for our country,” said Russ Elliott, Executive Vice President and Chief Operating Officer.

Coping With Stress

Everyone—adults, teens, and even children—experiences stress at times. Stress can be beneficial. It can help people develop skills needed to deal with possible threatening situations. Stress is not helpful when it prevents you from taking care of yourself or your family.

The holiday season often brings unwelcome stress. Stress at its peak is hard to stop, so prevent stress from becoming too much by realizing that the holidays don’t have to be perfect. Families change and grow, traditions and rituals often change as well so be open to creating new ones. Set aside differences and try to accept family members and friends as they are, even if they don’t live up to all of your expectations. Be understanding if others get upset. Chances are they’re feeling the effects of holiday stress too.

The holidays don’t need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep. Getting the right care and support can help reduce stressful feelings and symptoms.

Healthy Ways to Cope with Stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

• Take care of yourself.
  ✓ Eat healthy, well-balanced meals
  ✓ Exercise on a regular basis
  ✓ Get plenty of sleep
  ✓ Give yourself a break if you feel stressed out

• Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

• Avoid drugs and alcohol. These may seem to help with the stress. But in the long run, they create additional problems and increase the stress you are already feeling.

• Take a break. If news events are causing your stress, take a break from listening or watching the news.

Recognize when you need more help

If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.
Driving in extreme or adverse weather conditions, such as rain, fog, wind, sleet, snow or extreme temperatures presents special challenges for drivers. These conditions cause reduced traction and a less-than-stable platform for your vehicle.

Approximately 20% of all large truck-related crashes occur in adverse weather conditions due to the driver failing to plan his/her trip or not getting proper rest before beginning the trip. Obtaining an accurate forecast for the area in which you are to travel is critical!

Below are some driving techniques to help you avoid a collision:

• Check the weather forecast
• Allow extra time
• Do not use the cruise control
• Increase your following distance
• Don’t make sudden speed or direction changes
• Brake cautiously
• Anticipate other motorists who may panic and slow down in your travel lane
• Slow down

Extreme weather does not cause accidents; your actions at the controls of your vehicle are what cause collisions in bad weather. You must always adjust your driving to meet the conditions around you. My best advice for driving in extreme conditions is to slow down, increase following distance, and stop at a safe location until conditions improve.

As always, thank you all for the hard work on our nations highways in avoiding collisions.

Melton’s Inclement Weather Caution Statement:
If weather conditions become such that continuing a trip would pose a hazard to the safety of our drivers, our equipment, or other motorists, it is the driver’s responsibility to park the truck in a safe location and remain parked until road conditions improve.

AVOID PARKING ON THE SIDE OF THE ROAD unless you have contacted Safety for guidance - rest areas, truck stops, and parking lots are recommended.

S.A.F.E.
By Rick Vincent, Director of Safety and Driver Training
Safe. Accurate. Focus. Everyday

Our 2018 Safety Campaign is wrapping up. Please like us on social media so you can keep up with what is going on each month in the Safety Department. We will continue to deliver the required training to you in a number of ways, including hotline messages, daily terminal safety meetings, terminal monitors, online training links, email blasts, QUALCOMM tips, and driver manager reinforcement. Please make sure we have an email address for you so you can receive our weekly Safety email. Remember participating in the training is required and will earn you extra points on your scorecard.

This month we will focus on:

Injury Free Rotator Cuff Exercises

A rotator cuff injury is a major set back for drivers. Here are the best exercises to prevent shoulder injuries.

Whether tossing a football, swimming, or painting the ceiling, you demand a lot from your shoulders. However, unlike the big joints of your lower body, soft tissues are the main form of support for the shoulder.

The four rotator cuff muscles (supraspinatus, infraspinatus, teres minor, and subscapularis) are the key to providing stability to the shoulder complex. Given the relatively small size of these muscles and the amount of work that is demanded of them, they can be torn due to trauma or inflamed from overuse.

Here are two fundamental concepts for maintaining optimal rotator cuff health:

1. Self-assessment Range of Motion Test:
   • Reach one hand behind your back. Can you slide your hand upwards along your spine, to touch the bottom of your shoulder blade?
   • Reach one hand behind your head. Can you move it down your neck to touch between your shoulder blades?
   • Note any differences from one arm to the other.

2. Post-assessment Range of Motion Exercises:
   If there is any restriction, do the towel stretch to gain flexibility:
   • Place a towel behind your back, with one hand holding from the top and the other hand holding from the bottom.
   • Try to walk your fingers together and also gently pull from either direction, into the most restricted motion.
   • Hold 15 to 30 seconds. Repeat 3 times.

Preparing for Winter
By Pax Rolfe, Safety Generalist