



THE DISPATCH

VOLUME 4 ISSUE 2  DECEMBER 2021

The Coastal Plains Trucking Management Team met in The Woodlands last month to discuss plans for the future of the company as we step into 2022. After 10 successful years, our business is maturing and entering a time of cultural shift. Our number one goal continues to be making CPT a business that delivers product to our customers safely, on time, and for a profit. The next step for CPT is to analyze our processes and achieve our goal in the most efficient ways possible.

Each team member is a valuable part of the organization. We want everyone doing valuable work that gives them security and dignity. As we evaluate our processes, you may be asked more questions about what you do, why you do it, how you do it, and when you do it. These questions are not meant to evaluate you as an employee, but simply to evaluate the process you have been given to do your job. We hope to find answers that lead to better training, communication, workflows, and more. Every honest, forthright answer we get from team members is valuable information toward moving

the company to higher levels of success.

CPT is in the relentless pursuit of continuous improvement. Our management is committed to creating policy and procedure that allows us to operate in a proactive manner, getting ahead of problems before they begin. Please look for areas of waste and opportunities for improvement and do not be afraid to speak up and share them with your managers. You can also reach out to our Driver Liaison, Stacy Risner, at any time. She can be reached at 936 632 6033 ext. 145 or srisner@300mile.com.

Thank you to each and every team member for the hard work done in 2021. We have great opportunities ahead of us next year and we could not pursue them without the commitment from our great team of drivers, mechanics, clerical employees, and managers.

We hope your family has a safe and happy holiday season!

Thank you,

Stephen Greak & Andy Cunningham

EMPLOYEE ANNIVERSARIES

10 YEARS



Rodolfo "Rudy" Espinosa
11/1/2011



Marc N. McSpadden
12/22/2011



Gilbert Z. Morales
11/1/2011



Gonzalo Navarro
12/12/2011



Chad Wiatrek
8/15/2011

5 YEARS

Abel Padilla 12/14/2016

4 YEARS

Jayson S. Balasi 10/19

Jose A. Chapa 11/3/2017

Russell D. Greiner 11/3/2017

3 YEARS

Jesus A. Delgadillo 10/31/2018

James B. Dumond 12/12/2018

Jonathan R. Olvera 12/19/2018

Julio Ortiz 11/16/2018

Ken Steidle 11/7/2018

Craig D. Williams 11/16/2018

2 YEARS

Jesse R. Arguijo 11/1/2019

Shawn L. Webster 12/4/2019

1 YEAR

Ricardo Alvarez 10/22/2020

Ramon Escobedo 11/05/2020

Caspar Garzon 12/17/2020

Davrick Jacobs 10/21/2020

Dustin Jones 11/5/2020

Charles B. Marton 12/3/2020

Adam Tristan 12/3/2020

EMPLOYEE CELEBRATIONS

DECEMBER BIRTHDAYS

Rodney J. Luce 12/1

Vernon Taylor 12/2

Cheryl L. Ducharme 12/6

Richard A. Boese 12/7

Brandon M. Weathington 12/9

Aaron A. Goode 12/10

Kenneth W. Runnels 12/11

Hector R. Vazquez 12/11

Terence A. Sheffield 12/14

Paul A. Chavez 12/15

Thomas P. Neil 12/16

Jeffrey A. Groulx 12/17

Prisco Olvera 12/21

Jeff Cochran 12/22

Walter P. Hagge 12/22

Jeffrey D. Guy 12/24

Arkadiusz J. Pielecki 12/26

Geneva K. Riley 12/30

JANUARY BIRTHDAYS

Shawn L. Webster 1/1

Stephen Washington 1/2

Ken Steidle 1/3

Donald F. Shaw 1/4

Lyle Miller 1/7

Gerardo Cantu 1/10

Julio Ortiz 1/14

Christopher L. Dodgin 1/15

Jonathan R. Olvera 1/16

Lunvoder Wilcox 1/16

Sandra M. Parsons 1/17

Henry J. Kubicek 1/22

Marc N. McSpadden 1/23

Daniel G. Quinonez 1/24

Jose L. Lopez Garcia 1/28

Terry D. Denney 1/29

FEBRUARY BIRTHDAYS

Timothy L. DeMars 2/10

Christopher J. Hunter 2/10

Jose L. Lago 2/15

Abel Padilla 2/27

CAPTURING COASTAL PLAINS



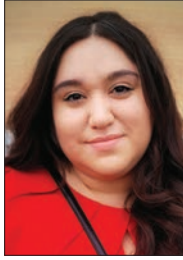
Thank you to Jacob Wedel for sharing this photo of his family at the Fall Festival.

EMPLOYEE SPOTLIGHTS

Operations Manager **Glenn Brewer** began his career with Coastal Plains Trucking in August 2019. Glenn is responsible for overseeing all daily operations for our water and local nitrogen divisions, as well as maintaining a culture of safety and good conduct for our driver team members. Glenn frequently goes above and beyond by traveling to help oversee frac jobs, which often require working long hours and getting little sleep. He does an excellent job ensuring paperwork on those jobs is accurate, to avoid rework for team members down the line and ensure a good customer experience. When Glenn is not working, he enjoys spending time with his family, his church, and playing chess.



On January 1, **Megan Puente** is taking over as the Controller for Coastal Plains Trucking from Wes Taylor, who is moving into a new role as Process Analyst. Megan will work as part of the Support Team in Lufkin. She began her career with CPT as an Accounting Clerk in January 2020. Megan will oversee the financials and prepare weekly and monthly reports. She graduated with a degree in accounting from Texas Tech University. When not at work, Megan enjoys spending time with her family and her pets.



Vernon Taylor was our first hire for an OTR tanker position that didn't have any tanker experience. When he joined Coastal Plains Trucking, Vernon was sent to Monahans to train on hauling water, then brought back to Baytown to train on hauling nitrogen. Within six months of his start date, he was successfully hauling carbon dioxide on his own. Vernon does an excellent job and is held in high regard by his supervisors and managers. Thanks to Vernon's success, we now consider drivers for OTR tanker work without prior experience. Vernon has opened the door for an entirely new group of drivers to be considered for employment. We're grateful to have Vernon as part of the CPT Team. Great work, Vernon!



Shout out to **Michael Knauf** for receiving excellent feedback from our biggest cryo customer, Airgas! They reported that Michael was "steady and communicates well." They were very pleased with his work and we're proud to have him as part of the team! Keep up the good work, Michael!

BLUE ORIGIN PROJECT TAKES OFF



Pictured are our drivers training at Premier Cryo for the Blue Origin project. Coastal Plains Trucking's and Eric Pielecki's excellent service delivering to Blue Origin on behalf of Air Products led to Blue Origin engaging CPT directly. We now have a one-year agreement to deliver liquid oxygen to Blue Origin. Jeff Guy has been assigned to manage this project and is doing a fantastic job!

RE-ENERGIZING RETREAT



Coastal Plains Trucking Leadership met in The Woodlands November 8-9 for a retreat to focus on the evolution of our business and pushing our company past the status quo. The team celebrated accomplishments such as the utilization of new resources and tools to find efficiencies, the expansion of our business and new customer partnerships, our excellent safety record, and our ability to weather the pandemic. Time was also spent identifying challenges that we continue to face, like the need for better communication and planning, the nature of constant change in our business and the oilfield sector, and improving company culture overall. The retreat wrapped up with the leadership team determined to further refine our processes and be more proactive in our decision making.

Our entire organization is encouraged to rethink what we do and look for improvements. Have an idea on how we can do things better? Please let your supervisor or a member of the Support Team in Lufkin know. We'd love to hear from you!

SAFETY CORNER

10 WAYS FOR DRIVERS TO STAY HEALTHY ON THE ROAD

In addition to their safety, truck drivers should be concerned about health and fitness. There are lifestyle changes that truckers can make to live healthier. Maintaining a healthy lifestyle can be challenging for truckers because they may not have the options or resources that people in other professions have, but living a healthy life on the road is possible. Follow these 10 tips to keeping a healthy routine.

1. Eat breakfast every day

Eating breakfast gives you the energy to start your day, prolongs your need to eat lunch and keeps you moving throughout the day.

2. Snack on healthy foods

Snacking on healthy foods throughout the day will help

you cut down on meal portions. Healthy snack options that truckers can take on the road with them include hummus and veggies, hard-boiled eggs, dried fruits, mixed nuts, jerky, string cheese, dark chocolate, yogurt

3. Eat more leafy greens

Eating leafy greens two times per day will increase your focus. They also help lower cholesterol and preserve your vision, an important aspect for truckers.

4. Drink a lot of water

Drivers should be drinking at least 64 ounces of water per day.

5. Don't consume more than 2 cups of coffee per day

Coffee may help truckers stay awake, but consuming too much caffeine isn't good for anyone. Following all of these other steps while getting an adequate

amount of sleep should reduce the need for a lot of coffee.

6. Cut soda out of your diet

Soda dehydrates the body and is bad for your teeth. There are so many healthier beverage options including water, juice and tea.

7. Get enough sleep

Truck drivers should sleep for at least 7 hours per day in a dark and quiet place. According to the Federal Motor Carrier Safety Administration, 1 in 5 deaths on the roadway are caused by drivers who fell asleep while driving.

8. Take a rest every two hours

To avoid restlessness while driving, take a short break every two hours. Pull to a rest stop and grab a snack or just stretch your legs and do some simple

exercises.

9. Avoid fast food

Try to avoid this unhealthy option at all costs. If you must go through a drive-thru, make a healthier food choice such as a salad or avoid the salty sides.

10. Exercise

Drivers should exercise at least three times per week. While stopping for rest, drivers can take a short, 15-minute jog or fast-paced walk. These exercises do not require any equipment and can be done anywhere. If you need some direction, there are tons of workout routines on YouTube.

No matter how important a load, truck drivers shouldn't neglect their health and fitness. Following these tips should be an easy way to live healthier.

SCHOLARSHIP OPPORTUNITY

Did you know that Coastal Plains Trucking employees, their dependents, and their grandchildren all qualify to apply for Texas Trucking Association Foundation scholarships?

WHO CAN APPLY?

- Full-time college and university students
- Technical school students
- Trade school students
- Full-time community and

junior college students

Scholarship applications are exclusively online at www.texastrucking.com. The application deadline for 2022 hasn't yet been determined but will be sometime in the Spring.

For more information contact Texas Trucking Association 512.478.2541, visit www.texastrucking.com or scan the QR code.



DISPATCH DISTRACTION

HOW TO PLAY SUDOKU: Each row, column and set of 3x3 boxes must contain the numbers 1-9 without repetition. You can find the answer at coastalplainsllc.com/jobs/current-employees.

9		3	4	7		6		
	1	6		3	5			
	7		6			3		
		8				9	2	
	3						6	
	9	1				4		
		9			4		8	
			2	1		5	9	
		5		8	7	2		6