



TRANSPORTATION INSIDER

Monthly news for Continental Express employees

MARCH 2020



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Update on COVID-19

I'm sure you are all aware of the Coronavirus, and the impact it is having on the world around us. As a carrier during this pandemic of the Coronavirus, our focus on providing best service possible to our customers and the well-being of our employees are first and foremost. We would like to thank all of drivers for putting forth such a great effort to deliver their loads on-time, and their patience while waiting to be loaded or unloaded at our shippers and receivers.

We would like to thank all of our staff for doing such a great job and staying focused on the tasks at hand.

Here are tips that we would like to remind all of our employees:

- 1) Stay home when you're sick, and seek medical attention immediately if you believe you have virus symptoms.
- 2) Avoid close contact with anyone who is sick
- 3) Coronavirus is thought to be primarily spread through large droplets (droplet transmission) that directly contact the nose, mouth or eyes, from coughing or sneezing. Large droplets can only travel a limited range; therefore, people should limit close contact (within 6 feet) with others when possible
- 4) Wash your hands frequently with soap and water. It is recommended that you use soap, and vigorously wash for 20 seconds.
- 5) If soap and water is unavailable, use an alcohol-based hand sanitizer.
- 6) Avoid touching your eyes, nose, or mouth with unwashed hands.



**STAY
HEALTHY!**



7 Traits of an Excellent Truck Driver

What Makes A Good Truck Driver?

There are many truck drivers out there — more than 2 million at last count. So how do you tell the good ones from the not so good ones?

It's not too difficult, as it turns out. While all truck drivers have certain strengths and weaknesses, the best drivers all share certain traits. Once you learn these qualities, work on mastering them, and they will serve you as a trucker like nothing else.

Here are the 4 traits we believe make a good truck driver:

Patience

Whether you're sitting in traffic or waiting for your truck to be unloaded, staying cool under pressure is important. Losing your head in rush-hour traffic, or an otherwise inopportune time, can spell disaster for you — and possibly for others.

Time Management Skills

Knowing how to spend your time out on the road is a necessity. Pre-planning your route and staying on schedule will get you to your destination and back on time. Be sure to plan out when you are going to make stops before beginning your trip. If you have good time management, you will have less stress.

Discipline

Sticking to your schedule and being disciplined is key. Be professional about when you do (or don't) make stops. Try to multitask on those stops. Additionally, being able to successfully maneuver around traffic accidents will keep you chugging toward your destination.

Concentration

Being on the road means spending a lot of time driving. This isn't always the most exciting activity in the world. If you want to thrive as a trucker, it's important to maintain that control as you are driving, and keep your mind from wandering too much.

Reliability

Being an employee that your employer can rely on and a driver your customers can rely on is extremely important. Getting your work done in a timely manner, asking for help when you need it, understanding safety requirements, and making sure the goods you are transporting are in the best shape possible to keep your customer happy are just a few of the ways you can be seen as reliable.

Communication Skills

Along similar lines to customer service, being able to communicate clearly can go a long way when you're a truck driver. Whether you are talking to dispatch, your customers, your boss, fellow truck drivers, or your family, you need to be able to effectively and calmly and professionally communicate whatever message you are trying to get across—no matter the circumstances.

Mechanical Knowledge

Last, but not least, having some mechanical knowledge as a truck driver can be extremely helpful when on the road. Knowing how to take care of minor maintenance issues can save you time and give you the ability to get to a safe location to fully address the issue. Plus, knowing how to do certain mechanical tasks to help make sure your truck is complying with safety standards is also important.

At Continental Express, the quality of our truck drivers is one of our highest priorities. We value our drivers not only for the work they do but for simply being great people.



MARCH IS COLORECTAL CANCER MONTH

What Is Colorectal Cancer?

Colorectal cancer is a cancer that starts in the colon or the rectum. These cancers can also be named colon cancer or rectal cancer, depending on where they start. Colon cancer and rectal cancer are often grouped together because they have many features in common.

Cancer starts when cells in the body start to grow out of control. Cells in nearly any part of the body can become cancer, and can spread to other areas of the body.

How does colorectal cancer start?

Polyps in the colon or rectum. Most colorectal cancers start as a growth on the inner lining of the colon or rectum. These growths are called polyps.

Some types of polyps can change into cancer over time (usually many years), but not all polyps become cancer. The chance of a polyp changing into cancer depends on the type of polyp it is.

The 2 main types of polyps are:

- **Adenomatous polyps (adenomas):** These polyps sometimes change into cancer. Because of this, adenomas are called a pre-cancerous condition.
- **Hyperplastic polyps and inflammatory polyps:** These polyps are more common, but in general they are not pre-cancerous.

Other factors that can make a polyp more likely to contain cancer or increase someone's risk of developing colorectal cancer include:

- If a polyp larger than 1 cm is found
- If more than 2 polyps are found
- If dysplasia is seen in the polyp after it's removed. Dysplasia is another pre-cancerous condition. It means there's an area in a polyp or in the lining of the colon or rectum where the cells look abnormal, but they don't look like true cancer cells.

Who needs to get a colonoscopy?

By age 50, you should start getting regular colonoscopies no matter your gender or overall health.

As you age, your risk of developing polyps and bowel cancer increases. Getting routine colonoscopies helps your doctor find abnormalities early so they can be quickly treated.

You should consider getting colonoscopies earlier in your life if you have a family history of bowel cancer or have any previously diagnosed conditions that affect your digestive tract, including:

- irritable bowel syndrome (IBS)
- inflammatory bowel disease (IBD)
- colorectal polyps

Takeaway

If your health is generally good, you'll only need a colonoscopy once every 10 years after you turn 50. The frequency increases with various factors.

Employee Happenings

Welcome to Continental Express!



David Aaron	Bill Faulks	Lamont Rogers	Josh Miller	Krista Gehret
Josue Avila	Gabriel Gibson	Casey Rohr	Operations	Operations
Marlene Borges	Brad Hance	Ivan Savka	Sidney, OH	Sidney, OH
Lillianmay Briggs	Michael Holbert	Donald Shelby		
Richard Brown	Ira Johnson	Farrell Shook	Chris Saunders	Robert Herron
Ken Chambers	Geordell Joshua	Charles Thompson	Recruiting	Night Dispatch
Leonard Collier	Ricky Murray	Shelby Thurber	Sidney, OH	Sidney, OH
Anthony Cotrell	Brian Petteys	Darin Tidwell		
Tobias Elefante	Jeremy Pyburn	Bryce Washington	Ashley Chenoweth	
			Customer Service	
			Ft. Worth, TX	

March Driver of the Month



Brandon Weiss



Congratulations to our March Driver of the Month from the Forth Worth, TX terminal, Brandon Weiss!

Brandon has been a driver for Continental for 3 years. You cannot place a value on a driver like Brandon for the service he provides to Continental. He consistently goes above and beyond his normal duties as a driver. He demonstrates quality, thoroughness, and accountability in every aspect of his job and his hard work and valid efforts do not go unnoticed. We can always count on Brandon to get the job done right every time he is called upon. Brandon's dispatcher, Sandra, says "I'm lucky to have a driver such as Brandon to dispatch. He is a true asset to our team."

Thank you for your great service to Continental, Brandon!

Ohio Trucking Association Announces 12 Top Finalists

Celebrate Outstanding Drivers

Each year, the Ohio Trucking Association looks to its members to nominate amazing drivers to be in the running for Driver of the Year. These drivers possess an excellent driving record, dedication to the profession and a passion to improve the roads through a safety first mentality. Out of all the nominations received, 12 were chosen as finalists. Each finalist and their company will receive a plaque in recognition of their outstanding driving career. After careful deliberation by our judging panel, the winning driver will be announced during our awards banquet at the Marriott Columbus University Hotel.

Congratulations to Dave Wolford for being one of the twelve 2019 OTA Driver of the Year Finalists!





March Birthdays!



3/1 Thomas Barnes Jeffrey Perine Ryan Schoby	3/7 Tracy Cameron William Layton	3/15 Charles Harris	3/20 Angel Vazquez	3/27 Jason Biagoni
3/2 John Grove Leslie Mullen	3/8 Devon Wofford	3/16 Joe Sanchez Demar Williams	3/22 Josue Avila Ray Croucher	Tyree Martin Michael Verner
3/3 Kelly Hnot	3/9 Bill Faulks	3/17 Derrick King	Franklin Edwards Phil Williams	3/28 Leonard Collier John Collins
3/5 Andrea Bergman Michael Hanink Janet Nichols	3/10 Timothy Riddle	Chala Tsegaye	April Winemiller	Marcus Harris
3/6 Larry Courtney Randy Southard	3/11 James Marshall	3/18 Peter Bates Ram Dahal	3/23 Chris Light	David Rupert
	3/12 Joshua Wagner	Lilio Sorio	3/24 Richard Skinner	3/29 Tim Kavanaugh
	3/13 Aaron Adamchik Cameron Carder	3/19 Timothy Braun Shelby Thurber	3/25 Jeffrey Todd	3/30 Darby Metz
		3/26 Gordon Hill		3/31 Caleb Carder Taylor Doseck Greg Smith

We would like to wish everyone a Happy Birthday!



April Birthdays!



4/1 Darrell Yeager	4/9 Ronald Brewer	4/17 Ashley Chenoweth	4/25 David Crim
4/2 Michael McCraw	Cliff Weller	4/18 David Belt	Patrick Hendricks
4/4 Rick Hollensteiner	4/10 James Eanes	4/19 Ricky Nelson	Roger Holland
4/5 Patrick Cusick Devin Stephens	Aquez Willis	4/20 Ashley Frilling	William Pryor
4/6 Orlando Colon Trey Everett	4/12 Octavio Romero	4/21 Cliff Carlisle	Daniel Subler
Ed Vance	Travis Russell	James Green	4/26 Chris Degen
4/7 Demetrius Commodore	4/13 Ivan Savka	4/23 Chris Yancey	Cecil Jones
4/8 Brandon Fleming	4/14 Humberto Silverio	4/24 Gery Armstrong	David Kent
	4/15 Reggie Wendel	Greg Armstrong	Douglas Phillips
	4/16 Roger Caldwell	Randy Hogan	4/30 Bradley Lambert
		Enos Meade	Jeremy Rankin
		Kiera Sullivan	

March 2020 Years of Service Anniversaries

CONGRATULATIONS and Thank you!

18 Years

Cliff Weller

16 Years

David Wolford

14 Years

Karen Meier

12 Years

Gary Koesters

11 Years

Jeffrey Connolly

Brian Walls

9 Years

Robert Brown

8 Years

Van Barnes

6 Years

Renee Epperson

Janet Westerbeck

5 Years

Matthew Beach

Kenneth Brown

Gary Calvin

Kenneth Henry

Kevin Mitchell

Amanda Ritter

4 Years

Maria Ceniceros

Gary Littley

James Reese

Phillip Yager

3 Years

Diane Mumpower

Brandon Weiss

2 Years

Dillon Crane

Franklin Edwards

Brandon Fleming

Justin Pulfer

Russell Walters

1 Year

Melissa Etheridge

Josefat Hernandez

William Kerns

Dan Kleman

Bradley Lambert

Suni Moore

Michael Pearson

Tyler Schneider

Shanine Tarkington

Congratulations!

We appreciate your hardwork and dedication.

