Central Freight Lines has completed a multi-million dollar paving and reconstruction of the Fort Worth hub yard. This capital improvement will allow for continued growth in the DFW markets and ensure our employees, along with their equipment, will have the safest means for managing their jobs.

The seven month project began in November 2017—contractors worked in 7 phases, closing a section of the yard each time to lessen the disruption to the operation.

The total square footage of concrete poured is 561,333.00 at an average of 8” deep. In addition, a newly paved asphalted area is 120,000.00 sq feet. Taking into consideration the extreme use of the yard, with maintenance, it will have a life span of 20 years.

A side yard was created with the recycled crushed concrete to create a parking area for equipment held for maintenance or to be sold as we continually upgrade the fleet.

As our drivers roll over the in-ground scales, seen below, they only need to look up to see their weight digitally displayed on the terminal roof to ensure a safe load before they leave the yard for their run.
Central Freight Lines Partners With Texas Special Olympics

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Central Freight Lines realizes how important the work of the Texas Special Olympics is to the communities in which we service, and beyond.

When the Texas Special Olympics went searching for much needed office space, Central Freight Lines responded by welcoming them to be part of the Central family and donated offices in our terminals for their use in Waco, Lubbock and soon to be San Antonio and Houston.

If anyone deserves an award, Tommy Smith, Area Director for the Texas Special Olympics and Glenda, his assistant, pictured left, earned it. Tommy and Glenda have moved in with Central Freight Lines at our Waco facility. Having just returned from a Bocce Ball event for the athletes, they were already looking forward to next weekends flag football.

Their commitment to the athletes is unwavering and the rewards plentiful. Many of their athletes qualified to go to National Competition and two from Texas qualified for International Competition, watch for them at the Olympics next year! Special Olympics depend heavily on volunteers to assist at their monthly events, sharing your life makes you a true Olympian.
In July of this year, Dennis Renfrow, Central Freight Lines Line Driver, was honored by the Texas Trucking Association as the 2018 Texas Driver of the Year. In his role as Texas Driver of the Year, Dennis was chosen to represent truck drivers in the State of Texas and the transportation industry. This award also places Dennis in the national category, where he will compete with drivers from across the country.

This week we learned from the American Trucking Associations – Safety Management Council, that Dennis Renfrow has been named one of five finalists for the 2018 ATA National Driver of the Year.

A panel of judges representing the truck industry selected Dennis as a finalist due to his outstanding safe driving record, his length of service in the industry and his exceptional efforts to improve highway safety.

As a finalist, Dennis is required to submit a personal video statement with his thoughts about the industry. It will be judged with the results to be announced in October.

Congratulations Dennis on being one of five finalists. Your significant accomplishments make you #1 with Central Freight Lines.
Ryan Volcik Joins Central Freight Lines as Controller

Originally from Waco, Ryan has lived through various changes in the complexion of his home town over the years. The arrival of Chip and JoAnn on the scene has sky-rocked Waco from the “small town” atmosphere to International fame. On his most recent trip to Ireland a local asked him where he was from, when Ryan responded Waco, TX, the guy said “Oh, where Chip and JoAnn are!”

There is more to Waco then Chip and JoAnn. Baylor University is a private Christian university in Waco and is the oldest continuously operating university in Texas. Baylor is where Ryan earned his Accounting Degree. Ryan was recruited directly from college by KPMG, a Swiss based professional accounting firm and one of the “Big Four” auditors, this meant a move to Dallas. In Dallas, as a Senior Auditor, he was on the team that performed the Central Freight Lines audit when Central Freight Lines was a public company.

Returning to Waco, Ryan joined JRBT, a diversified public accounting firm, where he served as Audit Manager.

Ryan was recruited by Curves/Jenny Craig as their Controller in Waco where Curves had their corporate offices. Curves/Jenny Craig is an international company with strong markets in Japan.

Here at Central Freight Lines, as Controller, Ryan’s responsibilities include keeping the financial books appropriately, staying in compliance with statutory and regulatory requirements, accounting and accounts payable. His office is located in Waco.

Ryan is married to Kristin, who is a Real Estate professional. They have two sons which Ryan enjoys taking them on an annual hunt. Ryan and Kristin enjoy travel and attempt to plan an international trip every other year. Welcome to Central Freight Lines Ryan!
Daniel Tyrone has joined Central as Director of Human Resources

Originally from Austin, Texas, Daniel attended Texas State/San Marcos earning a degree in Communications. His career path was soon to be every bit about communications and relationships.

Recruited by Conoco Phillips, an American multinational energy corporation with its headquarters located in the Energy Corridor district of Houston, Daniel moved to Houston as their Corporate Recruiter and Talent Acquisition manager. As he progressed with Conoco Phillips, he was named Human Resource Generalist. He then joined Saipem, an Italian oil and gas contractor as their Human Resource Generalist.

Moving out of the oil and gas industry, Daniel joined Crane Worldwide Logistics, a full-service Air, Ocean, Customs Brokerage & Logistics Company located in Houston. At Crane, as a Senior Human Resource Generalist, Daniel supported the entire freight division with over 1,000 people across the Americas.

Daniel now joins us with offices in Fort Worth. His responsibilities will include employer relationship issues, recruiting, administering benefits and overseeing salary scales.

Daniel and his wife Katie, of 4 years, reside in Dallas. When not at the office he enjoys playing the guitar and singing Blues and Rock & Roll. Growing up his Mom owned a restaurant so he is a self-proclaimed foodie.
Central Freight Lines Approved by EPA as “SmartWay Transport Partner”

Central Freight Lines, a leading provider of transportation solutions, continues its commitment to track and report its carbon accounting practices for an 8th consecutive year. Freight transportation has an impact on the environment and as consumer demand increases, we are committed to respond with the most efficient and cleanest transportation practices available to the market.

Central Freight Lines is a U.S. Environmental Protection Agency (EPA) SmartWay Transport Partner. EPA recently approved our annual submission of Partnership reporting requirements for 2018. Each year performance data is submitted and reviewed to qualify as a SmartWay partner.

As a leader in the use of CNG for our equipment, Central Freight Lines remains committed to environmental sustainability through cleaner, lower carbon movement of freight through the supply chain.

In one year alone, Central Freight Lines reduced NOX emissions in the Texas environment by over 77 tons with the use of CNG powered equipment.
Central Freight Lines adopts new Dispatch system from Maven Machines

Maven Machines, a fleet management and ELD compliance provider, released a new Maven Dispatch product that combines traditional dispatch with telematics and added layers of automation.

Central Freight Lines, a Texas-based LTL trucking company recently adopted the new Dispatch system with the ELD system it already was using from Maven Machines to manage its fleet operations.

“Maven Machines preserves the vital data amassed by our dispatchers and drivers while streamlining their daily work-flows and adding critical real-time visibility to every step and every mile,” said Richard Fite, vice president of Line Haul, Central Freight Lines.

According to the announcement, the new Dispatch puts back-office tasks directly into the hands of drivers, planners, and dispatchers for fleet-wide operational visibility.

As an LTL carrier, Central Freight Lines uses Maven Dispatch to accommodate a variety of complex operational scenarios to accurately invoice its customers and manage freight capacity. Trailer swaps, unscheduled stops, stops at separate docks for a single client, and special equipment such as a lift gates are among the different scenarios the software accommodates.

The mobile-cloud technology has real-time 2-way communications with GPS and sensors that trigger automated workflows. Maven Dispatch uses off-the-shelf hardware, API integration to fleets’ existing IT infrastructure, and user-friendly designs that reduce training and speed adoption.

The platform features include:

- digital image capture of shipping BOLs
- 1-click load assignment to reduce dispatch planning times
- A mobile UI that intelligently switches between driving/delivering to support driver workflows.
  
  “I like how Maven shows my entire day’s run and then changes screens automatically when I arrive or depart,” said John Hurt, a Central Freight driver in Dallas.

- Customizable alerts based on combinations of geofence, task, or behavior
- Intelligent routing and load planning
- Combined Dispatch and Hours of Service (HOS)
- Automated real-time reporting of accessorial charges like detention-time and special equipment charges.
Do Not Miss This Opportunity – January 15, 2019 Deadline

Central Freight Lines is proud to promote continuing education. Throughout the years, we have assisted a number of well deserving Central Freight Lines employee dependents in achieving their goals with this scholarship.

The Central Freight Lines Scholarship to McLennan Community College is now open for application. You may apply if you intend on attending McLennan Community College in Waco, Texas on a full time basis. You may log onto www.mclennan.edu/foundation/scholarships for guidelines and application.

The employees of Central Freight Lines established a scholarship opportunity in 1992 to honor the families of W.W. Callan, Jr. and Diana Callan Braswell, children of the founder of Central Freight Lines, W. W. Callan, Sr.

The scholarship is open to any qualified Central Freight Lines employee or their dependents. In the mid 1990's when Central Freight Lines was in the process of being merged into Viking Freight, the remaining monies of the original scholarship account were used to endow a scholarship at McLennan Community College in Waco, TX, which has since perpetuated itself. The scholarship is open for application by any Central Freight Lines employee or their dependents who desire to attend MCC full time in Waco. The plan is now administered by the scholarship foundation at MCCC. Past qualified recipients are eligible to resubmit an application.
Mike Sullivan remains one of the top offensive linemen in TCU football history. He played in all 44 games during his four seasons with the Horned Frogs, making 42 consecutive starts. While the Horned Frogs struggled on the field, they twice came close to winning seasons during his tenure. The 1987 and 1990 teams each finished 5-6, with the 1990 team standing 5-1 before a late-season slump.

Sullivan accumulated a plethora of awards, including All-Southwest Conference twice and The Sporting News Freshman All-American Team.

He is also a member of Dave Campbell’s Texas Football All-Century Team, and he was named in the Greatest Moments in TCU Football by legendary author Dan Jenkins.

**What years did you play at TCU?** 1987-1990

**Who were your coaches (head coach and position)?** Jim Wacker, head coach; Bill Thornton, offensive coordinator/offensive line, 1987-88; Hugh Nall, offensive line, 1989-90

**What number did you wear?** 77

**What major awards did you receive?** The Sporting News Freshman All-American First-Team Offense, 1987; All-SWC Offensive Line First Team, 1989 and 1990; team captain, 1989 and 1990; Toyota Leadership Award, 1990; Abe Martin Award, 1990; Greatest Moments in TCU History by Dan Jenkins; All-Century Team; TCU Lettermen Hall of Fame induction, 2007

**What is your degree?** Bachelor’s in business administration-marketing, TCU, 1990; MBA-global energy management, University of Houston, 2012

**What was your favorite play as a Horned Frog?** 46 or 47 Counter, because I was the lead/kickout block on the defensive end, or screen pass. I enjoyed getting down the field and finding unsuspecting linebackers or defensive backs to engage.

**Favorite memory from TCU?** Beating Arkansas in Little Rock, 54-26, in 1990. We scored on every possession of the game except once in the fourth quarter. After the game we were ranked 18th with a 4-0 record. Big win because the two years prior Arkansas had won the SWC.

**Favorite quote?** “When you have to shoot ... shoot. Don’t talk.” Tuco (Eli Wallach) from the movie The Good, the Bad, and the Ugly.

**Life since TCU?** While living in Fort Worth in 2007-2009 I started to get interested in Barnett Shale oil and gas production. After being at the Barnett Shale Symposium in 2009 I heard TCU professor Ken Morgan speak about natural gas and the abundance within the U.S. It was at that point I took an interest in natural gas as a transportation fuel. Shortly after, I went to work for a company called Clean Energy, which was founded by Boone Pickens.

Over the course of the last 10 years I helped develop natural gas fuel stations and on-board CNG fuel systems for Central Freight Lines, Western Dairy Transportation, Dean Foods, UPS, Trimac and Frito Lay. In March of this year I was presented an opportunity to become the fleet and maintenance director at Central Freight Lines Inc. I just got married on July 21 to Deana Giles (TCU 1992). She was a women’s basketball player from 1988-91. We live in Fort Worth and enjoy all TCU sports, golfing and coastal fishing.
Congratulations!

Central Freight Lines has been selected as an Inbound Logistics Top 100 Trucker for 2018. This year was challenging, as always, for the editorial team as they had to select 100 trucking leaders from nearly 300 carriers that submitted their credentials. Congratulations again Central Freight Lines for being recognized by Inbound Logistics.

Felecia Stratton, Editor
Inbound Logistics
New York, NY 10001

CCJ Recognizes Central Freight as a Top 250 Carrier in 2018

Commercial Carrier Journal has ranked the top for-hire trucking companies since the late 1960s. Founded in 1911, Commercial Carrier Journal offers news, analysis and other information to owners and managers of trucking companies and commercial truck fleets.

The CCJ Top 250 represents the most comprehensive ranking of active carriers in the industry as it takes into account not only the revenues posted by a trucking company but also its fleet size and employment base.

Central Freight Lines continues to be recognized as a solid competitor in the transportation industry.

Central Freight Lines continues to invest in the newest and safest equipment available to support our operations. Seventy-five, 2019 box trucks are being rolled out to the system with an order of 200 additional 28’ trailers to follow.

Central Freight Lines is CCJ’s top 250 Carrier...and #1 with our customers
Ron’s Rules

Ron Rolf—Director of Costing / Central Freight Lines

EXTREME LENGTH RULE – 8 FEET OR MORE

Rules Tariff ITEM NO. 416

1. When shipments contain any shipping unit or piece with a dimension equal to or exceeding 8 feet in length, the following charge will apply:

   A. $70.00 per shipment, in addition to the otherwise applicable rates and charges

2. This item will not apply on shipments subject to EXCLUSIVE USE, CAPACITY LOAD or CUBIC CAPACITY AND DENSITY rules, or to TL volume rates and spot quote charges

DRIVERS: WHEN YOU PICKUP A SHIPMENT THAT CONTAINS AN ARTICLE THAT IS 8 FEET OR GREATER IN LENGTH, MARK IT ON THE BILL OF LADING SO THE PROPER CHARGE IS APPLIED. Do not confuse this rule with our cubic capacity or linear foot rule as those are triggered by the total space used on the trailer. Extreme length is when a piece (s) of freight is 8 feet or over, such as a flagpole or a bundle of pipe. When this occurs, write on the bill of lading “EXTREME LENGTH” or “OVER 8 FEET.” We also need to know the exact length of the article since some over-length rules have various fees for different lengths. Make it a habit to carry a tape measure with you.
Central Freight Lines Tractor Parking Policy

Several U.S. states have statewide or jurisdictional idling laws. Maximum idling time varies, violations can be issued when the vehicle is in idle for as little as three minutes in most of the states. All of these laws have listings of exceptions or exemptions related to safety, operation, or comfort.

Central Freight Lines vehicles must be properly parked anytime the driver is out of the truck cab.

**Properly parked** means:
- The vehicle's transmission is in neutral for automatic, or placed in low or reverse for a manual transmission.
- The parking brakes applied.
- The engine turned off.
- Remove the key from the ignition, and lock the cab doors.

**Some of the benefits for this policy:**

**Eliminate Roll-A-Way's:** Unattended vehicles can cause injury and death.

**Reduce fuel cost:** If you idle for more than 30 seconds, you’re using more fuel than restarting your engine. Remember: idling equals zero miles per gallon!

**Reduce engine wear:** Idling causes excess wear on the equipment, and can shorten the life of your engine.

**Environmental Air Quality:** You’ll help protect our climate and air. You’ll reduce harmful greenhouse gas emissions that contribute to problems such as smog and climate change.

**Health Safety:** You’ll protect your health, and that of others. By turning your vehicle's engine off when it isn’t moving, you and others around you, including children and people with respiratory problems, won’t have to breathe unhealthy exhaust fumes from a vehicle that is going nowhere.

**Under no circumstance should a Central Freight Lines tractor be left idling when unattended.**
“Extended trailer life starts with keeping trailer doors closed when they are not at the dock. Maintenance costs can be controlled by simply closing the doors on trailers in the yard and eliminating floor rot and buckling. An unsafe floor creates a safety hazard for our employees, damages our customers freight and reduces the life of the trailer, all costs we have control of by simply closing the trailer doors.”  

Mike Sullivan-Director of Central Freight Lines Fleet and Maintenance

The key to protecting the trailer is to eliminate moisture and sun exposure to the floors.

“Keeping the doors open and letting rain and sun onto the floor has always been a problem of rotting out floors,” says Craig Bennett, senior vice president sales and marketing at Utility Trailer Manufacturing. When fleets leave doors open while sitting in yards or when sitting at the dock, water can get in and sit at the rear. “In Southern and Western states the sun will also cause huge amounts of damage.” according to Great Dane trailer manufacturers.

Ninety-nine percent of floor failures and maintenance costs associated with a hardwood floor occur at the rear of a van near the doors, and is related to excessive moisture content and sun on the wood.
SYMPTOMS, CAUSES AND PREVENTION OF THE COMMON COLD

OVERVIEW
The common cold is a viral infection of your nose and throat (upper respiratory tract). It’s usually harmless, although it might not feel that way. Many types of viruses can cause a common cold.

SYMPTOMS
Symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. Signs and symptoms, which can vary from person to person, might include:

- Runny or stuffy nose
- Sore throat
- Cough
- Congestion
- Slight body aches or a mild headache
- Sneezing
- Low-grade fever
- Generally feeling unwell (malaise)

The discharge from your nose may become thicker and yellow or green in color as a common cold runs its course. This isn’t an indication of a bacterial infection.

CAUSES
Although many types of viruses can cause a common cold, rhinoviruses are the most common culprit.

A cold virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks.

It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys or telephones. If you touch your eyes, nose or mouth after such contact or exposure, you’re likely to catch a cold.

PREVENTION
There’s no vaccine for the common cold, but you can take common-sense precautions to slow the spread of cold viruses:

- **Wash your hands.** Clean your hands thoroughly and often with soap and water, and teach your children the importance of handwashing. If soap and water aren’t available, use an alcohol-based hand sanitizer.
- **Disinfect your stuff.** Clean kitchen and bathroom countertops with disinfectant, especially when someone in your family has a cold. Wash children’s toys periodically.
- **Use tissues.** Sneeze and cough into tissues. Discard used tissues right away, then wash your hands carefully. Teach children to sneeze or cough into the bend of their elbow when they don’t have a tissue. That way they cover their mouths without using their hands.
- **Don’t share.** Don’t share drinking glasses or utensils with other family members. Use your own glass or disposable cups when you or someone else is sick. Label the cup or glass with the name of the person with the cold.
- **Steer clear of colds.** Avoid close contact with anyone who has a cold.
- **Choose your child care center wisely.** Look for a child care setting with good hygiene practices and clear policies about keeping sick children at home.

TAKE CARE OF YOURSELF. EATING WELL, GETTING EXERCISE, ENOUGH SLEEP AND MANAGING STRESS MIGHT HELP YOU KEEP Colds AT BAY.
The Wright Brothers

#1 New York Times Bestseller by David McCullough

Win this book by simply being the first to e-mail me with the words “The Wright Brothers” in the subject line to: mborowski@centralfreight.com

Two-time winner of the Pulitzer Prize, David McCullough tells the dramatic story behind-the-story about the courageous brothers who taught the world how to fly: Wilbur and Orville Wright.

On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot.

Sam Snow/Roanoke won the book “The Great Bridge” by David McCullough by being the first to submit an e-mail to me with the books name.

Central Freight Lines is on LinkedIn now join us on Facebook

Communication with our customers is critical as we evolve and focus on new initiatives.

This newsletter is one way of keeping both our employees and customers aware of changes and providing a forum of sharing our vision.

In today’s technical environment there are a plethora of medians for communication. Central now has a Facebook page for our audience to connect with us.

Linkedin is a professional networking tools useful in fostering business relationships and reinforce the company brand.

You have the option to look at every copy of Centrally Speaking by going to our website: www.centralfreight.com, under “About Us”. If you are looking for a quick update of what is happening at Central Freight, you can view our Linkedin page by logging onto www.linkedin.com/centralfreight. Connect with us on Facebook, but not while driving. Central has a safety policy of “No Cell Phone Usage” during business hours. Distracted driving is a number one cause of vehicle accidents.

Stay connected, stay safe.