CNG STATION GRAND OPENING SAN ANTONIO, TEXAS

THE GRAND OPENING WAS OFFICIAL AS RAY O’CONNELL CUT THE RIBBON AT THE NEWEST CNG STATION SITE ON THE TERMINAL PROPERTY IN SAN ANTONIO, TEXAS. RAY IS THE FACILITY MANAGER FOR SAN ANTONIO AND WELCOMES THE ADDITION OF THE FUELING STATION TO THE TERMINAL.


This is the third CNG station for Central Freight in Texas. With other locations being Houston and Fort Worth, Central Freight now has the ability to efficiently run our line-haul moves seamlessly across the “Texas Triangle”.

CENTRAL FREIGHT RUNS OVER 18,000 MILES PER NIGHT IN CNG ONLY, LINE-HAUL LINES. THIS INITIATIVE CONTRIBUTES TO IMPROVING THE AIR QUALITY IN THE STATE OF TEXAS AS WELL AS SUPPORTING THE LOCAL ECONOMY AND OUR CUSTOMERS THAT ARE PART OF THE OIL AND GAS INDUSTRY.

Don Orr, President and CEO of Central Freight and John Saunders, VP of Risk Management (pictured right) observe the fueling demo during the event.
Once again, Central Freight Lines has been selected by Commercial Carrier Journal as a Top 250 Carrier.

Commercial Carrier Journal has ranked the top for-hire trucking companies since the late 1960’s.

The CCJ’s Top 250 is the most comprehensive ranking of active carriers. Central Freight Lines continues to grow and be consistently recognized as a top carrier.

CCJ’s ranking of companies is a blended scale based on a combination of revenue, total power units and number of drivers.

The Transport Topics’ Top 100 for-hire carriers is a listing of the largest trucking companies in North America. Companies are ranked on the basis of annual revenue and include a listing of operating units and description of services, names of top executives and type of ownership.

Central Freight Lines is recognized as a Top 100 carrier by Transport Topics in consecutive years.

Transport Topics is the news leader in freight transportation and has been for the last 80 years. When it comes to major issues, industry events, and new developments, Transport Topics journalists are there first.
The “Texas Challenge: Inspectors Competition” is held annually by the Texas Department of Public Safety. This year’s contest took place on Del Mar College’s Campus in Corpus Christi. The event takes place over a three day period, this year spanning June 23 through June 25.

The DPS Challenge is a conference for the state’s law enforcement agents which allows them the opportunity to demonstrate their outstanding skills and job knowledge as it relates to commercial vehicle enforcement and the applicability of Federal Motor Carrier Safety Regulations.

Each year Central is asked to participate by supplying our trucks for the “Challenge”. The DPS officers perform roadside inspections as part of the “Challenge” and are rated on their results. Roadside inspectors are highly trained professionals who save lives every day by keeping unsafe commercial vehicles and drivers off the roads. Commercial vehicle inspectors’ work is difficult and is vital to ensure public safety on North American roadways.

“This program helps to make all the highways safer for everyone on the road”, said Don Orr, President and CEO of Central Freight Lines. “Central Freight Lines is proud to be selected to assist in this annual event,” he continued. “Safety is and always has been a fundamental value at Central Freight Lines.”

*Pictures shown were taken during the Texas DPS Challenge while the DPS officers were performing a through roadside inspection as part of the competition.*
A company’s level of success depends on each member's understanding and committing to established VALUES, taking an active roll in time tested REQUIREMENTS of SUCCESS, keeping the MISSION STATEMENT in mind in everything we do today, tomorrow and everyday, which ultimately guides us to realizing our VISION.

Individuals do make a difference. Teamwork within the terminals makes change. Make a difference today.
ASHLEY COCKRELL JOINS THE DALLAS TEAM

Ashley is a woman who knows what she wants and goes for it. At 21 years old, leaving a comfortable position at a local bank, Ashley tested for her CDL and hit the road. Born and raised in Plano, TX, Ashley went the predictable route and earned her business degree. Graduation led to her joining the local bank, although it did not take long for her to know that sitting behind a desk was not in her future plans.

It was while working at the bank Ashley met her future husband, he was a driver for YRC and the bank was on his route. It wasn't long before they married and became partners in life and on the road as team drivers for Schneider, a truckload carrier. Ashley and her husband enjoyed the freedom that the profession and road provided. They traveled together every where and enjoyed every minute of the 1 1/2 years on the road.

Three months ago, Ashley gave birth to her son Levi and chose to stay home to be with him as he adjusted to his new life. With a strong family support network, Ashley is ready to dust off the CDL and start moving again.

“This is the best job I ever had,” said Ashley. “I enjoy coming to work each day, my co-workers are great mentors and Central Freight Lines has made me welcome and comfortable” she continued. “With the new equipment Central Freight invested in this year, the completely automated transmissions and power accessories make driving a pleasure, even on the congested Dallas roads, at some point they will have to complete the construction,” she said.

Ashley is part of the P&D local driving team at the Dallas terminal.

She encourages young people, uncertain about their future to consider a career in driving for a carrier like Central Freight Lines. “There are agencies that will assist you in obtaining your CDL,” said Ashley “Over the road driving was an experience, she said, but it may not be for everyone, many local routes are available for CDL drivers in good standing”.

Ashley is a self proclaimed “outdoor girl,” give her a weekend of fishing and horseback riding and she is content. She hopes her son follows her lead and comes to enjoy the out-of-doors as much as she and her husband do.

Welcome to Central Freight Lines Ashley!
### CENTRAL FREIGHT SAFETY/OPERATIONS MATRIX

#### LOWEST CLAIM RATIO YTD

<table>
<thead>
<tr>
<th>CATEGORY A TERMINAL</th>
<th>CATEGORY B TERMINAL</th>
<th>CATEGORY C TERMINAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Stephenville</td>
<td>(1) Chattanooga</td>
<td>(1) Atlanta</td>
</tr>
<tr>
<td>(2) Augusta</td>
<td>(2) Reno</td>
<td>(2) Fontana</td>
</tr>
<tr>
<td>(3) Eagle Pass</td>
<td>(3) Tulsa</td>
<td>(3) Pico Rivera</td>
</tr>
<tr>
<td>(4) Milwaukee</td>
<td>(4) Las Vegas</td>
<td>(4) Hayward</td>
</tr>
<tr>
<td>(5) Bryan</td>
<td>(5) Victoria</td>
<td>(5) Phoenix</td>
</tr>
</tbody>
</table>

#### GREATEST % OF IMPROVEMENT YTD VS PYTD OF MILES BETWEEN ACCOUNTABLE ACCIDENTS

<table>
<thead>
<tr>
<th>CATEGORY A TERMINAL</th>
<th>CATEGORY B TERMINAL</th>
<th>CATEGORY C TERMINAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Lafayette</td>
<td>(1) Laredo</td>
<td>(1) Pico Rivera</td>
</tr>
<tr>
<td>(2) Eagle Pass</td>
<td>(2) Lubbock</td>
<td>(2) Houston</td>
</tr>
<tr>
<td>(3) Milwaukee</td>
<td>(3) Shreveport</td>
<td>(3) Hayward</td>
</tr>
<tr>
<td>(4) San Angelo</td>
<td>(4) Salt Lake City</td>
<td>(4) Phoenix</td>
</tr>
<tr>
<td></td>
<td>(5) Memphis</td>
<td>(5) Dallas</td>
</tr>
</tbody>
</table>

#### GREATEST % OF IMPROVEMENT YTD VS PYTD IN NUMBERS OF HOURS BETWEEN TOTAL INJURIES

<table>
<thead>
<tr>
<th>CATEGORY A TERMINAL</th>
<th>CATEGORY B TERMINAL</th>
<th>CATEGORY C TERMINAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Augusta</td>
<td>(1) Fresno</td>
<td>(1) Hayward</td>
</tr>
<tr>
<td>2) Eagle Pass</td>
<td>(2) Chattanooga</td>
<td>(2) Fontana</td>
</tr>
<tr>
<td>3) Bryan</td>
<td>(3) Shreveport</td>
<td>(3) Houston</td>
</tr>
<tr>
<td>4) Milwaukee</td>
<td>(4) Odessa</td>
<td>(4) Pico Rivera</td>
</tr>
<tr>
<td>5) San Angelo</td>
<td>(5) Baton Rouge</td>
<td>(5) Phoenix</td>
</tr>
</tbody>
</table>
EAGLE PASS, MILWAUKEE, PICO RIVERA, HAYWARD, PHOENIX TERMINALS EARN CENTRAL FREIGHT DRIVER SHIRTS FOR MOST IMPROVED PERFORMANCE RANKINGS BASED ON PERIOD 8 - 2015 VS 2014

The Central Freight Safety/Operation Matrix Top Terminal Performance Ranking on Page 9 of Centrally Speaking, ranks each terminal in specific categories that are determined to be key indicators in the success of our terminals.

Every terminal in the system is ranked in one of three divisions: A, B or C—based on annual projected revenue.

Based on Safety Dept. reporting, we look at:

1) Top 5 terminals in each A, B or C division with the Lowest Claim Ratio.

2) Top 5 terminals in each A, B or C division with the greatest % of improvement YTD vs Previous YTD of miles between accountable accidents.

3) Top 5 terminals in each A, B or C division with the greatest % of improvement YTD vs Previous YTD in number of hours between total injuries.

Being focused on our jobs, aware of our surroundings and the environment will help to secure your terminal in a top 5 position.

1) Being aware of how we load freight, are we using the proper tools, are we loading it to ride will get you into the Lowest Claim Ratio category

2) Be aware of your surroundings.
   Get Out And Look

3) Be aware of your environment.
   Clean As You Go

With every Centrally Speaking we will be honoring the terminals that are in the top 5 of each category.

For the terminals that are shown to be in the top 5 in each category, they will receive a Driver Shirt for each driver in their terminal and a Central Tee shirt for each dock person.

You can be honored as often as you appear in the top 5 of each category.

CONGRATULATIONS Eagle Pass, Milwaukee, Pico Rivera, Phoenix and Hayward — YOU APPEAR IN THE TOP 5 IN EACH CATEGORY—YOUR DRIVERS WILL RECEIVE NEW SHIRTS/DOCK TEE’S NEXT MONTH.

CENTRAL FREIGHT LINES-LOOKING BACK 1992

Books Feature Central, Industry Pioneers

In 1965, Central Freight Lines was just breaking into the listing of the top 100 freight lines in America. In 1991, we were ranked 28th, and after our performance during the first half of 1992, we could break into the top 20. Since 1965, hundreds of companies have ceased operations.

As a tribute to those freight lines and the ones who survived, trucking enthusiast Mike Terebecki has written two books, The Vanishing Trucking Pioneers and Trucking Pioneers, Book Two. Central is featured in the second book, with an article and equipment photos chronicling our 67-year history.

Besides Central, the second book contains stories on Arkansas-Best Freight Systems (ABF), Carolina Freight Carriers, Consolidated Freightways, Overnite Transportation Co., Preston Trucking Co. Inc. and Yellow Freight System. Both books feature now-defunct carriers, such as Red Ball, Pacific Intermountain Express (P.I.E.), T.I.M.E.-D.C., Associated Transport, Campbell’s “66” Express, Lee Way Motor Freight, Mason & Dixon Lines, and many others. The first book features 44 carriers, the second 35.

Terebecki got interested in trucking when he began collecting memorabilia in the early 1950s. Today, his collection includes hundreds of truck models, drivers’ pins, patches, pens, pencils, photos, service guides and other publications.

This summer, Terebecki has been in the former Soviet Union, using his trucking knowledge to help reinitiate a national freight system. “The roads are not the greatest, with very few four-lane highways,” he said. “Service and repair facilities are nonexistent and there is a severe shortage of road equipment.”

Terebecki is looking for U.S. trucking companies to form joint ventures with the fledgling Soviet companies. “There is plenty of freight coming from Germany, Finland, Denmark, Norway and Sweden,” he said. “Drivers are readily available for 1,000 rubles (about $10 in U.S. currency) and 10 percent of the profit per month.”

TRUCKING INDUSTRY HISTORIAN—Mike Terebecki, author of The Trucking Pioneers, displays his personal collection of patches and other memorabilia from trucking companies across the United States and around the world. The books feature Central among a gallery of industry pioneers.

Currently, Central does not plan to expand into the former Soviet Union, but we do expect to be the top feature in Terebecki’s next book, Best Trucking Companies of the Southwest, as soon as he slows down to write it. If you would like a copy of either of Terebecki’s books, contact the corporate headquarters public relations department for ordering information.
August 20, 2015 marked the 40th anniversary for Marsha Johnson, who heads up our payroll department at the Waco Corporate Office.

Marsha is shown left (middle of second row from the bottom) with her husband of 37 years. She was joined by many well wishers and long time co-workers.

Marsha was born and raised in Gatesville, TX about 35 miles west of Waco.

The Central Freight Lines corporate office in Waco was fairly new when Marsha was hired on in 1975. She began in the Records Department, moving to Claims and ultimately to Payroll where she typed the checks on a manual typewriter using carbon paper for copies. “We have come a long way”, laughed Marsha. “I was fortunate to work with Mr. Callan Sr. and most of his family members, they were good solid people invested in their employees.” Marsha continued.

“When in the 40 years I have worked for Central, I have had the pleasure of working with exceptional people. Some I work with every day, some I have never met only know their voices on the phone, some have become best friends and some I have only seen or worked with once.” she continued.

When not at the office, Marsha enjoys her family, which consists of her daughter and son and 3 grandchildren. She also enjoys sewing, quilting and gardening.

The Department Managers at the Corporate Office put on a luncheon for Marsha and invited the entire staff.

Rick Hudson, Marsha’s last boss attended the event (Rick is shown above, first row, far left)

Marsha, great party, you deserve the recognition. Thank you for all you continue to do for us here at CFL.

“Thanks to my Central family of co-workers you have made my past 40 years complete and I look forward to more to come” said Marsha
It wasn’t that long ago that I interview Danny Huffman to honor his 40 years of service to our company, the morning of September 1, 2015, Danny passed away after a long illness. Below is the interview:

If you start talking about family, Danny Huffman will light up with big smiles. Having raised 3 children and now with 6 grandchildren in the mix, Danny couldn't be happier.

Danny was born, raised and went to high school in Dallas, Texas. He then ventured out to Arlington to attend the University of Texas. After college he followed his pals to Waco where he went to work for them in an endeavor that he enjoyed but then it became time to move on.

He appreciates being hired by Central Freight Lines and having made this his home away from home for the last 40 years. Danny was hired by Mr. Patterson into the Central Traffic Department. He eventually moved into Information Systems, the Interline Department and in 1997 the Pricing Department. Today Danny is a Pricing Analyst in our Pricing Department at the Waco Corporate Office. Having been domiciled in Waco, Danny had plenty of opportunity to see and talk to our founder Mr. W. W. Callan. “Mr. Callan, treated you like one of the family, said Danny, his philosophy was that if you treated your people right, the business would thrive, and it did.” Danny laughed remembering that in 1975 when the new corporate office was completed (their location now), everyone just picked up and packed all their own offices and drove across town to the new headquarters.

Danny calls Clifton, Texas home now. He lives in the country on 13 acres.

Family is a big part of his life. “Who needs a hobby when you have grandchildren” he said. There is football, track, a little dove hunting, watching the cows grazing on the land and 3 dogs is all fun with the kids! Danny's father and in-laws are all a part of the big extended family.

As a Pricing Analyst, Danny works with the Account Managers, with his experience he is able to help some of them navigate the pricing waters seamlessly.

“When I first started with CENF, Danny was one of the people who really reached out to help me understand CENF policy and procedures.” “He took the time to make me feel comfortable by walking me through things. A real gentleman and a fine representative of CENF.” co-worker Mike Heisterkamp, National Account Director.
F.Y.I, Jeff waited an extra 10 min for me to process a couple more BOL's. I just want to make sure he gets the recognition for going above and beyond the call of duty. That is why Weatherford does business with Central Freight. Your company gives us excellent customer service and I wanted to say Thanks.

On Aug 27, 2015, at 8:12 AM, Bartley, Gary W <Gary.Bartley@weatherford.com> wrote:
Central welcomes Scott to our team and look forward to working with him. His office will be at the Fort Worth terminal and he can be reached at: sspray@centralfreight.com or 972-579-4157

Scott Briley Promoted to VP of Operations/Central Division

September 6, Scott Briley will assume the position of Vice President of Operations for the newly aligned Central Division.

“I have worked in Operations and LTL with DTI for 32 years prior to CFL purchasing/merging DTI into their LTL operation," said Scott. “I started with DTI when I was 17 years old.” he said. “I have lived in metro Atlanta my entire life, I understand the market” Scott continued.

“We have had an exciting year in Georgia since becoming a part of the CFL family back in August of 2014. We have many positive things happening in this region and are excited for the opportunities and growth the new Central Division terminal alignment brings. One thing that has really been impressive is the quality of people within our company and the teamwork between departments and terminals. It takes every department working together to make us successful. Sales, dispatch, admin and clerical, safety, maintenance, line-haul, customer service, terminal management, dock and DRIVERS!...I'm convinced that CFL has the best people in every area in the industry.” said Scott

Scott is married with an 18 year old daughter and a 20 year old son who attends the University of Georgia, the folks in Texas may be familiar with the SEC! Scott is a big fan of the UGA Bulldogs.

Scott can be reached at sbriley@centralfreight.com or 678-849-1339.
JOHN MYERS HONORED WITH PROMOTION

John has been a team member here at Central Freight Lines for over 10 years. It is with pleasure that, Richard Fite, Director of Line Haul, announced that John has been promoted to the position of: Line Haul Operations Manager.

In the capacity of Line Haul Operations Manager, John is responsible for 100 company line haul drivers and the dispatch clerks.

John began with Central Freight as a billing clerk here in Fort Worth, it was a good way to become familiar with who our customers were, where they shipped to and the commodities they shipped. He then moved into the line department as a dispatch clerk, and earned his way to the position of Line Supervisor.

“One of my first objectives for the department is to streamline the processes,” said John. “Moving freight is a very basic function, because of the volumes we deal with daily, you need to have a consistent way of communicating the movement of that freight,” he continued. “I am not saying to be too ridged, because we need to “think outside the box”

“You need to be able to take a step back and look at the bigger picture”, that’s my job,” said John.

John was born and raised in the Fort Worth area. He is single, enjoys music that includes rock and jazz, and plays the drums. John will report to Richard Fite, Director of Line Haul, and can be reached at jmyers@centralfreight.com or 817-729-1311. Congratulations John, we all support your move.

STEVE JOPLIN EARNs TERMINAL PROMOTION

Steve Joplin knows every inch of the concrete slab known as the Fort Worth dock. Steve has been with Central Freight Lines for over 24 years, aside from dispatching for 6 months, he has been out working our dock.

“Steve Joplin is one of the most dedicated, hard working guys I have had the pleasure to work with”, said Steve Vondra, Fort Worth Terminal Manager. “He is knowledgeable about our customers freight and understands what needs to be done to get it delivered on time and exception free,” Vondra continued.

In June, Steve was promoted to Manager Terminal Operation on the Fort Worth dock, a honor well deserved. “It is hard work but not hard to do”, said Steve. Steve would encourage young people to consider the transportation industry as a good solid career. “There are several career paths you could follow with a company like Central Freight Lines,” he said.

When Steve started on the dock, Central was utilizing the state-of-the-art, in-ground tow system, where carts were moved around the dock by an in-ground rail – fork lifts were not used then as they are today, it was mostly hand freight. He still works with a number of the same guys who began their careers at the same time. Steve met his wife, Chris here at Central.

Chris worked in billing and customer service for the terminal. “I like fishing and love my wife” said Steve.

Congratulations John, we appreciate everything that you do for us!
Will Nail is no stranger to Central Freight Lines. Will’s career with Central began in 2003 when he ran a P&D route for Central in Shreveport. As he grew with the company, he became Supervisor in Shreveport and eventually Terminal Manager where he managed Shreveport, Alexandria, and Monroe.

In 2009 he headed back to Lubbock where he lives with his wife. In Lubbock he worked for General Steel where he was the Director of Safety. At one time he managed 160 drivers both company and owner/operators. Will maintains a relationship with a number of the drivers that he managed, something he attributes to the open communication and rapport he supported while there.

Will is replacing Rick Barraza, as Terminal Manager in Odessa as Rick is moving to El Paso to become Terminal Manager in El Paso. A win-win for Central Freight Lines!

Will has 3 children and 3 grandsons. His family is a priority for him so weekends are spent at family events and activities. Being a Texas Tech grad… fall is all about sports, especially the Red Raiders at Jones AT&T Stadium.

Welcome back Will! He can be reached at wnail@centralfreight.com or 806-676-9055

Albert joins Central Freight Lines with a great deal of operational experience. September 1, Albert was promoted to Terminal Manager of our Hayward CA operation, said Chuck Salazar, Division VP of Operations.

Previously Albert held positions with Consolidated Freightways, FedEx as an Operations Manager, and for 7 years as Terminal Manager for Oak Harbor.

Albert initially joined Central Freight in May of 2014, his responsibilities included both sales and operations. Now, he will focus on solidifying the operations in Hayward and growing the terminal in their expanding market.

Having been born, raised and still living in the Hayward area, Albert understands the northern California market and the potential for a steady, calculated growth of market share.

Albert is married with 2 children. He and his wife are experiencing the “empty nest” syndrome as the children are adults now. He likes to play tennis, and golf but “golf does not like me” he said. That is a statement that is probably echoed by a number of Central employees. He and his wife enjoy traveling as well.

“I enjoy my position with Central” said Albert. “Central Freight is different from other carriers that I have worked for in size and coverage”, he continued. “I am looking forward to the challenge of managing the Hayward facility with my team”.

Congratulate Albert, he can be reached at aarce@centralfreight.com or 510-750-4095
CENTRALLY SPEAKING

APRIL SCHMIDT JOINS CENTRAL FREIGHT SALES TEAM

April Schmidt has been the operations Supervisor for Central Freight at our Las Vegas facility for five years. Working both the inbound/outbound dock has given her the solid operations background to ensure a successful career in sales with Central Freight Lines.

April’s transportation career began with The Hub Group, a company that provides consolidation of freight for shippers. She started in the claims department, moved to operations and was promoted into sales at Hub.

Her career continued in Nevada working as a TL Freight Broker, and eventually transitioning to an outside sales position with GI Trucking, which later became Estee Express.

Originally from Northern California to having lived in Las Vegas for over 16 years, April knows the market and has been working with the customers from an operational perspective for some time.

April, her husband of 26 years and son enjoy outside activities that keep them busy on weekends. You can find April on her boat waterskiing on Lake Meade during the summer or snow skiing on Mt. Charleston during the winter. “Nevada is so much more than the “strip”, the state has lots to offer for campers and boaters like her and her family.” said April. Her family is active at the local church and she is looking forward to her son’s wedding next year.

Best of luck to you April – I know you will have lots of support.
April can be reached at: aschmidt@centralfreight.com or 702-906-0878

KENDRA JACKSON RETURNS TO CENTRAL FREIGHT

Kendra has an extensive transportation background including sales positions with Overnite Transportation, American Freightways, Saia and Central Freight Lines. Originally from Texarkana, Kendra initially joined Central Freight Lines as an Account Manager back in 1996. At that time, Kendra called on accounts in Texarkana and El Dorado, Arkansas where we also had a terminal.

Leaving Central Freight when she moved to Dallas was a difficult decision for Kendra, she enjoyed working with the Texarkana team on developing the market and she would certainly miss the camaraderie at the terminal.

After working with the Forney School District here in the Dallas area, Kendra found her way back to Central Freight Lines. She is now part of the Fort Worth sales efforts.

“It feels awesome to be back, I am real excited to be able to sell for Central Freight Lines again”, said Kendra.

Kendra is married with two children and two grandchildren, all very near and dear to her heart.

Kendra’s territory will include, part of Grand Prairie, Mansfield, Burleson and Alvarado. She can be reached at: 214-325-6135 or kjackson@centralfreight.com. We are glad you are back Kendra, welcome to the Fort Worth Sales Team!
C E N T R A L  F R E I G H T  W E L C O M E S  C L E O  K E L L E R  T O  A T L A N T A

Cleo joins the Central Team as an Account Manager at our Atlanta facility.

Cleo is a veteran of the transportation industry with prior experience with TSC Express, and Saia, where her career spanned 10 years beginning in OSD, Admin, Operations and ultimately Sales. Here she learned the LTL business and developed close ties with the Atlanta shipping community. Cleo furthered her transportation career with R&L, Wilson and AAA Cooper, all in the sales capacity.

Cleo claims "duel citizenship" having been born in the city of Atlanta and spending a great deal of time in the beautiful, lay-back country side of South Carolina..."best of both worlds, Cleo said, city and country life, a great combination". "That is something I wanted my two children and grandchild to experience as well."

Cleo's spare time is spent as a Court Appointed Special Advocate for Abused and Neglected Children in Atlanta "CASA"... a very emotional yet rewarding volunteer initiative. Ms Keller is a motorcycle enthusiast, has two bikes and enjoys weekend rides. After spending the last 7 months touring the lower east coast with family and friends, Cleo is ready to hit the Atlanta market for Central Freight Lines. Her previous professional experience in LTL, both operations and sales will be a welcome addition to the Atlanta team.

Please welcome Cleo to Central, she can be reached at ckeller@centralfreight.com or 404-324-6989


Originally from the Appleton/Green Bay Wisconsin area, there is no doubt where Sherri's football loyalties lie. With the Packers preseason exhibition games beginning this month, Sherri and her husband will indulge in one of their favorite pastimes, football.

Sherri joins us with an extensive career in transportation which includes 16 years with Fed Ex, in operations for the majority of her career there and transitioning into sales as well. Prior to that she was also with Overnite.

Milwaukee is home to: Briggs & Stratton Corp
Cooper Power Systems
Harley Davidson, Inc
Johnson Controls
Quad Graphics
Rockwell Automation
S C Johnson

If Sherri can help you with consignee's on her end or reverse, feel free to reach out to her at sconnaghan@centralfreight.com or 414-793-0293

Besides football (both the Green Bay Packers and Giants) Sherri and her husband enjoy golf and travel. They have 4 children, 1 granddaughter and 1 grandson on the way...due October 8!

Congratulations and best of luck there on the new Green Bay fan. Welcome Sherri - we are all here to help you.
Join us in welcoming Michael to the Houston Sales Team. Michael is originally from El Paso where his transportation career got its start with a small, local carrier, Bond Transfer, as a rate clerk.

Michael’s extensive career with Consolidated Freightways included positions as, Manager Trainee, Assistant Terminal Manager at their El Paso consolidated center, Terminal Manager in Albuquerque and Colorado Springs. His experience continued with sales positions with both Saia and Watkins.

Michael’s assigned territory in Houston is similar to the area he called on previously, he has strong ties with the shipping community, and looks forward to discussing Central Freight Lines with them. “Having strong relationships with our customers goes a long way in building a lasting professional partnership, Michael said, the trust needs to be mutual”. “I strive to build those types of relationships”, he continued. Michael provides sales for our Bryan terminal as well as Houston.

When not at work you can find Michael on the golf course or watching one of his favorite sporting events, which includes: baseball, football, hockey and horse racing. If Michael can assist you, he asked you to reach out to him at molivas@centralfreight.com or on his cell at 480-544-5034. Welcome to Central Freight Lines Michael !!

JOHN DICKASON JOINS THE AUSTIN SALES TEAM

John is a Texas native, born and raised in Kingwood, approximately thirty miles northeast of downtown Houston in the piney woods of southeastern Texas. Attending Blinn College at College Station, John was attempting to get his basic classes under his belt as he made the decision as to what direction he was headed.

John always felt a pull towards a career in sales, he did a little advertising sales and was hooked. A sales opportunity with Central Freight Lines sealed the deal. John is looking at Central as a career driven job, a company he can grow with and become a valuable member of the organization. He is in orientation and training at our Houston facility with Region Sales Manager, Larry Mohr, which will give him a chance to observe the working of a major hub in our system. September 1, he will be in his office in Austin where he will be ready to meet with customers and extol the benefits of Central Freight. “This is just my second day on the job, said John, I have been welcomed by everyone, it is motivating to be in with all these very positive and friendly co-workers. " It is good to know that I will have the support and encouragement as I begin my sales efforts, he said.

When not at the office you can find John on the golf course or fishing. Being single leaves him plenty of time to pursue his hobbies.

Welcome John to Central Freight: jdickason@centralfreight.com or 512-733-4604
MIKE LEAHY JOINS ATLANTA SALES TEAM

Mike Leahy was born and raised in the Atlanta area. His transportation career evolved in the Atlanta market, having worked for USF and ConWay in the LTL sales realm and DHL on the brokerage side. Mike developed strong ties and long-term relationships with the shipping community in Atlanta. He has come to understand and respects the diversity of the people and environment that makes up this vibrant culture.

Mike knew that Central Freight Lines was who he wanted to sell for, he had professional associations with both Cleo Keller, CFL Account Manager and Scott Briley, VP of Central Division Operations and had knowledge of Central’s business model. “I love transportation sales and worked diligently to become a member of the Central Team,” said Mike.

Mike and his wife Tiffany of 18 years, enjoy the beach and are Members of the Land Trust of Edisto Island. Edisto Island is in South Carolina, just southwest of Charleston. Members of the Land Trust are tasked with preserving and protecting the heritage and conservation resources of the island, including the wildlife such as dolphins and sea turtles. Mike and Tiffany felt a strong need to give of themselves and have worked with the Humane Society for the last 13 years, with Great Dane Rescue dogs and now Kerry Blue Terrier Rescue dogs.

Welcome the Team Mike! Mike can be reached at: mleahy@centralfreight.com or 404-668-9552

WELCOME NEW MEMBER TO SALES TEAM IN FONTANA

Join us in welcoming Justin Assael as an Account Manager with our Fontana Terminal. Born and raised in Glendora, CA, 23 miles east of downtown LA, Justin took advantage of the sun-laden days and honed a passion for golf.

The University of La Verne is where Justin earned his degree and continued on to obtain his Masters in Logistics and Supply Chain Management.

Justin’s transportation career began in sales with Yellow Freight Lines, and advanced to the broker side with Quebecor Logistics. As a broker, his responsibilities included: operations, sales, recruiting, collections and customer service.

In 2010 Justin opened iShipLA a 3PL and 4PL company. He had a strong customer base and a good reputation with the LA shippers as a person they could count on to manage their supply chains.

Justin previously worked with Angie Herrera, CFL Account Manager in Pico Rivera. It was through Angie that Justin learned of the opportunity with Central Freight Lines.

Justin is very comfortable with Central Freight Lines and is confident he will be successful in his sales endeavors. He is happy to be part of the Central Freight Team and looks forward to working with everyone.

His Mom is from Kentucky so he has an appreciation for Kentucky Basketball. Justin is single and loves all sports, although golf is #1.

We will all support you in your efforts, welcome to Central Freight Lines Justin!!

Reach out to Justin at jassael@centralfreight.com or 909-437-3274
MAURICE CRISP JOINS FONTANA SALES TEAM

Join us in welcoming Maurice Crisp to our sales team in Fontana. Maurice’s 23 years of sales experience with both ConWay and YRC makes him a valuable addition to the sales efforts in California.

“I am having a good time working with everyone here at Central Freight,” said Maurice. “My background in sales for National Carriers provides me with skills to think beyond traditional LTL and consider pool opportunities and dedicated options.” he continued.

Born and raised in California, Maurice is married with 3 daughters, that include a set of twins. He enjoys skiing at Mammoth Mountain, a lava dome complex west of Mammoth Lakes in California, a very popular ski resort. He may enjoy downhill skiing at Mammoth and Lake Tahoe but his twin daughters prefer snow boarding when the family gets together for fun.

Maurice has a passion for jogging and watches most every sport including basketball.

Welcome to the team Maurice! If you need his help you can reach him at mcrisp@centralfreight.com or 909-268-8570

SAN ANTONIO P&D DRIVER RETIRES

Buck McInvale, P&D Driver for San Antonio is retiring after 41 years of service to Central Freight Lines.

Buck’s wife, Eileen recently retired from Southwest Airlines Reservation Center and he has decided to join her.

Plans include travel, and spending time with family and friends.

Thank you for all you have done for us Buck and best wishes on your retirement.
30 YEARS OF DEDICATED SERVICE

August 2015 marked 30 years ago that Jerry Watson joined Central Freight Lines in Fort Worth as a P&D Driver for us. Jerry retires August 28, 2015.

Jerry drove a concrete mixer for a few years and did some welding before he was drafted and joined the Air Force for a 4 year tour of duty. During his service, Jerry was stationed in England for 2 years where he enjoyed the opportunity to experience another culture.

As in most cases, to get hired on at Central at that time, you needed to know someone. Jerry’s wife was working at Petro Rubber, her Central driver made the introduction for Jerry.

Jerry was born and raised in the area he drives every day. “Today, the most critical issue on the road is the distracted driver” said Jerry. “There is no room on the road for someone who is texting and talking on the phone while attempting to navigate the congested roads” he continued. “Construction is everywhere, it takes all your focus to safely manage your way through, being on the phone is unsafe and puts others in danger” he said.

“I have really enjoyed my time at Central Freight Lines, it was a good company to work for” said Jerry. His plans now are to fix the bass boat and do some fishing. Both he and Lola enjoy camping and traveling. New Orleans in on the travel list as well as a planned cruise. When Lola retires, they plan a 3-4 week west coast trip, taking their time to see all that it has to offer.

Jerry - thank you for all you have done for us here at Central Freight Lines.

TRACY STATON RETIRES FROM CUSTOMER SERVICE

With over 30 years of service at Central Freight Lines, Tracy Staton, retired August 27, 2015.

Pictured left is Don Staton, Tracy’s husband and former Terminal Manager for Central Freight, Tracy, National Account Liaison in Customer Service, and Don Staton, Jr., their son.

“I have known Tracy since she first went to work for Central Freight at our Mexia, TX terminal, where her husband, Don, was the Terminal Manager. I have seen her grow with the company over the years.” “We are losing a valued employee. We wish them a long and happy retirement together” said James Grossman, Customer Care Manager.
GROWING THE CENTRAL FREIGHT TEAM

Welcome Preston Walker Reed Nelson, he joined us on July 11, 2015 at 8:58 am.

Preston’s mom, Katt Fournier is part of the Fort Worth maintenance team. She provides the fuel analysis for Colin Owen, Director of Maintenance.

Preston came into the world at Texas Health Harris Methodist Hospital in downtown Fort Worth. He weighed in at 8lbs 3oz, 21.25” tall. He now weighs close to 12 lbs and is an inch taller. Preston is a true Texan.

Mom, Dad and the entire family are doing well...Congratulations Katt and Welcome Preston, we all love you already.

WHITNEY IS HAVING A BIRTHDAY AND A BABY

Whitney Brown joined Central Freight Lines in February of this year. Whitney is part of the newly organized recruiting team at the Fort Worth terminal.

Fort Worth celebrated Whitney’s 27th birthday on August 28 in addition to celebrating her upcoming motherhood. Whitney is expecting a little boy on January 17, 2016. Knowing the gender has it’s advantages, his name has been chosen in anticipation of him joining us, his name will be Sky.

Whitney was born and raised in Ennis, TX, not far from the Fort Worth terminal. She is an only child and this will be the first grandchild for her Mom.

Happy Birthday Whitney and we know you will be an awesome Mom to Sky.
5 DEFENSIVE DRIVING TIPS

Submitted by Brett “Mac” McDonald, Manager of Safety Training

(1) Be aware of your surroundings
As a truck driver, it’s important to monitor your surroundings and identify changing traffic conditions around your truck. Practice good scanning habits by checking mirrors about every eight seconds. Being a proactive mirror checker will help you identify if there is a car in your blind spot or “no zone.” Between checking mirrors, truck drivers should be looking ahead and being mindful of brake lights and slowing vehicles. It may indicate an upcoming obstacle or issue with the road. Before merging into a different lane it is important for truck drivers to leave their turning signals on for at least four seconds, which allows others to be aware of their intentions.

(2) Maintain a safe distance
The average stopping distance for a passenger car traveling at 65 mph is 316 feet. In comparison, a loaded tractor trailer traveling at the same speed takes 525 feet to stop. So, what is a safe distance for truck drivers? The Department of Highway Safety recommends that passenger cars stay 4 seconds behind the car in front of them and 8 seconds for loaded tractor trailers assuming road conditions are good. CDL drivers should double their following distance in inclement weather and traffic.

(3) Eliminate driving distractions
There are many ways to be distracted behind the wheel, it is a truck driver’s job to limit the distractions. Here are some tips for remaining focused while operating your vehicle. Minimize eating, drinking, or smoking while driving, take the time and stop. Know your route before driving or use a voice assisted GPS unit. Turn off your cell phone while driving or use driving apps that silence your phone’s notifications. Fend off day dreaming by playing “find the distracted driver”. Look for drivers failing to use turn signals or maintain their lane. This will also help you stay defensive.

(4) Avoid Drowsiness
Know the signs of drowsiness and take action by pulling over and resting. A study concluded that three out of four drivers make a driving error as a result of drowsiness. Signs of drowsiness include: frequent yawning, heavy eyes, and blurred vision. Do not rely on tricks to keep you alert such as smoking, turning up the radio, drinking coffee, or opening the window. These are not effective ways of maintaining alertness. Lastly, avoid medication that may induce drowsiness. To ward off drowsiness make sure to get enough sleep before driving, do not skip meals, and take naps as needed.

(5) Always drive defensively
Defensive driving is defined by operating your vehicle to avoid accidents that may be caused by the actions of others. Driving defensively entails maintaining a safe distance, staying alert, knowing your surroundings, and maintaining a safe speed. Steer clear of hazards in the road and dangerous drivers. Be able to recognize the signs of someone driving recklessly whether they are speeding, failing to use turning signals, or distracted, keep your distance. If you are driving in adverse weather, make sure to drive an appropriate speed for the conditions. Lastly, always have a escape plan.

Safety Is No Accident
The excessive pressure on your artery walls caused by high blood pressure can damage your blood vessels, as well as organs in your body. The higher your blood pressure and the longer it goes uncontrolled, the greater the damage. Get your blood pressure checked regularly, what you don’t know can hurt you.

Uncontrolled high blood pressure can lead to:

- **Heart attack or stroke.** High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.

- **Aneurysm.** Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.

- **Heart failure.** To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.

- **Weakened and narrowed blood vessels in your kidneys.** This can prevent these organs from functioning normally.

- **Thickened, narrowed or torn blood vessels in the eyes.** This can result in vision loss.

- **Metabolic syndrome.** This syndrome is a cluster of disorders of your body's metabolism, including increased waist circumference; high triglycerides; low high-density lipoprotein (HDL) cholesterol, the "good" cholesterol; high blood pressure; and high insulin levels. These conditions make you more likely to develop diabetes, heart disease and stroke.

- **Trouble with memory or understanding.** Uncontrolled high blood pressure may also affect your ability to think, remember and learn. Trouble with memory or understanding concepts is more common in people with high blood pressure.
The Price of Valor
By David A. Smith

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

The life of Audie Murphy, America’s most decorated hero of World War II. When he was seventeen years old, Audie Murphy falsified his birth records so he could enlist in the Army and help defeat the Nazis. When he was nineteen, he single-handedly turned back the German Army at the Battle of Colmar Pocket by climbing on top of a tank with a machine gun, a moment immortalized in the classic film To Hell And Back.


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.