COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 65

Katie Montgomery, Editor | October 2022 | www.coastal-fmc.com

IN THIS ISSUE

- DRIVER SAFETY AWARDS PRESENTED
- CHILI COOKOFF OCTOBER 28
- FLU SHOTS SET OCTOBER 20
- BE AWARE OF FALL DRIVING HAZARDS
- OCTOBER IS CYBERSECURITY AWARENESS MONTH
- BURN THE FLOOR COMPETES IN NASHVILLE
- NEWS AND OTHER HAPPENINGS
- BIRTHDAYS

CELEBRATING 45 YEARS, FAMILY WITH COMPANY EVENT

FROM ERIK MONTGOMERY | ERIK@COASTAL-FMC.COM

We were able to celebrate several different occasions recently. First, we had the opportunity to review and recognize our drivers for Driver Appreciation Week. This year, although fairly simple, we went to work on little gift baskets. We sat down as a family and my girls worked on what they believed every driver should have to be "healthy" and happy.



Ed Rickman and wife Connie enjoyed a carriage ride, accompanied by Brent and Mona Merrick.

Sophie, my youngest, worked diligently to package each basket as all the miscellaneous items started to arrive at our home. She enjoyed the challenge, and I was very proud of her work on these. We attempted to see as many drivers as possible and just to simply say "Thank You" for doing what you do and being safe. We take for granted what you do daily, and we need to stop and just shake your hand. We hope the small token was a hit, as we enjoyed seeing you and catching up briefly.



Next, we had the opportunity to come together at a new venue here in Willow Springs – Pine Meadows. Here, we planned our annual company dinner and safety awards presentation. This also was the company's 45th year in business – another milestone. The weather was perfect, the venue was perfect,

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

and the food from Hog Tide was just right for dinner. I have to say I truly enjoyed the meal! This was a time for us to gather as a family and relax.

I felt this year was different, as we were all relaxed and felt it was simply more our style. The awards and recognition of our drivers was very nice, and we were very impressed with the awards and checks that were handed out that evening. To end the night, my wife booked a wonderful country group for our concert, Haley & Michaels. Many of you got to meet them after the concert and it was very nice how they just fit in with us – or how we fit in with them. They have stayed in contact with us and told us how much they enjoyed the time meeting everyone and the venue.

We had a great turn out for this event and for who missed, we truly missed you and hope you can make it next year. We are working on this already and we will have dates upcoming for you to put on your calendar. We want everyone to be there, as we are a family.

On to daily work: As many can see, we are busy in all areas and we are so thankful for the work. Asphalt is still moving hard and heavy, due to these wonderful temperatures. We hope this continues for the balance of October.

Propane is right up next, and we are working hard on getting everything ready for the winter. We are seeing outages already at some terminals in our area and believe we have structured incoming rail correctly; however, it is always a gamble to some extent. Freight rates are increasing October 1 and we are excited for this move, although we know some lanes will be sacrificed. Operations within the terminals is ongoing as we are working to see about additional storage, upgrades on lines, etc. This is a never-ending issue and we are working on these daily.

Thank you for attending the company dinner and we so appreciate everyone being in our family.







At left, Mike Goatcher and family enjoyed the evening at Pine Meadows. Below, Martin Lovan's granddaughter, Rosalee Pipes, daughter of Emily and Preston Pipes. Lower left, hats and farm-fresh honey were goodies for the evening.



Drivers recognized at the company gathering who kept all 12 Safety Points are pictured from left: Steve Sanders, Stan Wood, Brian Bailey, Tom Cummings, Don Bartlett, Kevin Baker, Martin Beljean, Bill Joslin, Jacob Gandy, Ron Gudermuth, Tye McCoy, David Lamson, Marty Lovan, Justin Robertson, Brent Merrick, Ed Rickman, Matt Shields, Rodney Wade, Mark Wise, and Matt Alcorn.

SAFETY AWARDS, FAMILY FOCUS AT COMPANY GATHERING

FROM STAFF | KIM.R@COASTAL-FMC.COM

FMC Transport drivers were honored for safety and Coastal-FMC employees were recognized for years of service as the focus was on family at the annual Coastal-FMC gathering.

The event was held Saturday, September 17, at Pine Meadows Venue outside of Willow Springs. The company celebrated family – with employees bringing members of their family including spouses, children, grandchildren, parents, and more. The company also marked it 45th year in business.

The evening was opened by company president David Montgomery, followed by a prayer from Joe Blankenship. The evening also included door prizes, safety awards, and remarks by Erik Montgomery.

“Times have changed, people have changed, and yet we are still here,” said Erik Montgomery. “Tonight, we need to realize that we have survived the ups and downs, and we are still here. This year we celebrate the company’s 45th year in business, which is quite a milestone. This success is due to everyone here this evening, and to the families that surround each of us.”

PLEASE SEE NEXT PAGE





At left, Shane Lee and family watched Haley & Michaels. Above, Martin Beljean earned a prize for a clean Level 2 inspection.

CONTINUED FROM PREVIOUS PAGE

He added that family can mean many things including tradition families, as well as extended, single-parent, or childless families.

"Today, I believe our company should define the word family as people in our lives that are related or not related; these people are family based on factors such as trust, loyalty, respect, responsibility, and love," Erik said. "Family is simply the people that you love and who love you back, people you feel safe around, and people you can count on to be there when you need them...Family is always there, no matter the arrival date – birth to now. They are here tonight, as we are a company brought together by individuals making us a family."

Safety director Gary Picard emphasized seatbelt usage in remarks. "Not wearing your seatbelt can affect your family and loved ones," he said, adding the most important reason for wearing seatbelts any time in a vehicle should be going home to see family friends each day.

Listed below are drivers who won prizes for clean inspections, followed by the full list of drivers who kept all 12 safety points for the year.

Clean Inspection Prize Winners:
Level 1: Byron Nickels
Level 2: Martin Beljean
Level 3: Bobby Lee

Drivers With All 12 Safety Points:
Matt Alcorn, Brian Bailey, Kevin Baker, Don Bartlett, Martin Beljean, Jerry Courtney, Kenny Crafton, Tom Cummings, Donnie Dooms, Mike Dunn, Jacob Gandy, Ron Gudermuth, Brandon Hagel, Bill Joslin, David Lamson, Rick Loman, Marty Lovan, Tye McCoy, Brent Merrick, David Metcalf, Byron Nickels, Todd Nieznay, Marion Quick, Ed Rickman, Justin Robertson, Roger Rush, Steve Sanders, John Saylors, Matt Shields, Jerry Smith, James Sullivan, David Swindle, Rodney Thompson, Billy Vanderbilt, Rodney Wade, Jimmy Whitehead, Mark Wise, and Stan Wood.

Years of Service awards: FMC Transport
5 years: Rodney Wade, Bill Joslin, Michael Goatcher, Brandon Hagel, Bruce Batesel, Kenny Crafton, Matt Shields, and Brian Bailey.
10 years: Thomas Cummings and David Metcalf.
15 years: Kevin Baker, Marion Quick, and Stephen Sanders.

Years of Service awards: Coastal Energy
5 years: Brandon Caswell and Cynthia George.
15 years: Kristen VanWinkle, Chad Odle, and Jeanetta Brooks.





Top right, the weather was perfect and the Pine Meadows venue was a perfect place for members of the Coastal-FMC family to visit and relax during the annual company event.

Bottom right, hay rides were among the family activities during the event.



Bobby Lee earned a prize for a clean Level 3 inspection.



Byron Nickels earned a prize for a clean Level 1 inspection and for keeping all 12 safety points.

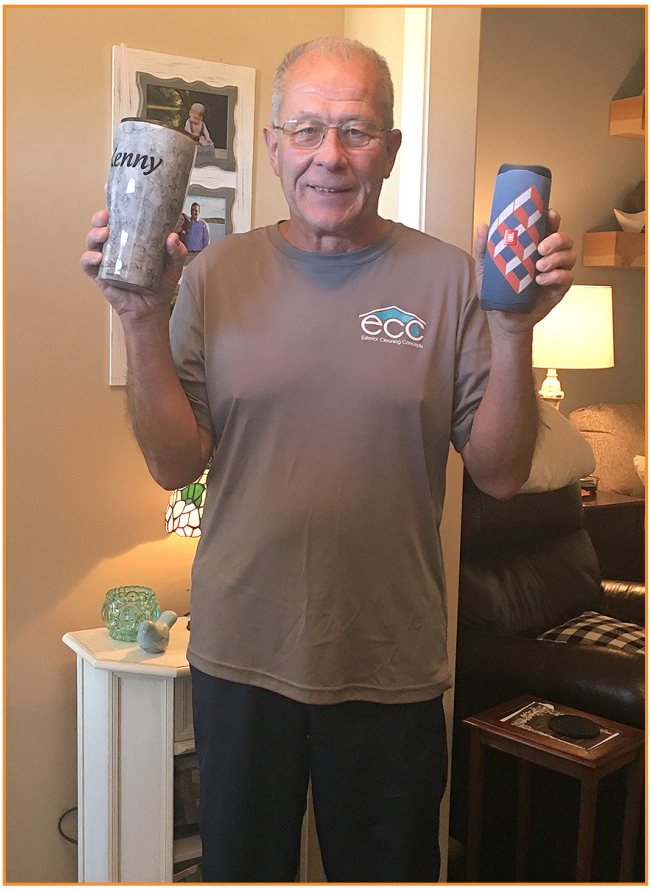




At left, David Metcalf was honored for 10 years of service. Above, Marion Quick was honored for 15 years of service. Both also received a gift for keeping all 12 safety points.



Bruce Batesel was honored for 5 years of service.



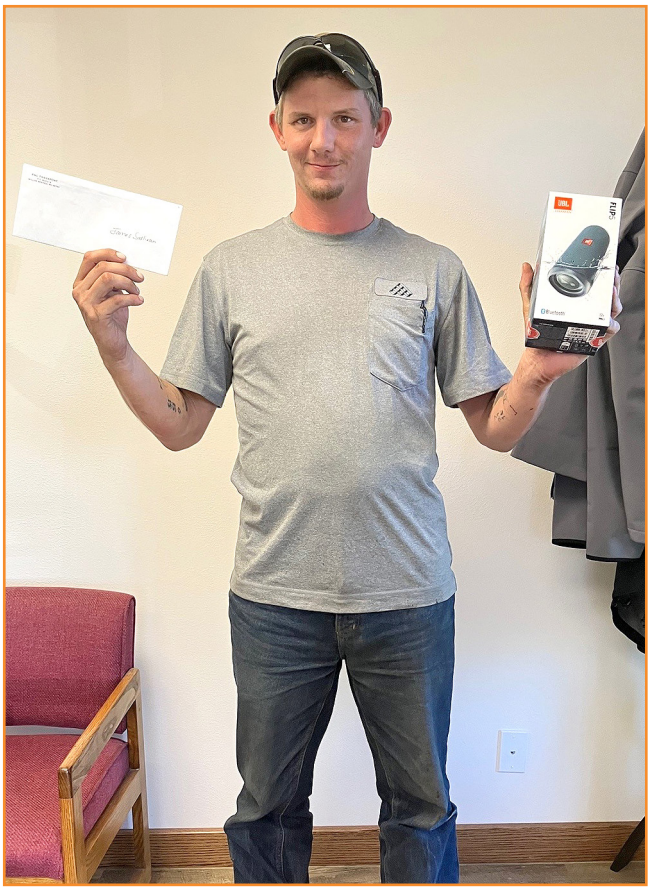
Kenny Crafton was honored for 5 years of service and for keeping 12 safety points.



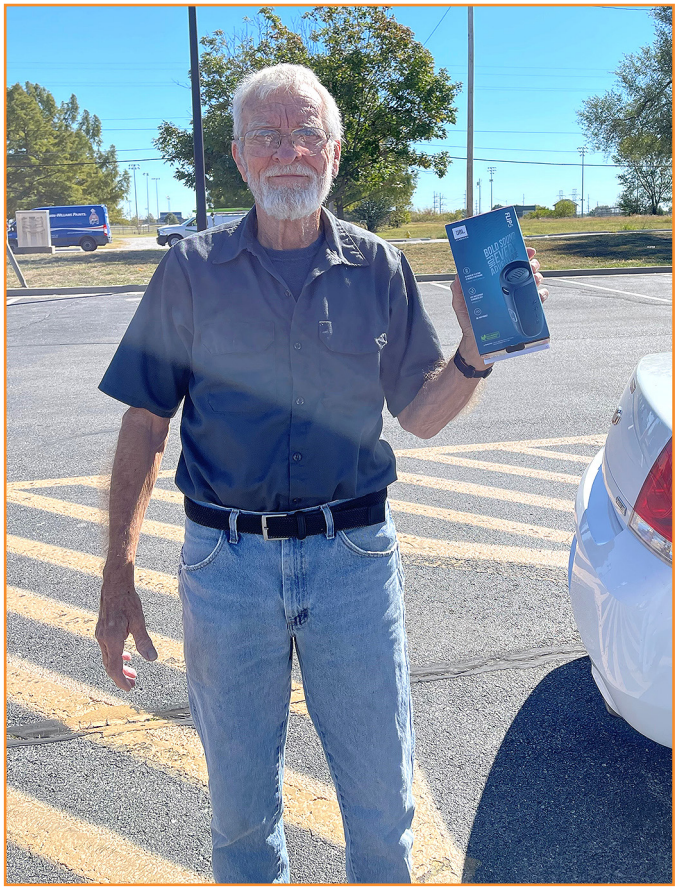
David Swindle received a gift for keeping his 12 safety points.



Donnie Dooms received a gift for keeping his 12 safety points.



James Sullivan received a gift for keeping his 12 safety points.



Jerry Courtney received a gift for keeping his 12 safety points..



Jerry Smith received a gift for keeping his 12 safety points.



Michael Dunn received a gift for keeping his 12 safety points.



Rick Loman received a gift for keeping his 12 safety points.



Rodney Thompson received a gift for keeping his 12 safety points.



MARK YOUR CALENDAR FOR FLU SHOTS OCT. 20

FROM PHILIP CHAFIN | PHILIP@COASTAL-FMC.COM

Hello, everyone. It was 47 degrees when I left the house this morning and to me, that feels really good. The season is about to change again, and this will mean warm or hot days. Then we'll see it turn to chilly nights. While some of us enjoy this type of weather, it is great for sore throats, sinus trouble, coughs, and many other ailments.

With all this in mind, we believe it is a great time to issue the following notice. Please mark your calendars for October 20, 2022. We will be giving flu shots to anyone who can be here at the office from 10 a.m. to 1 p.m. by Lakeland Pharmacy. If you are unable to attend, you should be able to get a flu shot at a clinic or pharmacy close to you. This should be covered by the insurance. Please give me a call if you have any questions.

I just have one more important reminder. We still have some folks having trouble with bills being sent to the wrong billing company. This is especially important, now that we have a new group ID number. The next time you go to the doctor or any other medical facility, please show them your new ID card. If you don't have one, just give me a call. We can print one and scan it to you, or you can go to the 90 Degrees website, log in, then print your own.

This next piece of information is just as important. When you go to the doctor/medical facility, please tell them "If you don't look in your system and update it with this card's information, YOU WILL NOT GET PAID IN A TIMELY MANNER." Many folks have given medical offices their new information, but they don't enter it in the system. This will help avoid your bills coming to you instead of 90 Degrees. As always, if you need help, please let me know.

Confucius says: It is easy to hate, and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

Stay Healthy, Philip



FROM THE COASTAL-FMC FAMILY

Dan Helmer and his wife have enjoyed watching their grandchildren play soccer this fall.

90 DEGREE BENEFITS
A Turn For The Better

Memorandum

FROM: Rick Medrano

SUBJECT: No Surprises Act (NSA) Protections for Employees

DATE: August 4, 2022

No Surprises Act (NSA) Protections for Employees

Under the Consolidated Appropriations Act of 2021, there is a subset of the act called the No Surprises Act, which is commonly referred to as the NSA. The NSA prohibits providers and facilities from sending ***balance bills*** to patients or otherwise holding patients liable for cost sharing beyond what they would have paid for in-network care for particular types of claims.

The following types of claims are subject to the NSA patient protections:

- Emergency Services (ER Facility, ER Physician);
- Non-emergency services rendered by a Non-Network Provider at a Participating Health Care Facility (i.e anesthesiologist, radiologist, and pathologist) and;
- Covered Non-Network air ambulance services.

If you receive a balance bill that you believe falls into one of these three categories, please contact 90 Degree Benefits at 844-341-7878 for help in resolving the matter with the provider.

The NSA protects patients from balance bills (surprise bills) in emergency situations where they lack the ability to seek out or receive services from an in-network provider. In the event the patient has a non-emergency situation, or is no longer in an emergency situation, the NSA protections can be waived if the individual signs a notice and consent form. The notice and consent form informs you about your protections from unexpected medical bills, gives you the option to give up those protections and pay more for out-of-network care, and provides an estimate of what your out-of-network care might cost. You **aren't required** to sign the form and shouldn't sign the form if you didn't have a choice of health care provider or facility before scheduling care. The notice and consent form must be an easy-to-understand notice explaining the applicable billing protections, who to contact if you have concerns that a provider or facility has violated the protections, and that patient consent is required to waive billing protections. By signing the notice and consent form, you agree to be balance billed, thus removing the protection of the NSA.

STAY AWARE OF EXTRA HAZARDS WITH FALL DRIVING

FROM NATIONAL INTERSTATE INSURANCE | NATL.COM

From wet leaves to start of deer season, fall weather is on its way and that means fall hazards are as well. With shorter days and longer nights, be on the lookout for nighttime hazards and driver fatigue.



Driving Hazards:

• Rain & wet leaves can decrease traction for your vehicle, indicating a need to increase stopping distance.

• Fog & sun glare decrease visibility. Ensure you remind drivers to increase following distance, check mirrors, and slow down.

• Increase in deer activity where they primarily feed between sunset and sunrise. Make sure you remind drivers to slow down and use caution, especially in areas where deer crossing signs are posted. Drivers should increase following distance between vehicles to allow themselves opportunity to take evasive action if necessary.

• School children - with daylight savings time approaching, children can sometimes be more difficult to see in early morning hours.

Drowsy Driving:

• Midnight and 6 a.m., or in the late afternoon are when most drowsy driving occurs. At both times of the day, people experience dips in their circadian rhythm

• Usually involved single driver (and no passengers) running off the road at a high rate of speed with no evidence of braking

• Rural roads and highways are where most of these accidents occur2

Did you know?

• On average, 556,151 crashes occur in rainy weather and 860,286 crashes occur on wet pavement, annually.

• An average of 25,451 crashes occur in foggy weather annually.

– For more on safe driving, including driving in rain or fog, please see the CoPilot portion of www.natl.com.



DON'T FORGET!

Remember to schedule your PTO before the end of the year. Company policy allows employees to carry only 40 hours of PTO forward into the next calendar year. Don't lose yours!

OCTOBER IS CYBERSECURITY AWARENESS MONTH: 'TOP 10' LIST OF SECURE COMPUTING TIPS

FROM DAVE PETERS | DAVE@COASTAL-FMC.COM

October is Cybersecurity Awareness month, and in observance, the IT department will be sending reminders of good cybersecurity "hygiene" throughout the month. Most of you are pretty good at sniffing out email scams, but there are other ways the bad guys go after us. The following tips are reminders of good cybersecurity practices. Watch your email throughout the month for more information.

Tip #1 - You are a target to hackers
Don't ever say, "It won't happen to me."
We are all at risk and the stakes are high – both for your personal and financial well-being and for the company's standing and reputation.

- Cybersecurity is everyone's responsibility.
- By following the tips below and remaining vigilant, you are doing your part to protect yourself and others.



Tip #2 - Keep software up-to-date
Installing software updates for your operating system and programs is critical. Always install the latest security updates for your devices:

- Turn on Automatic Updates for your operating system.
- Use web browsers such as Chrome or Firefox that receive frequent, automatic security updates.
- Make sure to keep browser plug-ins (Flash, Java, etc.) up-to-date.

Tip #3 - Avoid Phishing scams - beware of suspicious emails and phone calls
Phishing scams are a constant threat – using various ploys, cyber-criminals will attempt to trick you into divulging personal information such as your login ID and password, banking or credit card information.

- Phishing scams can be carried out by phone, text, or through social networking sites – but most commonly by email.
- Be suspicious of any official-looking email message or phone call that asks for personal or financial information.

Tip #4 - Practice good password management
We all have too many passwords to manage – and it's easy to take short-cuts, like reusing the same password. A password manager can help you to maintain strong unique passwords for all of your accounts. These programs can generate strong passwords for you, enter credentials automatically, and remind you to update your passwords periodically.

Tip #5 - Be careful what you click
Avoid visiting unknown websites or downloading software from untrusted sources. These sites often host malware that will automatically install (often silently) and compromise your computer.
If attachments or links in the email are unexpected or suspicious for any reason, don't click on them!

Tip #6 - Never leave devices unattended
The physical security of your devices is just as important as their technical security.

- If you need to leave your laptop, phone, or tablet for any length of time – lock it up so no one else can use it.
- If you keep protected data on a flash drive or external hard drive, make sure their encrypted and locked up as well.
- For desktop computers, lock your screen or shut-down the system when not in use.

Tip #7 - Safeguard Protected Data
Be aware of Protected Data that you come into contact with and its associated restrictions. In general:

PLEASE SEE NEXT PAGE

CONTINUED FROM PREVIOUS PAGE

- Keep high-level Protected Data (e.g., SSN's, credit card information, student records, health information, etc.) off of your workstation, laptop, or mobile devices.
- Securely remove sensitive data files from your system when they are no longer needed.
- Always use encryption when storing or transmitting sensitive data.

Tip #8 - Use mobile devices safely
Considering how much we rely on our mobile devices and how susceptible they are to attack, you'll want to make sure you are protected:

- Lock your device with a PIN or password – and never leave it unprotected in public.
- Only install apps from trusted sources (Apple AppStore, Google Play).
- Keep the device's operating system up-to-date.
- Don't click on links or attachments from unsolicited emails or texts.
- Avoid transmitting or storing personal information on the device.
- Most handheld devices are capable of employing data encryption - consult your device's documentation for available options.
- Use Apple's Find my iPhone or the Android Device Manager tools to help prevent loss or theft.

Tip #9 - Install antivirus/anti-malware protection
Only install these programs from a known and trusted source. Keep virus definitions, engines and software up-to-date to ensure your programs remains effective.

Tip #10 - Back up your data
Back up regularly – if you are a victim of a security incident, the only guaranteed way to repair your computer is to erase and re-install the system.

Information from UC Berkeley https://security.berkeley.edu/resources/best-practices-how-to-articles/top-10-secure-computing-tips. For more information on cybersecurity at Coastal-FMC, contact Dave Peters or another member of the IT team.

VETERANS DAY IS NOVEMBER 11



Reminder: Veterans Day is a "floating" holiday for Coastal-FMC employees. It is a paid day off, per company policy, that may be taken on Nov. 11 or any other day; however, it must be used before the end of November. Please remember to schedule PTO with your supervisor.

COASTAL-FMC ON THE ROAD



Erik Montgomery worked to set up a booth at the fall job fair held at Arkansas Tech University in Russellville on September 8. Students represented a variety of technical fields including mechanical and electrical engineering, along with information technology and more.



Shane Lee and son Jackson, along with Ian Kurtz, fished in a National Youth Fishing Association tournament on Table Rock Lake in September.



Kim Rich visited the nation's Capitol in Washington, D.C., in September for a conference and to discuss regulatory issues with legislative staff for congressmen who represent Missouri and Oklahoma facilities.

BURN THE FLOOR TEAM COMPETES AT NATIONAL CLOGGING EVENT

FROM KATIE MONTGOMERY | KATIE@COASTAL-FMC.COM



Cloggers from On the Floor studio were part of the festivities at the recent Bear City Fall Festival in downtown Willow Springs. The studio's competitive team, Burn The Floor, traveled to Nashville over Labor Day weekend for the USA National Clogging Championships.

On the Floor Dance Studio's competitive clogging team, Burn the Floor, recently traveled to the USA National Clogging Championships in Nashville, Tennessee. Over Labor Day weekend, teams from across the US competed at Gaylord Opryland Resort and Convention Center.

Burn the Floor consists of cloggers of all ages who compete both as a full team and by age group: Sparks (Elementary), Blaze (Young Adult) and Embers (Adult). Burn the Floor brought home awards for all seven of its competitive pieces in the Amateur category, including:

- Formations Line – Blaze, 2nd place
- Acapella, 2nd place
- Traditional Line – Sparks, 4th place
- Traditional Line – Blaze, 3rd place
- Traditional Line – Embers, 4th place
- 4+ Couple Precision – 1st place
- Traditional Formations – Blaze, 1st place

The team is coached by Lori Leichliter, Clogging Director at On the Floor, along with assistant coach Mindi Parsons, who brings a wealth of competitive experience to the team. "We are so proud of the hard work and hours of practice the team has put in this season, and we look forward to the exciting new pieces planned for next year's competition season," says Katie Montgomery, Studio Director.

In addition to competitive teams, On the Floor offers clogging classes for students age 6 and up, Irish dance for ages 7 and up, and Creative Movement for ages 4 and 5. There are clogging classes for a wide range of interests, from a purely fun form of exercise to the Exhibition Team, which performs at area festivals and events, including the upcoming Bear City Fall Festival.

Fall classes began September 6, and new students can sign up for regularly scheduled classes any time in September. For students interested in starting later in the semester, contact us for information on our "Intro to Clogging" sessions. On the Floor Dance Studio is located at Bear Crossing Shopping Center in Willow Springs, Missouri. For more information and class schedules, visit OnTheFloorWS.com.

FROM THE COASTAL-FMC FAMILY



Kristen VanWinkle and Kevin Wallace were married on Saturday, September 24, 2022, at Oak Grove Baptist Church in Birch Tree, Mo.



Kristen (VanWinkle) Wallace's daughter Sydney got married September 3, 2022, to AJ Foster.



Justin Robertson welcomed a new grandson on August 15, 2022, with the birth of Winslo Mcather.

Share your photos with the Coastal-FMC family! Send photos of family moments, special occasions, or just something fun to kim.r@coastal-fmc.com.

WILLOW SPRINGS HOMECOMING 2022





Above and at left, the children of Jennie and Tommy Rothermich were part of the annual Willow Springs Homecoming parade on Sept. 30. Above, Izzy Rothermich is No. 12 on the high school volleyball float, in the center of the photo. At left, Garrett Rothermich is second from right on one of the Mighty Mite Football floats.

At right, Gretchen Evins drove Willow Springs Homecoming candidate Holly Wehmer and her sister, Heidi, in the school's Homecoming parade Sept. 30. The girls are the daughters of Kim Rich.





OCTOBER BIRTHDAYS

October 5 – Roger Blevins
October 6 – Martin Beljean
October 7 – Ryan Poe
October 9 – Bill Joslin
October 11 – Tyler Carr
October 16 – Harold Metcalf
October 17 – Daren Rust
October 24 – Mark Wise
October 31 – Debbie Malkowski, Matthew Shields

NOVEMBER BIRTHDAYS

November 1 – Joe Blankenship
November 2 – Leah Watson
November 6 – Emily Scarbrough
November 8 – Donald Dooms
November 11 – Kim Rich
November 14 – Bruce Ervin
November 16 – Tyler Jones
November 17 – Alex Martin
November 18 – Robert Hill
November 22 – Rodney Thompson
November 23 – Hayden Newberry
November 24 – Michael Dunn
November 26 – Phillip Lovan
November 27 – Justin Robertson

FMC TRANSPORT FUELING LOCATIONS

Each month, we will feature a list of preferred fueling location as we work to negotiate better fuel savings with various fuel stops. This list will hopefully continue to grow!

1. Miller FMC Transport Fuel Island
2. Sapp Brothers – Harrisonville, MO
3. Love's T/S – Willow Springs, MO
4. Love's T/S – All other locations
5. Casey's Travel Centers
6. Lamarties Travel Center

