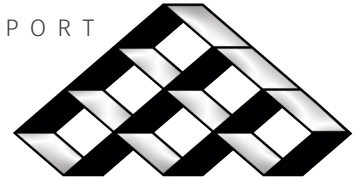


COASTAL-FMC CURRENTS

NEWS AND HAPPENINGS FOR COASTAL & FMC TRANSPORT

ISSUE 70



Katie Montgomery, Editor | Summer 2023 | www.coastal-fmc.com

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TAKING TIME: KEEPING OUR TEAM STRONG THIS SEASON

FROM ERIK MONTGOMERY | ERIK@COASTAL-FMC.COM

July and August have been overly hard months. Let's start there. Many things have happened across the company and please keep all those involved in these happenings in your thoughts and prayers. Life is very hard, but remember we are all family, and we are all here together.

Also, many of you are aware we recently had an incident here at our Willow Springs Rail Facility. We are still unsure how or what caused this to happen, but we are so thankful no one was injured. Due to our safety protocols and the quick thinking of plant team members, everything went as smoothly as it could.

Our local fire departments arrived quickly, and thankfully they were able to keep the fire to just one tank and the damage minimal

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Team members and emergency crews worked together to minimize the impact to our operations.

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overall. Yes, we had damage, but we are already working on rebuilding and moving forward. A huge thank you to everyone involved and to our local community for support!

Well, we are in August and NO, summer isn't over. We are so thankful for the rain and these cooler temperatures, but we are still busy and working through asphalt season. We hope it continues through September and October. This has been a difficult year working with supply and customers in an ever-changing world. We have a forecast, but sometimes it is



Eight area fire departments, along with Willow Springs Police and Willow Springs Ambulance personnel responded to the emergency.



Some of the damage caused at the plant.

like the weather on tv; we just never know.

People keep asking what the economy is going through – recession or not. You can review every nightly news program and, honestly, get any information you want or don't want to listen to.

I wanted to share some “data” for everyone to consider as we move into the start of yet another school year, fall festivals, and yes, the HOLIDAYS are just a few months away. For example, in the summer months of May-July 2023, here are the statistics that companies review as economic industries:

- Toys fell 2.9%
- Smartphones fell 1.6%
- Video and audio products fell 1.3%
- Footwear prices fell 0.8%
- Tools, hardware, outdoor equipment, and supplies fell 0.7%
- Household furnishings and supplies fell 0.4%
- Pets and pet products fell 0.4%

Shippers diverted an estimated 1 million parcels a day away from UPS to competitors like USPS and FedEx in advance of a possible strike by the Teamsters on August 1. Now that the strike has been averted, the question is when and if that business will return to UPS.

There are cases of businesses nationwide that are “banning” employees or team members from wearing masks WITHOUT a

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medical note. The companies are starting new policies, saying it is for the importance of customer service. There are five states that have approved this currently.

Interest rates are up still and the Fed is threatening another raise. Housing markets are down across the nation due to the jump in the cost of shelter, and no one can afford to borrow money at these rates.

We all have a lot of travel left in the summer/fall of the year. We look forward to seeing most, if not all you, in our travels. Please keep us posted on how you are doing and please continue to send us updates, text, and pictures along the way.

Here are some recent pictures of my family's vacation, as we got to go on an Alaskan cruise. We had a great time!



***Erik Montgomery, wife
Katie, and daughters
Sydney and Sophie
recently enjoyed a
vacation in Alaska.***



Fall party reminder!

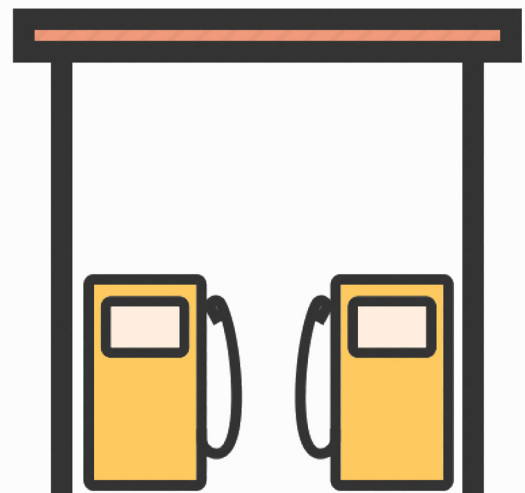


Look for your invitation in the mail at home next week.

FMC TRANSPORT PREFERRED FUEL STOPS

Each month, we will feature a list of preferred fueling location as we work to negotiate better fuel savings with various fuel stops. We are working on additional fuel stops that can better suit some of the drivers in KS and AR. More updates will come in 2023.

1. Sapp Brothers – Harrisonville, MO
2. Loves Travel Center – Willow Springs, MO
3. Loves Travel Centers – all other locations
4. FMC Transport Fuel Island – Miller, MO: This location has DEF and Winter Treatment. If you have questions, call Joe or Allen.
5. Lamar Travel Center
6. Casey's Locations: This is not our best option, but we do have some discounts offered.
7. FMC Transport Fuel Island – Willow Springs, MO: Please only use if you are unable to use the Loves across the street.



LEARN HOW TO AVOID HEAT-RELATED ILLNESSES

NATIONAL SAFETY COUNCIL | NSC.ORG



he human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage, and even death. In 2021, the National Oceanic and Atmospheric Administration reported 201 people died and 67 were injured in the U.S. from weather related excessive heat, according to Injury Facts.

People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions, or are on certain medications
- People who are overweight

If your job requires you to work outside in hot weather, you can take precautions to minimize the risk of heat-related illnesses. The National Institute for Occupational Safety and Health recommends:

- Stay hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

Knowing the symptoms and proper response to these illnesses can save a life.

Heat exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:

- Pale, ashen, or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness, or exhaustion
- Headache, dizziness, or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

Heat stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry, and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion, or other signs of altered mental status
- Irrational or belligerent behavior



Water, rest, and shade are our best defensive tools when working in the excessive heat.

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- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing, and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Keep each other safe

At work, keep an eye on your coworkers. Work in pairs when doing work tasks that require physical exertion during excessive heat.

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive

SALES STAFF ON THE ROAD IN OKLAHOMA



***Shannon McDaniel
and Dan Helmer
recently attended
the Association
of County
Commissioners
of Oklahoma
conference.***

SUPERTECH COMPETITION HELD IN SPRINGFIELD



Technicians from the FMC Transport shop in Willow Springs represented the company at SuperTech Competition 2023, held April 12 at the Ozark Empire Fairgrounds. The Technology and Maintenance Council held the competition, which included 30 technicians. They competed at 10 stations and finished their day with educational sessions, a reception, and an awards banquet. Kyle Sanders and Zachary Wick represented the company and are pictured second row, second and third from left. Former shop employee Tyler Blankenship, son of Joe Blankenship, also competed. He is pictured front row, second from left.

DOING IT RIGHT

Each month, many of you will experience Roadside Inspections. Congratulations to the following drivers who received an inspection with no violations.

April through July

James Sullivan	Level 1
Travis Fields	Level 1
Rodney Wade	Level 1
Matt Shields	Level 2
Brent Merrick	Level 2
Tom Cummings	Level 2
John Saylor	Level 2



NEW HIRE: CHRIS ANDERSON

POSITION: ASSISTANT MANAGER

LOCATION: MILLER PLANT

Chris was raised in Galena, Kansas, and is a 1998 graduate of Galena High School. After graduation, he was employed by TAMKO Building products and gained over 20 years of experience in the asphalt oxidation process, including managing the oxidation process for 8 years.

He has more than 10 years of HAZWOPER training, obtaining 8-hour and 24-hour certifications. He also has Green Belt and Bronze Belt certifications through the Six Sigma program.

Chris and his wife, Becca, currently reside in Joplin and have six children – Daisy, Dylan, Boston, Cash, Beckett, and Harper – as well as one grandson, Rowan. He enjoys coaching his children's sports team and attending their sporting events.

He currently is a MSHSAA certified official and officiates high school football and basketball throughout Southwest Missouri. He also serves as a board member for the Joplin Basketball Officials Association. In his spare time, he enjoys watching the Chiefs and attending as many games as possible at Arrowhead, rooting for the St. Louis Cardinals, and playing golf.



Chris Anderson and family.

NEW HIRE: SARA HANSEN

POSITION: DISPATCHER

LOCATION: LOGISTICS

Sara has joined the team in dispatch after spending the past six years in law enforcement. She spent three years as an unpaid reserve officer with the Colorado Rangers, overlapping some of her four years with the Colorado State Patrol (CSP). For CSP, she started in dispatch for District 1, then served in the Executive Branch for the Governor's detail and state Capitol. Next, she was promoted to a Program Assistant II, running the budget for all six dispatch centers for the state, finally landing a spot among the 2,000 applicants as a cadet in the CSP paramilitary academy to become a trooper.

Her mom, Kathy, is a Colorado native who has been a Missourian since moving here in the early 1980s. Sara has a 17-year-old daughter, Heidi, who's attending school in Colorado to prepare for college this following year. Sara, also a Colorado native, has spent the last 25 years in Colorado and recently moved back to the family farm with her mom and aunt Debora at the end of July. Her brother, Les, and his wife Karen live in Fort Scott, Kansas. Les has worked at BNSF Railroad for the past years 16 years, while Karen is the online communications director for the Lowell Milken Center for Unsung Heroes. Sara has many other family members in Missouri.



Sara Hansen and her daughter, Heidi.

She loves spending time on the water: kayaking, swimming, boating, or paddle boarding. She has a very small hobby art business. Also, she uses her esthetics license to pamper her family, friends, and take care of people who need any sort of skin care due to any type of scarring, etc., from cancer, biopsies, or medical/surgical procedures with no compensation.



NEW HIRE: KARSON MCDANIEL

POSITION: WASH BAY

LOCATION: BEAR CROSSING TRUCK WASH & TIRE CENTER

Karson is a new member of the wash bay crew, and also works at UPS. He hopes to become a driver for UPS by next year.

He enjoys taking his dog for walks and teaching her new tricks. He also enjoys nature and has a fish tank.



NEW HIRE: TY BROOK

POSITION: WASH BAY

LOCATION: BEAR CROSSING TRUCK WASH & TIRE CENTER

Ty has joined the crew at Bear Crossing. Previous work has included Stoney Point Deer Ranch, Pizza Americana, and the Willow Springs city pool.

He has three older sisters and two nieces. He enjoys shooting his bow and doing leather work.



NEW HIRE: TAYA COLLINS

POSITION: WASH BAY

LOCATION: BEAR CROSSING TRUCK WASH & TIRE CENTER

Taya has joined the crew at Bear Crossing, serving as the clerk at the front desk during the evening shift. She has worked in the summer at the Willow Springs city pool in the cook shack.

She lives at home with her mom and four dogs. Her hobbies are playing with her dogs and going to the river during the summer.

WESLEY PICARD GRADUATES PATROL ACADEMY

Gary W. Picard, son of Gary and Cathy Picard of Willow Springs, was one of 11 troopers who graduated from the Missouri State Highway Patrol's Law Enforcement Academy on Friday, June 23.

The ceremony took place at 9 a.m. on the south lawn of the Missouri State Capitol in Jefferson City, Mo. The graduation ceremony was live streamed on the Patrol's Facebook page. The 117th Recruit Class reported to the Academy on January 3, 2023.

The new troopers were scheduled to report to duty in their assigned troops on July 10, 2023.

The Honorable Patricia Breckenridge, Supreme Court of Missouri, provided the keynote address and administered the Oath of Office to the new troopers. Colonel Eric T. Olson, superintendent of the Missouri State Highway Patrol, also addressed the class.

The Troop F Color Guard presented the colors and Sergeant Andrew A. Henry, Troop H, sang the national anthem. Pastor Doug Richey, Pisgah Baptist Church, Excelsior Springs, MO, provided the invocation and benediction.

Trooper Picard has been assigned to Troop I, serving in Crawford County.



Pictured from left are Cathy, Wesley, Gary, and Becca Picard.



FAMILY COMPETES IN FISHING TOURNAMENT

In June, Shane Lee served as boat captain for in the National Youth Fishing Association's championship, with his son, Jackson, and Ian Kurtz competing. The team placed 17th overall.

ACADEMIC HONORS FOR FAMILY MEMBER

Holly Wehmer, daughter of Kim Rich, graduated May 5 as valedictorian of the 2023 graduating class for Willow Springs High School. She will be attending Missouri State University-West Plains to pursue a degree in elementary education.



FAMILY WELCOMES TWIN GRANDBABIES

Brian Bailey and family welcomed two new grandchildren: Harper and Haven McIntosh were born August 3, 2023 (left).



SCOTT GRANT'S NEW GRANDSON

Amos Robert William Manning was born August 22, 2023 (right).

**Send photos of special occasions or events for inclusion in our company newsletter!
Send to kim.r@coastal-fmc.com.**





FAMILY FISHING

Chad Odle's sons Adler and Eian competed in several fishing tournaments this spring and summer.

OPEN HOUSE FOR DANCE STUDIO

On the Floor Dance Studio held an open house in June. Follow them on Facebook and Instagram for details about class offerings.





JUNE BIRTHDAYS

June 4 – Preston Curl, Gavin Ferguson
June 5 – Jeanetta Brooks
June 6 – Gary Picard, Ashton Bell
June 7 – Robert Cline
June 14 – Chandler McColgin
June 16 – Brandon Roberts, Billie Sivils

June 24 – Chris Pekarek
June 25 – Daniel L'Heureux, Rick Loman,
Charles Pottberg
June 28 – Carl Roberts

JULY BIRTHDAYS

July 2 – Jerry Smith, Brynna Barnes
July 5 – Bobby Lee
July 14 – Sarah Roughton
July 16 – Katie Montgomery, Chad Odle
July 19 – James Carter

July 21 – Rodney Wade
July 27 – David Walker
July 31 – Bryan Holycross, Lowell Keeler

AUGUST BIRTHDAYS

August 4 – Allen Eggert
August 9 – James Sullivan,
David Hedgepeth
August 12 – Immanuel Ward
August 16 – Wayne Johnson
August 18 – Scott Altermatt,
Shannon McDaniel

August 20 – David Cox
August 22 – David Kinsall
August 23 – Jacob Gandy, Daniel Williams
August 25 – David Swindle
August 26 – Stephen Sanders
August 30 – Kenny Crafton, Robert Ferguson

SEPTEMBER BIRTHDAYS

September 1 – Bruce Batesel
September 3 – Victoria Bledsoe,
Kurt Maggard
September 6 – Michael Goatcher
September 10 – Matthew Alcorn
September 17 – Isaac Wrigley

September 20 – Zachary Kohls
September 24 – Brenda Montgomery
September 26 – Tony Craig
September 27 – Jasen Johnston
September 29 – John Patton