



# NEWSLETTER

Welcome to the first quarterly MMS newsletter! As trees green and flowers bloom, spring is the perfect time to launch this new resource that will keep us connected and deliver information that we hope you find valuable. In this inaugural edition we feature our

Driver and Incentive Spotlight employees, owner profiles, important anniversaries and birthdays, fun employee photos and more. We're proud of our success as an innovative USPS transportation provider that started with one employee in 2012 and

is now more than 500 employees strong. That success is a result of your dedication. We look forward to celebrating our collective accomplishments in newsletters to come! Take a look around and let us know what you think! Email feedback to [info@mailmanagementservice.com](mailto:info@mailmanagementservice.com).

Born and raised in Lincoln, Neb., Jon Bargaen has been happily married to his patient and understanding wife Mary for 40 years. Together, they have three grown children, Molly, Dan and Alicia, and

seven grandchildren (who aren't spoiled by grandpa and grandma – wink) and they enjoy travel in their spare time. Jon is inspired daily by the MMS team and looks forward to many great years to come!

## OWNER PROFILE JON BARGEN



## OWNER PROFILE DAN BARGEN

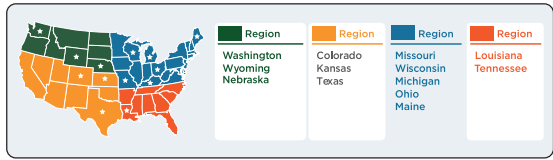
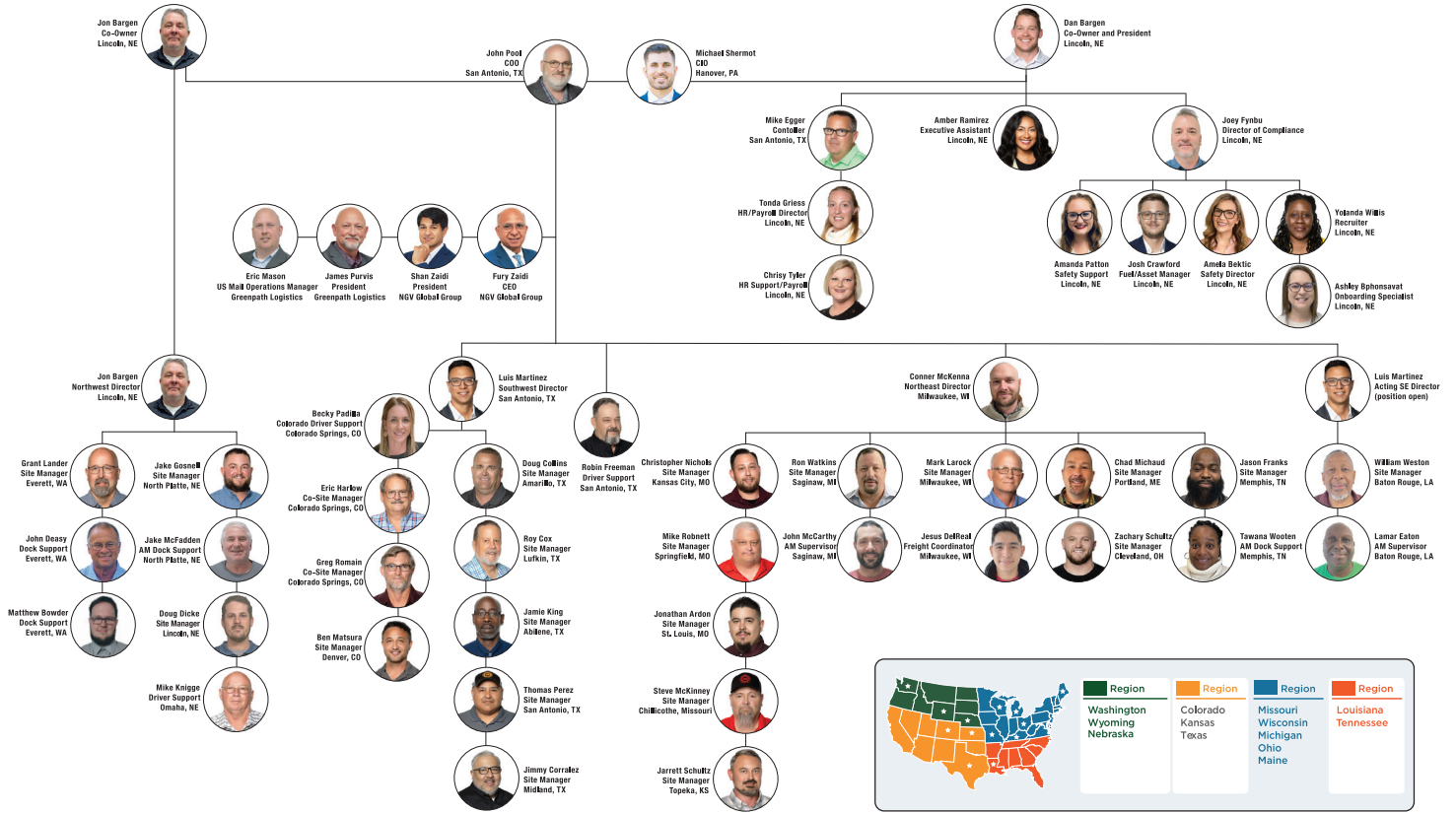
A Lincoln native and proud member of the MMS family, Dan and his wife Katie will celebrate their 8th wedding anniversary in 2023. The couple's three children, Oliver (6), Louis (2) and Blake

(9 months) make life fun – and keep them busy! The family made magical memories in February during a trip to Disney World and they can't wait to go back!



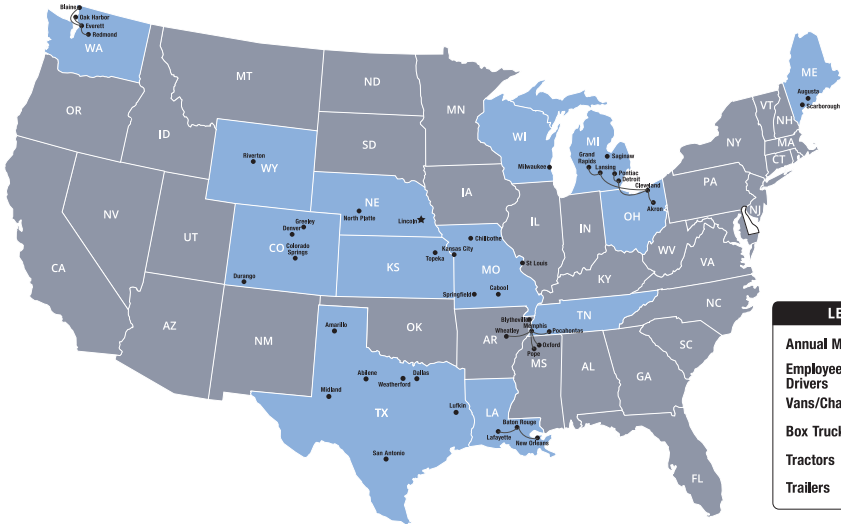


# Mail Management Services Organization Chart 2023



# Mail Management Services Operational Map

## ANNUAL MILES, EMPLOYEES & TRANSPORT VEHICLES BY LOCATION:



**Jon Bergen, Northwest Director**

NEBRASKA	WASHINGTON	WYOMING
1,118,629.7	1,675,482	50,612.7
48 Drivers	45 Drivers	1 Driver
0 Vans/Chasers	0 Vans/Chasers	0 Vans/Chasers
16 Box Trucks	15 Box Trucks	1 Box Truck
2 Tractors	13 Tractors	0 Tractors
2 Trailers	14 Trailers	0 Trailers

**Luis Martinez, Southwest Director**

COLORADO	KANSAS	TEXAS
1,516,095.8	317,392.1	5,136,888.7
51 Drivers	16 Drivers	175 Drivers
0 Vans/Chasers	0 Vans/Chasers	4 Vans/Chasers
23 Box Trucks	9 Box Trucks	74 Box Trucks
8 Tractors	0 Tractors	13 Tractors
8 Trailers	0 Trailers	13 Trailers

**Conner McKenna, Northeast Director**

MISSOURI	WISCONSIN	MICHIGAN	OHIO	MAINE
2,247,787.8	516,849.7	720,000	346,632.1	270,644
67 Drivers	39 Drivers	28 Drivers	4 Drivers	7 Drivers
0 Vans/Chasers	0 Vans/Chasers	0 Vans/Chasers	0 Vans/Chasers	0 Vans/Chasers
27 Box Trucks	0 Box Trucks	11 Box Trucks	0 Box Trucks	0 Box Trucks
7 Tractors	15 Tractors	2 Tractors	4 Tractors	3 Tractors
7 Trailers	16 Trailers	0 Trailers	4 Trailers	3 Trailers

**Open, Southeast Director**

TENNESSEE	LOUISIANA	* USA TOTALS *
620,343	1,022,849.7	15,289,563.3
30 Drivers	48 Drivers	554 Drivers
12 Vans/Chasers	0 Vans/Chasers	16 Vans/Chasers
3 Box Trucks	17 Box Trucks	263 Box Trucks
7 Tractors	12 Tractors	83 Tractors
7 Trailers	12 Trailers	83 Trailers

# 2023 Birthdays



## April

Gilbert	B	Abilene
Floyd	C	Abilene
Tammy	F	Abilene
John	H	Abilene
David	N	Abilene
Luis	R	Abilene
Albert	T	Amarillo
Bessie	D	Baton Rouge
Niyoka	J	Baton Rouge
Frederick	L	Baton Rouge
John	P	Baton Rouge
Thomas	B	Cleveland
Kenneth	L	Cleveland
Eric	H	Colorado Springs
Joshua	C	CORP
Yolanda	W	CORP
Samuel	M	Denver
Ryan	C	Everett
Jonathan	D	Everett
Grant	L	Everett
Mark	L	Everett
Rigoberto	V	Everett
Paul	W	Everett
Magdy	E	Kansas City
John	B	Lufkin
Chris	M	Lufkin
David	L	Memphis
Alassane	G	Midland
John	E	Milwaukee
Richard	H	Milwaukee
Craig	P	Milwaukee
Darron	R	Milwaukee
Andrew	M	North Platte
Shane	C	Portland, ME
Joseph	B	Saginaw

Lisa	L	Saginaw
Roy	C	San Antonio
Nancy	D	San Antonio
Reginald	O	San Antonio
Sylvia	S	San Antonio
Joel	D	Springfield
Ricky	S	Springfield
William	S	Springfield
Zet	H	St Louis
Jorge	R	Topeka

Valentin	V	Milwaukee
Gregory	B	Portland, ME
Luke	B	Portland, ME
John	M	Saginaw
Todd	M	Saginaw
Brian	S	Saginaw
Johnathan	B	San Antonio
Roland	D	San Antonio
Brent	J	Springfield
Danial	O	Springfield
Jacob	T	Springfield
Steven	R	Topeka

## May

Karif	A	Abilene
Devon	F	Abilene
Jamie	K	Abilene
Miguel	F	Amarillo
Jared	J	Amarillo
Ricky	S	Amarillo
Keith	H	Baton Rouge
Detrick	L	Baton Rouge
Jerry	S	Baton Rouge
Dave	S	Chillicothe
Eric	V	Colorado Springs
Tonda	G	CORP
Michael	S	CORP
Elmer	L	Everett
John	R	Lincoln
James	W	Lufkin
Dontavious	C	Memphis
Fatimata	T	Memphis
Deana	C	Midland
Jesus	D	Milwaukee
Richard	G	Milwaukee
Jerome	G	Milwaukee
Daniel	P	Milwaukee
Zani	R	Milwaukee

## June

Larry	A	Abilene
Bennie	C	Abilene
Michael	L	Amarillo
Dennis	M	Amarillo
Eduardo	N	Amarillo
Johnny	P	Amarillo
Paula	B	Baton Rouge
Randal	E	Baton Rouge
John	J	Baton Rouge
Jonathan	T	Baton Rouge
Gerald	H	Chillicothe
John	L	Cleveland
Billy	J	Colorado Springs
Angela	S	Colorado Springs
Joey	F	CORP
Matthew	B	Denver
Robert	D	Denver
Steven	B	Lincoln
Jerry	B	Lincoln

Jazmine	M	Lincoln
Thomas	H	Lufkin
Kentrell	C	Memphis
Mario	F	Memphis
Marie	H	Midland
Gary	S	Midland
David	A	Milwaukee
Jose	B	Milwaukee
Brian	B	Milwaukee
Scott	W	Milwaukee
Jeanette	G	North Platte
Kendry	R	North Platte
Nathaniel	L	Portland, ME
Troy	M	Saginaw
Hector	R	Saginaw
Jason	C	San Antonio
Georgi	S	San Antonio
Irvin	C	Springfield
Danny	C	Springfield
Shawn	W	Springfield
Rickey	H	St Louis
Caleb	J	St Louis
Tony	M	St Louis
Kyle	W	St Louis
William	A	Topeka

# 2023 Anniversaries



## April

Johnny	P	Amarillo
Nicholas	L	Colorado Springs
Paul	M	Colorado Springs
Eric	V	Colorado Springs
Ronald	C	Everett
Elmer	L	Everett
Thomas	S	Everett
Doug	D	Lincoln
Joshua	R	Lincoln
Marcel	A	Milwaukee
Ricardo	A	Milwaukee
Joshua	B	Milwaukee
David	B	Milwaukee
Jose	B	Milwaukee
Juan	C	Milwaukee
John	E	Milwaukee
Antoine	G	Milwaukee
Jonathan	H	Milwaukee
Richard	H	Milwaukee
Arturo	M	Milwaukee
Octavio	S	Milwaukee
Brian	S	Milwaukee
William	A	Topeka
Richard	G	Topeka
Shan	L	Topeka
Steven	R	Topeka
Jarrett	S	Topeka
Michael	S	Topeka
John	V	Topeka

## May

Larry	A	Abilene
Karif	A	Abilene
Gilbert	B	Abilene
Waymond	B	Abilene
Ashley	B	Abilene
Tracy	C	Abilene
Shantee	C	Abilene
Bennie	C	Abilene
Joseph	F	Abilene
Devon	F	Abilene
Jamie	K	Abilene
Jesse	M	Abilene
Luis	R	Abilene
Michael	R	Abilene
Billie	W	Abilene
Drazen	B	Amarillo
Ryan	B	Amarillo
Derrick	B	Amarillo
Doug	C	Amarillo
Jon	F	Amarillo
Augustine	G	Amarillo
Jared	J	Amarillo
Devin	M	Amarillo
Dennis	M	Amarillo
Steven	N	Amarillo
Douglas	R	Amarillo
Ricky	S	Amarillo
Albert	R	Amarillo
Gregory	A	Baton Rouge
Paula	B	Baton Rouge
Alfred	B	Baton Rouge
Hillery	B	Baton Rouge
Justin	C	Baton Rouge
Lamar	E	Baton Rouge
Randal	E	Baton Rouge
Shedrick	F	Baton Rouge
Ronnie	G	Baton Rouge
Charles	G	Baton Rouge
Michael	G	Baton Rouge
Wilbert	H	Baton Rouge

Chauncey	H	Baton Rouge
Leon	J	Baton Rouge
John	J	Baton Rouge
Corey	J	Baton Rouge
Jonathan	J	Baton Rouge
Donald	L	Baton Rouge
Derrick	L	Baton Rouge
Frederick	L	Baton Rouge
Detrick	L	Baton Rouge
Willie	M	Baton Rouge
Quintus	M	Baton Rouge
Roger	N	Baton Rouge
Shannon	P	Baton Rouge
Alicia	S	Baton Rouge
Darryles	S	Baton Rouge
Kenneth	S	Baton Rouge
Charles	T	Baton Rouge
Jonathan	T	Baton Rouge
Joseph	W	Baton Rouge
William	W	Baton Rouge
Jermaine	W	Baton Rouge
John	W	Baton Rouge
Keegan	W	Baton Rouge
Jermaine	W	Baton Rouge
Joseph	O	Chillicothe
Thomas	B	Cleveland
John	L	Cleveland
Kevin	W	Cleveland
Matthew	B	Denver
Stephen	B	Everett
Matt	B	Everett
Kenneth	R	Midland
Jerome	G	Milwaukee
Mark	L	Milwaukee
Stephen	N	Milwaukee
Craig	P	Milwaukee
Daniel	P	Milwaukee
Dale	D	North Platte
Lacy	H	Weatherford
Larry	C	Wyoming

## June

Wilford	O	Abilene
Eduardo	N	Amarillo
Bessie	D	Baton Rouge
Kimberly	G	Baton Rouge
Jesse	H	Baton Rouge
Niyoka	J	Baton Rouge
Brandy	P	Baton Rouge
John	P	Baton Rouge
Curtis	W	Baton Rouge
Robert	H	Chillicothe
Lamont	S	Cleveland
Zachary	M	Cleveland
Jonah	F	Colorado Springs
Amanda	P	CORP
Christina	T	CORP
Dana	H	Everett
Roger	K	Everett
Douglas	M	Everett
Travis	P	Everett
Jamie	A	Kansas City
Jeffrey	S	Kansas City
Jazmine	M	Lincoln
Floyd	C	Lufkin
Jaime	F	Lufkin
Latosha	A	Midland
Deana	C	Midland
Jimmy	C	Midland
Ericka	E	Midland
Bradley	F	Midland
Jaime	G	Midland
Marie	H	Midland
Danny	I	Midland
Kenneth	K	Midland
Beth	L	Midland
Jesus	D	Milwaukee
Jeremy	M	Milwaukee
Albert	S	North Platte
Robin	F	San Antonio
Thomas	K	Springfield
Verrol	P	Springfield
Adrian	A	Topeka

# DRIVER SPOTLIGHT

## JEFFREY MYLES

Commercial Driver  
Everett, WA



# INCENTIVE SPOTLIGHT & REQUIREMENTS

## Individual:

Receive \$100 cash for every passing Roadside (DOT) Inspection



**Recipient of FIVE (5) passing Department of Transportation Roadside Inspections. Highest in the company!**

## Group/Location Monthly:

**Opportunity to earn \$20 gift card, monthly**

- Location/drivers should be accident & incident free
- Location/drivers should be injury free
- All drivers should complete their assigned monthly Safety Videos
- Location/drivers should be violation/citation free

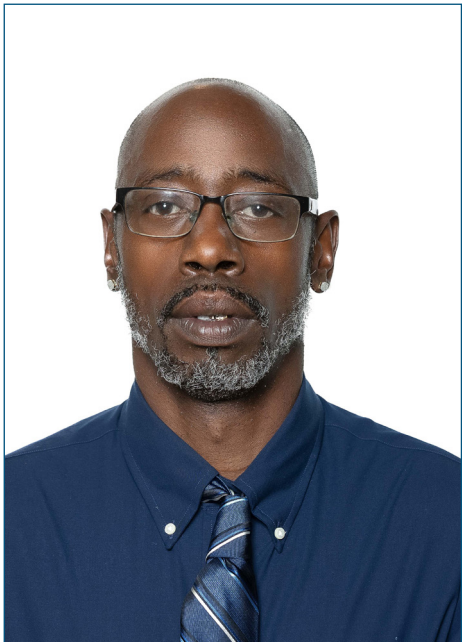


Jeffrey has been a driver with Mail Management Services since February of 2019. In his spare time, he enjoys riding his Harley and loves taking care of his small farm.

When asked "What is one interesting fact about you?" He said, "I survived the bridge!"  
*[see picture to the left]*

The night in question entailed winds of 70 mph with gusts up to 90 mph and a harrowing drive that resulted in Jeffrey's truck tipping over and onto the railing of a bridge 180 feet above the swirling waters of Deception Pass – a view out his driver's side window that he'll not soon forget. We are very grateful that Jeffrey survived this frightening experience and admire his courage as he drives the mail across "The Bridge" several times every night.





# 2022 INCENTIVE SPOTLIGHT

## ABILENE, TEXAS

Jamie King  
Site Manager

It's an honor to recognize our drivers and their leader, Site Manager Jamie King, at our Abilene, Texas, location.

Jamie and his team won the monthly incentive each month during the entire year of 2022. That means for all of last year, their location was free of any accidents, incidents, citations and violations, and everyone completed their safety videos in a timely manner.

Jamie's leadership exemplifies everything we believe here at Mail Management Services.

We know that our company's greatness comes from our employees. In the same way that he supports his team members to be their best, we support Jamie, his team and all MMS employees to be their best.

We're proud to celebrate Abilene's impressive 2022 track record. Way to go!

# Help Us, Help (Pay) You!

Here are a few tips to make sure you get paid – in full and on time!

**01** The yellow highlighted area shows how to enter time if you have a split shift. DO NOT put all hours in one line.

**02** In the Total Time column, put actual hours worked.

**03** Mark days off. Indicate Holiday pay if applicable and enter those hours in Other Time column. If you take PTO, mark the days off clearly. If your location has block time, the site manager will fill this out and total hours in the Block Total box.

**04** Print legibly and mark AM or PM or use military time on your hours.



**Mail Management Services Timesheet**

DRIVERS TIME RECORD for operation within a 150 air-mile radius of normal reporting location For all vehicles or combinations with a GVWR/GCWR over 10,000 lbs. or that requires placarding

MAIL MANAGEMENT SERVICES  
3915 S. 40th Street, Ste 222  
Lincoln, NE 68506-5246  
402.890.2244

PAY PERIOD START: 1-14-23 END: 1-27-23

DRIVER NAME: Kevin Costner LOCATION: Yellowstone

TIME CAPTURE							SERVICE POINTS					
DATE	DAY	BEGIN TIME	END TIME	OTHER TIME	TOTAL TIME	BLOCK HRS	ROUTE NUMBERS	START	ENDING	TRUCK NUMBER	GALLONS FUELED	TOTAL AMOUNT FUELED
1-14	Sat	0400	0713		3.22	5	6666R 3	Ranch	Station	47		\$
1-14	Sat	1345	1830		4.75	5	6666R 1	Train Station	Ranch	47	40	\$ 349
1-15	Sun	off					6666R					\$
1-16	Mon	Holiday		8			6666R					\$
1-17	Tu	0415	0815		4	5	6666R 3	Ranch	Train Station	47		\$
1-17	Tu	1345	1815		4.5	5	6666R 1	Train Station	Ranch	47	38	\$ 333
1-18		Vacation										\$
1-19												\$
1-20												\$
1-21												\$
1-22												\$
1-23												\$
1-24												\$
1-25												\$
1-26												\$
1-27												\$

Pay periods start Saturday and end on Friday

Total: 8 Other hours, 16.47 Total Work Hours, 20 Block Total

DRIVERS SIGNATURE: Kevin Costner DATE: 1-27-23

I certify that the above information has been completed by me and is true and accurate.

This document must be retained by the driver through the first week of the following month so that a previous seven day record of duty status can be presented to any enforcement officer

# Spring Into Heart Health... Let's keep your hearts beating healthy!



American Heart Association.

## 10 ways to improve your heart health

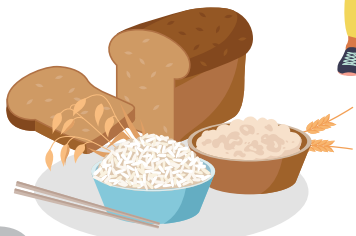
**1** Balance calories eaten with physical activity.



**2** Reach for a variety of fruits and vegetables.



**3** Choose whole grains.



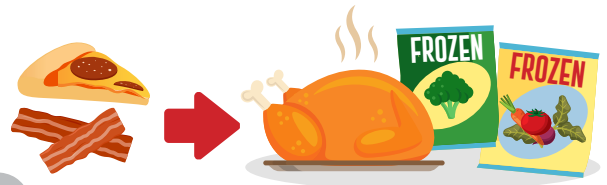
**4** Include healthy protein sources, mostly plants and seafood.



**5** Use liquid non-tropical plant oils.



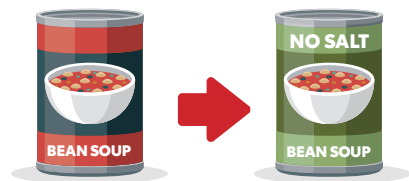
**6** Choose minimally processed foods.



**7** Subtract added sugars.



**8** Cut down on salt.



**9** Limit alcohol.



**10** Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

Your health and safety matter to us! Tune to our “Safety Tips” section each quarter for tips on staying safe and healthy!

# WATCH YOUR STEP!

## Know the Three Points of Contact

You climb in and out of your cab constantly. You may even be required to climb into the trailer or on top of a flatbed to secure the load you are transporting. This is done so often, that you probably don't think of the risk involved. But move too fast or carelessly, and you could end up out of service with a serious injury.

Trips, slips and falls cause around 100,000 work-related injuries a year for professional drivers. They also keep workers off the job for an average of 24 days, according to National Safety Council data. Wintertime is an especially dangerous time for falls due to weather hazards like snow, sleet and ice that impact the central and northern regions of the U.S.

*You can avoid trips, slips and falls by following a few basic steps:*

### 1. Use the three points of contact rule

The three points of contact rule will give you the most stability every time you enter and exit your truck, reducing your risk for a slip, trip or fall. Three points means that you should have two hands and one foot — or two feet and one hand — in contact with your truck at all times. When you climb up or down, grab onto fixed items such as door handles, the door frame, steps or your steering wheel. Don't rely on tires or wheel hubs to climb out.

### 2. Don't climb and carry

Avoid the temptation to hold anything — a coffee cup, your smartphone or logbook — in your free hand when you enter and exit the truck. Doing so will prevent you from effectively using the Three Points of Contact Rule. Always place your items into the cab before attempting to enter your truck.



### 3. Move slowly and deliberately

While jumping out of your cab may save time, you must never do it. Jumping puts extra strain on your back and joints, which can cause you pain and create injuries over the long term. Jumping also puts you at risk for ankle, shoulder and knee injuries that may occur if you fall.

### 4. Look before you leave the cab

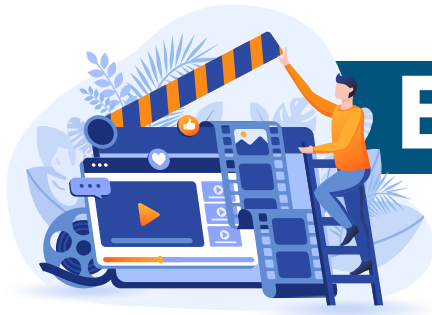
Make sure your vehicle's handles and steps are clear of ice, snow and other hazards. Park in well-lit areas and on level surfaces so you can climb out of your truck safely. Look for objects blocking your path and move them out of the way.

### 5. Wear proper footwear

Choose non-slip footwear. Waterproof work boots with textured treads are always a good option.

### 6. Pay attention

Focus on climbing up and down the stairs only. Don't look at your phone or other objects. Avoid distractions.



# BEHIND THE SCENES



Dan (owner) receiving his award at our MMS Annual Leadership Conference Dallas 2022



Lincoln corporate office holiday celebration



John Pool (COO) and wife Maria enjoying the view for the first time at the Grand Canyon January 2023



Dan, Conner, John P (wife Maria), Luis, Michael S and (wife Kelly) enjoying Las Vegas 2023



Our site manager Doug Collins, keeping his trucks proudly clean and in perfect order, in Amarillo, Texas



**Mail Management Services**  
2023 2ND QUARTER NEWSLETTER

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(402) 890-2244  
info@mailmanagementservices.com



Group huddle in Colorado Springs, Colorado. John P - COO, Greg- Colorado Site Manager, Eric - Colorado Site Manager and Luis - Southwest Director!