

MCO Currents



MCO TRANSPORT, INC.
GEARED FOR INNOVATION...DRIVEN BY EXCELLENCE.

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A Job Well Done!

Wilmington, NC~ On July 24th, Ken, "Grits" Blair prevented an almost tragic situation at the International Paper Mill in Riegelwood, NC.



Ken spotted a fire at a woodchip pile inside the IP pulp mill, and quickly reported it to the Rollover Dump Operator over his CB.

Ken's quick response and conscientious efforts saved IP from

a potentially catastrophic situation which could have resulted in downtime and significant loss..

MCO Corporate office received a phone call from International Paper's Scott Brewer and Larry Smith commending the proactive response from Ken Blair. He was also rewarded 2 Safety Tokens from International Paper.

On behalf of the entire company, we want to thank Ken on his swift action and responsible behavior.

Driver Spotlight: Charles Ahlers

Savannah, GA~ Charles (Chuck) Ahlers has been part of the MCO team since February 2003. Chuck and his wife have been married for 43 years and reside in Savannah, GA.

Chuck is a veteran of the US Air Force, having served in Vietnam during his four years of service. After his active duty service, Chuck served in the Air Force Reserve and Civil Service until retirement in 2001.

After retiring from military service, Chuck embarked on a new career as a professional driver. He spent a little over a year driving long-distance with Werner Enterprises prior joining MCO. Chuck is one of Savannah's senior dedicated drivers serving our G&L Marble account throughout the Southeast.

Chuck represented MCO Transport and the Georgia Port Authority by participating in Hurricane Katrina relief, delivering

container loads of ice to Gulfport Mississippi.

The Ahlers have two sons and two grandchildren. One son is currently serving with the US Army 82nd Airborne in Baghdad, Iraq.



South Carolina Highway Update

According to information published in the August 10th issue of the SCTA newsletter, SC DOT has plans for changes to SC Interstate highways that will affect professional drivers traveling in that State.

The DOT plans to restore many of the closed rest areas and reopening them for commercial vehicle use only. With increasing restrictions being placed on overnight truck parking, these new rest areas should be well received by many drivers. The DOT

has made this project a priority with hopes of possible completion by next Spring.

Another project suggested by the DOT is a new weigh-in-motion facility/ weigh station on I-95 somewhere between Point South (Exit 33) and the Georgia line. This section of I-95 is heavily traveled by Savannah and Charleston drivers.

We will keep you updated as these projects progress.

SAFETY MEETING SCHEDULE:

- September 5th— WIL Shop**
 - 3:00pm— WIL Shop
- September 8th— WIL**
 - 8:30am— Wilson's
- September 13th— CHS**
 - 6:30pm— Smokey Bones
- September 19th— BRU**
 - 6:30am— Holiday Inn
 - 6:30pm— Holiday Inn
- September 20th— BRU**
 - 6:30pm— Holiday Inn
- September 21st— SAV**
 - 6:30pm— SAV Terminal
- September 25th— WIL WH**
 - 12:00pm— WIL Warehouse

Welcome Aboard!

Drivers:

- Steve Clarke— WIL
- Mike McNutt— SAV
- Willie Sheffield— SAV
- Perry Copley— WIL
- Micheal Gray— SAV
- Jean Nolot - WIL
- Robert Smith - BRU

Lease Drivers:

- Chris Smith— SAV
- Coleman Byars— SAV
- Orlando Mendez— SAV
- Tim Brooker— SAV
- Gordon Mitchell— SAV
- Thomas Dixon— SAV
- Aubrey Tanner - Sav

Staff:

- Seth Wells— WIL



**DRIVER APPRECIATION WEEK
ACTIVITIES SCHEDULE:**

- August 28th– BRU Terminal
- August 29th– SAV Terminal
- August 30th– CHS Terminal
- August 31st– WIL Terminal

Stretching: Preventive Care for On the Job Strains

Glazed eyes? Tense muscles? Feel like you've been behind the wheel or your desk for days? Though we feel and perform better when we exercise, finding a time and place to squeeze exercise into our schedules isn't always easy.

This quick workout is designed to clear the mind and stretch the body. It takes five minutes and can be done in your truck seat or chair. If you feel pain or discomfort while attempting these movements, stop immediately.

- Sit with your back straight, both feet on the floor and hands at your side.
- Take a deep breathe through your nose. Exhale. Repeat.
- Lift your shoulders towards the ceiling (shrugging). Count to five, release and repeat.
- Sit straight in your seat, leaving some room between your back and the seat. Squeeze your shoulder blades together. Count to five, release and repeat.
- To protect your neck muscles, slightly raise your shoulders, gently tilt your head to the right until your ear almost touches your shoulder. Count to five,

release and repeat with the left side. Next, tilt your head back slowly so that your nose is pointing toward the ceiling. Hold and release.

- Lift your arms until the are level with your shoulders. Using your left hand, grasp your right arm above the elbow. Gently pull it toward your left shoulder. Hold, release and repeat with your left arm.
- Link your fingers and stretch your arms in front of you at shoulder level. Turn your palms out, extending your wrists and shoulder blades. Hold, release and repeat with arms over your head, palms toward the ceiling.
- Cross your right leg and rest your ankle on your left knee. Grasp your ankle and rotate it clockwise then counter-clockwise about 15 times each way. Repeat on your left ankle.
- Sit up in your seat (drivers try turning sideways or sitting in the passenger seat). Lean forward as much as possible, resting you hands on the floor to stretch your lower back. Hold. As you sit back up, place your hands on your thighs for assistance.

MCO Currents is now available on our website at www.mcotransport.com

If you have any suggestions, or ideas for the newsletter, we'd love to hear from you!

You can email info@mcotransport.com or call Penny Tertzagian at 800-626-3290, ext. 6015 or Debbie Kern at 800-239-0869, ext. 6017.

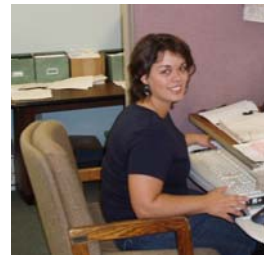
Baby News!

SAVANNAH, GA ~ We would like to send out a very warm congratulations to Francis Craton and her family on their newest arrival!

Francis, her husband ,Tobias, and older sister, Estelle, welcomed their newest family addition, Sofia Denise on July 31st at 8am.

She weighed 7lbs and 2 ounces and measured 20" tall.

Francis started with MCO in December 2005 as Office Manager at the Savannah Terminal.



Francis Craton

Celebrations!

August Birthdays

- James Stephens August 2
- John Foote August 2
- Jimmy Hewett August 3
- James Karnes August 3
- Dale Bean August 5
- Foster Daniels August 5
- Tony Hardison August 7
- Gary Henry August 7
- Jim Straight August 11
- Elaine Lunsford August 13
- Mike Vick August 18
- Sam Tomberlin August 19
- Mark Thorndike August 21
- Anna Qualey August 22
- Beth Hiatt August 28
- Mark Marbley August 29

MCO Anniversaries– August

- Horace Devane WIL 24 years
- Debbie Kern WIL 24 years
- Don Lawson WIL 11 years
- Stevie Ormond CHS 8 years
- Harold Frazier BRU 5 years
- Jim Phlegar CHS 4 years
- Tony Hardison WIL 3 years
- Leissa Clemmons SAV 3 years
- Dean Smith WIL 2 years
- Darell Young BRU 1 year
- Richard Leeds SAV 1 year
- Raymond Bates CHS 1 year



Are problems with your teenager getting out of hand? Your Employee Assistance Program can help. Call 800-728-9444; help is free, confidential and available to all MCO employees and dependents.