



HIGHWAY TRANSPORT

linking all employees and contractors


COMMITMENT TO CUSTOMERS

Better Service and Better Capacity Make the Difference for Customers

Customers know that Highway Transport Chemical tanker drivers have a superior skill set, but many other things take place behind the scenes that customers don't realize.

"We do whatever we need to do to make it work," says Greg Watkins "whether it involves setting up a new satellite terminal location or adding new trucks."

Everyone collaborates and streamlines to better serve customers:

- ▶ Driver managers recently upgraded to a driver pay system entitled "G3P." This new driver pay process makes sure drivers get fairly compensated for all of their activities. Previously, managers had to log in and out of three systems while managing 20 to 30 drivers. Now, driver pay—from driving to hooking up hoses to detention—is all streamlined into one easy-to-use interface. The new G3P functionality was developed by Highway Transport's own in-house IT talent.
- ▶ Driver recruiting is streamlined via a new Highway Transport mobile friendly site. Currently, 55% of drivers apply for a job with Highway Transport via Smartphone from the site www.HyttDrivers.com.
- ▶ Highway Transport's driver turnover rate is currently at a very low 38% (down from 47% the previous year.) This is one of those times when a down arrow is a good thing. When the driver turnover percentage is low, it means Highway Transport Chemical is doing a good job of retaining great drivers.
- ▶ Terminal locations are constantly upgrading and shifting resources to handle capacity where customers need it most. Be on the lookout for Highway Transport Chemical to open a new terminal location in Rahway, New Jersey.
- ▶ Tank wash ensures our trucks and tanks are the brightest and cleanest on the road. "Tank wash is our best marketing asset" says Watkins "plus, our tank wash personnel are trained in a variety of specialty chemicals." Customers appreciate the polished, professional appearance of HTC tractors and tanks. 

CONGRATULATIONS TO BOB NETTLES Retirement!

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- Cover Image -

Randy Coppenger, Knoxville Tank Wash
The final wipedown of the newest Mack® day cab before it goes into service.

- Next Issue Coming Soon -

In-depth interviews with Tank Wash and why tanker trucking has the industry's most rigorous maintenance. Interviews and images from:
LaPorte, TX – Walt Gamble
Croydon, PA – Tony Samples
Chattanooga, TN – Stefon Davis
Florence, KY – Mike Liggett

- Back Cover -

photograph by
Joliet Driver Andre Jones
Winner of the Highway Transport Instagram Photo Contest #HTSPRING

- Communications -

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- Purpose -

To keep employees and contractors informed about company policy and industry developments, and to recognize significant industry and community contributions by these employees and contractors and their immediate family members.

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Retirement Celebration:

A large crowd gathered at Highway Transport's Knoxville terminal to say a happy farewell to 14 year company driver Bob Nettles. Prior to his decision to become a company driver, Bob drove for a contractor for two years. Everyone congratulated him on his retirement. Bob commented "I knew Highway Transport was going to do something for my retirement, but I didn't expect to see that many people. It was a surprise to see so many. I became a company driver for Highway Transport because they had the nicest people and the best-looking equipment on the road."



Eric Harvey and Rick Lusby helped Bob load his personal items into the back of his pickup truck and strap everything down for his trip home the next day to West Virginia. "Eric knows I have COPD, and he helps me out a lot. He has always been really helpful to me."

Bob will be living with his daughter and enjoying being in the same household with her children –Bob's grandkids. Plus he says, "I'm definitely going to be doing some relaxing." Bob also enjoys his grandchildren—his son's kids—in New Jersey. "All total, I have a 1-year-old grandkid. There are two that are 5 years old, and one that is 10 years old."

Bob adds, "I will still be in touch with my friends at Highway Transport. I like to talk to them, because these guys keep me going." 



COMMITMENT TO EQUIPMENT


Equipment Update: In the final months of 2014, Highway Transport Chemical took delivery of 50 new Mack® CXU613 tractors. Plus, 50 more Macks are being added throughout

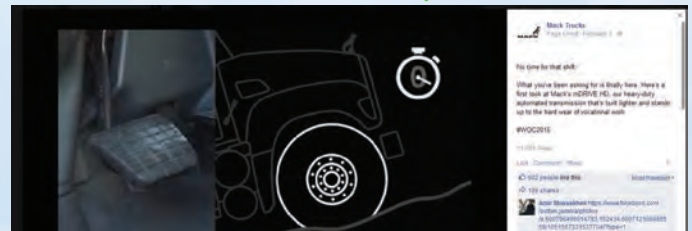


2015. How are the tractors performing? “We are impressed with the new tractors. Drivers are enjoying the automatic transmissions more than expected. Plus, the new tractors are saving on fuel,” says Gary Reagan.

The Mack® 13 Litre Econodyne engine/transmission is an automatic, and drivers were a bit skeptical at first. The Mack® mDrives™ are designed so that the engine and transmission constantly communicate and automatically shift gears. The new units get 6.5 to 6.8 miles per gallon loaded.


Highway Transport Chemical uses well over 200,000 gallons of fuel per month and can easily top 3 million gallons per year. By using those figures, a 6% savings could translate into \$180,000 of potential fuel savings per year!

Check out Mack mDrive™ video on Highway Transport’s Facebook zone for drivers “HYTT Drivers” 



Mack Bulldog® Article: In February of 2015, Director of Maintenance Larry Edwards was contacted by *Bulldog*®, the official magazine of Mack® Trucks. Writer Carmen Sisson visited the Knoxville terminal, took pictures, and interviewed Larry and Driver Mike Gilvin and Mechanic Billy Lively. They discussed the details of purchasing the new Mack® Pinnacle, driving a new Mack® Pinnacle, and mechanical details. Copies of the magazine are located at each terminal. The article gives details about the tractors plus in-depth information about Highway Transport’s relationship between Worldwide Equipment Company and Mack®.

Naturally, as most close-knit workplace families often do, Larry Edwards and Mike Gilvin and Billy Lively have been teased relentlessly about being in the spotlight of magazine publicity. “Co-workers have been making fun little jabs like, ‘hey, can you autograph my copy of *Bulldog*® magazine,’ but that’s OK with me, because I’m glad *Bulldog*® decided to include us in the issue.” Highway Transport is grateful to be featured in the publication. It helps build awareness of our company. Everyone at Highway Transport appreciates Larry’s good-natured attitude.

Greg Watkins says, “My favorite part of the article is where our salesman at Worldwide Equipment, Lloyd Oslonian, comments, ‘When you show up at Highway Transport, you better arrive prepared. I owe them a lot because they have made me a better salesperson. They force you to know more than most salesmen might know, because I can guarantee you Highway Transport will ask questions no one has ever asked before...They will challenge you.’” 



DRIVER SAFETY AWARDS

reported by Scott Ennen,
Vice President of Safety and Quality

It is a great honor for me to tell you about Dennis Resetar who recently received the million mile award. All employees at Highway Transport feel great pride when we see a driver who represents such a successful record of safety. We appreciate Dennis' loyalty and his longstanding commitment to driving for Highway Transport Chemical.



Wyandotte Driver Dennis Resetar (left) - Million Mile Award with Gary Reagan, President, Highway Transport Chemical (right)



Joliet Driver Andre Jones - 2nd Year Safety Award



Joliet Driver Andrew Johnson - 2nd Year Safety Award



Chattanooga Driver Butch Layman - diamonds to mark his 13th and 14th Year Safety Award



Wyandotte Driver Dave McLeod - 3rd and 4th Year Safety Award



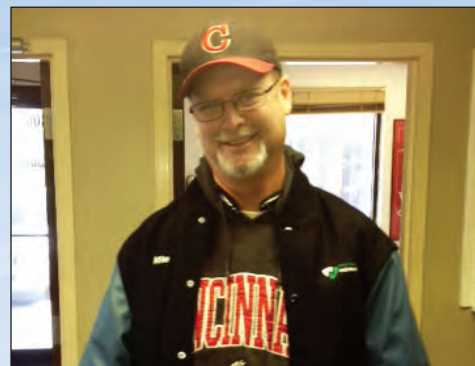
Joliet Driver Doug Scales - 2nd and 3rd Year Safety Award



Joliet Driver Duane Regnier - 15 Year Safety Award



Joliet Driver Ed Adair - 2nd Year Safety Award



Florence Driver James Kyle - 1st and 3rd Year Safety Award



Joliet Driver Josh Regnier - 2nd and 3rd Year Safety Award



Knoxville Operations Supervisor Wyatt Dockery (left) with Knoxville Regional Driver Matthew Bruer - 2 Year Safety Award



Florence Driver Michael Hunt - 1st and 2nd Year Safety Award



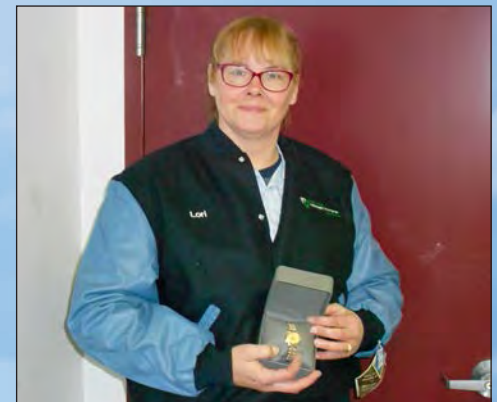
Joliet Driver Norm Noel - 2nd Year Safety Award



Joliet Driver Ron Booker - 2nd and 3rd Year Safety Award



Joliet Driver Ron Byrd- 2nd Year Safety Award



Wyandotte Driver Lori Whiteman - 1st and 2nd Year Safety Award



Wyandotte Driver Trina Nevers - 3rd Year Safety Award



Joliet Safety Supervisor Bill Dorsch (left) with Florence Driver Jim Hegland (right) - 2nd Year Safety Award



Florence Driver Jack Lowery - 2nd Year Safety Award



Florence Driver Michael Donaldson - 2nd Year Safety Award



Florence Driver Jerry Powell - 4th Year Safety Award

Highway Transport website for drivers

<http://www.hyttdrivers.com>

- #MusicMonday - share your favorite song
- #TankerTuesday - helpful training tips/videos
- #ThrowbackThursday - scenes from the past

Highway Transport website for recruiting new drivers

<http://www.drive4highway.com>

online job application

HIGHWAY HIGHLIGHTS



Details Matter: American flag stickers on all tractors appear with the flag properly displayed so that the flag appears to be heading in the direction of the wind. The red and white stripes flow in the breeze. 🇺🇸

ADP **IMPORTANT:** New WorkforceNow™ Web Link
<https://workforcenow.adp.com>
Your logins stay the same; only the link has changed.

ADP: Enhancements are coming to ADP® – Three new modules are being added to help Highway Transport keep track of:

1. Recruiting
2. Performance Review
3. Benefits

As most employees know, you may view your paystub in our internal system that we call “ADP.” ADP is Highway Transport’s payroll, accounting, and HR software. This software works behind the scenes and is essential for us to view our pay. Highway Transport employees register in order to gain online access to the information. The addition of three new modules will improve Highway Transport’s efficiency. HR processes will no longer be in four different systems. It will all be in ADP®. 🇺🇸

Do you have some great ideas or stories for the next newsletter? Or is there something that you aren’t crazy about? We are always open to change and making this

Instagram Photo Contests:



As most employees know, Highway Transport is expanding its social media presence. To encourage new visitors to Highway Transport's Instagram zone, we will be hosting Instagram Photo Contests throughout the

year. Employees + the general public are encouraged to do the following:



1. Register to be on Instagram by visiting www.Instagram.com then sign up to be an Instagram user.

2. Post images on Instagram, and in the text field, use the hashtag symbol # and text that relates to one of the following Highway Transport themes...

Winner:

Joliet Driver Andre Jones
See image on back cover.

#HTSPRING April 1 - 30, 2015

#HTSUMMER May 1 - June 15, 2015

#HTPETS August 1 - September 15, 2015

#HTFALL October 1 - November 5, 2015




Rahway, NJ: Simply put, every employee at Highway Transport is a recruiter. HighwayTransport Chemical is opening a terminal and recruiting drivers in Rahway, NJ. Drivers who are at the Rahway location will have

the option to be on the new pay program that guarantees an annual salary of \$65,000. Plus, if the driver earns more than the \$2500 bi-weekly pay, they get paid at the higher amount. Do you know a driver who would be an asset to HTC? Refer a driver, and you could receive a \$500 referral bonus! Questions? Contact Recruiting: 865-584-8631 ext. 1251 🇺🇸

newsletter all for you, so let us know if there’s anything you want to brag about. Email communications@hyttlogistics.com or contact your terminal manager or driver manager.

SOCIAL SHARING ZONE

Social Media: *Remember...Never text and drive.* Highway Transport Chemical drivers get to experience the great USA from a perspective that most people will never know or understand. Social Media is the perfect platform for drivers and employees to share day-to-day scenes. Highway Transport uses these networks for good, whether it is to showcase beautiful images or share positive messages with the world. Most HTC and HTL employees are familiar with Facebook and Twitter and YouTube. New social channels are being introduced. Stay tuned for new developments, because plans are under way for Highway Transport Logistics and Highway Transport Chemical to grow their presence on Linked In, SlideShare, and Instagram. 



PERSONNEL

Sheree Hamlin: Sheree has been promoted from Human Resources Coordinator to Human Resources Generalist. She has been with Highway four years and has become a great resource for our employees, company policies and benefits. Please congratulate her on her accomplishment.

Michelle Rayfield: Michelle Rayfield is being promoted to Payroll Manager. Michelle originally started with Highway Transport Logistics in the payroll department, has worked as a financial analyst, and is now returning to payroll as the Payroll Manager. She has a good understanding of our operations and will be an asset to Highway in this role. She will be working closely with Cristi Johnson as they transition payroll manager responsibilities. Please congratulate her on this exciting opportunity.




ABOVE: Cristi Johnson with her husband Brett and their two boys Brayden and Evan

Cristi Johnson: Cristi is departing Highway Transport Logistics and moving to Austin, TX for her husband's work. Cristi and her husband and two boys will be in our thoughts and prayers as her young family embarks on this cross-country relocation.


"It has been a little stressful trying to sell our Knoxville home and handle the details of moving, but I'm excited about venturing off to a new part of the country. It will be an adventure for me and the boys...a change of scenery. Plus, my husband is excited about his new job."

Milestones: *Highway Highlights is a great newsletter for keeping us all informed and staying in touch. Highway Transport encourages you to submit any news about professional and personal milestones. Be sure to send images and photos! Feel free to comment on articles or make suggestions for future articles. From births to graduations to promotions and engagements, this is the place to celebrate our ups and downs. Submit your news to: communications@hyttlogistics.com*

Throughout her 9 year tenure, Cristi has been promoted twice. She is smart, personable, and great to work with. Austin's gain is our loss, but we wish Cristi and her family all the best. 

CONGRATULATIONS TO ROY HAYNES 40 Years of Service!



Knoxville Mechanic Roy Haynes: Just think about it...40 years ago, *Saturday Night Live* premiered on TV, and Roy Haynes began his first day at Highway Transport's Knoxville terminal. Current statistics show that the average employee changes jobs every 3 years. It is truly an amazing feat for Roy to stay with Highway for all these years. A large crowd was on hand to share laughter, fun memories, and cake. Roy was presented with a customized fishing rod & reel. His dedication is greatly appreciated. 



CONGRATULATIONS TO DALE DUCOTE 20 Years of Service!



LaPorte Driver Dale Ducote: For employees to spend 20 years of time with one employer says a lot about loyalty. It is a Watkins family tradition to honor employees that have 20 years of service by awarding a Rolex watch as a token of appreciation. Driver Manager Jeff Womble says "He's not only a good driver with a lot of years of service, but also during all of those years, Dale has been dependable with no issues or complaints." 



LEFT: Dale Ducote and his wife Kitty. ABOVE LEFT: Cake in honor of Dale's 20 years of service. ABOVE RIGHT: Dale Ducote (left) and Greg Watkins (right) discussing Dale's remarkable years of service.

January - July SERVICE ANNIVERSARIES

40 Years

Roy Haynes

32 Years

Larry Edwards

30 Years

Steve Fortner

29 Years

Billy Bishop
Joe Pence

27 Years

Ed Noga

26 Years

Howard Immenhort
James McCue
Andy Schultz

23 Years

Billy Lively
Leonard Steele
Lonnie Surgener

22 Years

Beverly Henderson

21 Years

Ernest Holloway

20 Years

Kenneth Barnett
Dale Ducote
Doug Westgate

19 Years

Don Anders
Bob Godsmark
Willis Haun
Don Kite
Michael Stropp
Lydell Summerville
Kelly Worsham

18 Years

Eric Frost
Dennis Williams

17 Years

Steven Cranfield
James Nicely
Jerry Searce
Jackie Taylor

16 Years

Chris Jenkins
Joe Sheldon

15 Years

Mitchell Ward

14 Years

Carol Guinn
Steve Kitts
Bob Nettles

13 Years

Doug Atchley

12 Years

Reynaldo Gonzalez
Darryl Hunter
Aaron Matthews
Jerry Nicely
Dennis Resetar
Brian Vinson

11 Years

Bruce Frost
Garry Randolph
Dexter Ratliff
Walt Satterfield

10 Years

Bennie Banks
Mark Dickens
Wyatt Dockery
Paul Garbett
Jerry Johnston
Kevin Steenken
Jerry Szmuc

9 Years

Eric Doyle
Kenneth Ghea
Cristi Johnson
Paul Noe
Daryl McClenton
Keith Mims
Kevin Ray

8 Years

Michael Collins
Elizabeth Dick
Donald Franks
Craig Longenceker
Scott Nussbaum
Brian Reid
Brenda Skoda

7 Years

Martin Brown
David Coleman
Bethany Cooper
Robert Harden
Greg Sorah
Sam Stewart
Edwin Tice III

6 Years

Dillan Alfred
James Brady
Robert Conner
Robert Crist

Timothy Farmer
Dennis Hanson
Darrel Huff
Kenneth Mahlman
Robert Mallett
Michael Mitchell
John Paschal
David Rudan
Michael Stumps
Lori Whiteman

5 Years

George Adair
Robert Begliutti
Ronnie Bridges
Richard Collins
Peter Cordell
Warren Davis
Daniel Dufner
Donald Edwards
Charles French
Vernon Howard
Donna Kinsey
Jeremy Lindsay
Michael Monroe
Gerald Pope
Joshua Regnier
Tony Riggins
Rosendo Rodriguez
Philip Shelley
Jackie Sledge
Michael Smith
Richard Tallent

4 Years

Leandrew Baillum
Ronald Booker
David Breedlove
Donald Clyde
Maureen Dennis-Wilbert
Johnson Eiler
Marshall Franklin
Steven Graven
Sheree Hamlin
Andre Jones
James Kyle
John Lowery
Scott MacDonald
Jesse McCulloch
Harry Miller
Norman Noel
Kristen Oshansky
Richard Parker
Brent Pavay
Sean Quanderer
Jose Rivera
Melton Tennelle
Jeffrey Womble

3 Years

Julio Bascones
Charles Brooks
Dana Burrows

Ronald Byrd
Charles Hill
Steven Hittinger
Gary McClanahan
Juan Ortiz
Omar Oshman
John Paige
Louis Palmer
James Partridge
Kevin Pawlowski
Robert Sauler
Eric Scott
Gerald Sullivan
Joseph Summerville

2 Years

Scott Ahrens
Fred Baker
Ashley Beasley
Michael Bigler
Bret Briner
Kenneth Coffey
Dylan Deese
Darrin Doughty
Eric Ely
Michael Figgins
Thomas Foster
Drew Gassett
Cameron Gilford
Priscilla Green
Clifford Irons
Ronald Johnson
Thomas Jones
Derrick Lane
George Molander
Deonte Muller
Dennis Pheifer
Thomas Rannala
Michael Riley
Carlos Rodriguez
Michael Rogers
Robert Starrett
Hunter Stokely
Edward Terry
James Wright

1 Year

Adrian Alanis
Burton Allen
Damian Berrientes
Daniel Behrendt
Daniel Bradley
Robert Celia
Stanley Champagne
Jackie Coates
Randall Coppenger
Antonio Cruz
John Cuddy
Daniel Culbertson
Mark Daugherty
Julie Duncan
Michael Hall
Russell Hamilton

Edward Heard
Michael Hill
David Horeis
Michael Krescanko
Charles Liverance
Stephen Lusk
Tony Marshall
Jerzy Masztak
Linda Nelson
Katrina Never
Tyler Owens
David Parr
Matthew Piccirilli
John Raad
Aslan Rrapaj
Joseph Ryan
Kenneth Sampson
Timothy Sheahan
Stuart Stapp
Hank Sweatman
Adam Umberger
Eugene Weill

Service:

Congratulations to everyone on this list! The work you do at Highway Transport is greatly appreciated.

Carefully read this listing, and say congratulations to your colleagues. Also, be sure to look for your own name. Let us know of any changes or corrections to your name.

e-mail:

communications@hyttlogistics.com

phone:

865-474-8002
ext. 1408

BIRTHDAYS May - December

MAY

HTC

Peter Ballard
Randall Coppenger
Robert Crist
Daniel Culbertson
Wyatt Dockery
Michael Donaldson
Paul Garbett
Michael Hill
Philip Hise
James Kite
Michael Krescanko
Charles Liverance
Jason Longenecker
Rick Lusby
Carl McLeod
John Mizin
Greg Quaresima
Tony Riggins
Jose Rivera
Hank Sweatman
James Syversen
Richard Tuders
Doug Vineyard
Anthony Wilson

HTL

Christy Paul
Brian Reid

JUNE

HTC

Eric Barnes
Julio Bascones
Jerome Bond
Henry Brown
Dana Burrows
Floyd Elzie
Samuel English
Walter Gamble
Reynaldo Gonzalez
Jonathan Horton
Vernon Howard
Thomas Jones
Thomas Knight
Jonathan Krouse
Joraine McDaniel
Deonte Muller
Louis Palmer
Merly Pleasants
Edmund Pollitt
David Rudan
Kenneth Salmon
Paul Sandlin
Vernon Staten
Daniel Talerico
Tony Thomas
Edwin Tice
Steve Vidal-Varela
Dennis Williams
Kevin Zyló

HTL

Marshall Franklin

JULY

HTC

Kim Adams
Burton Allen
Michael Blochowski
Daniel Bradley
David Cooper
Peter Cordell
James Eden
Larry Edwards
Eric Ely
Thomas Freeland
Steven Graven
Kevin Liggett
Scott MacDonald
Billy Morgan
Thaddeus Netherton
Tyler Owens
Victor Paez
Roberto Paniagua
Michael Riley
Marvin Rollins
Francois Scheepers
Timothy Sheahan
Mark Stucky
Michael Stumps
David Suffy
Lydell Summerville
Charles Tincher
Kenneth Tyler
Mitchel Ward
David Williams
Jeff Womble

HTL

Donna Kinsey
Aaron Matthews
Paul Noe

AUGUST

HTC

Charles Brooks
Danny Bruner
Kenneth Coffey
Helen Colon
Abdoulaye Dembele
Maureen Dennis-Wilbert
Darrin Doughty
David Foux
James Hegland
Charles Hill
Darryl Hunter
Michael Isaacs
Douglas Isbill
Andre Jones
Napoleon Keller
James Kinnevy
Jesse Kirk
James Kyle
Michael Liggett
Carolyn Lilley
Tony Marshall
Jerzy Masztak
James McCue

Zachary Monday
Michael Monroe
Russell Osley
Charles Parkhurst
Kevin Pawlowski
Gary Reagan
Duane Regnier
Michael Rogers
Robert Sampley
Douglas Scales
Stuart Stapp
Leonard Steele
Philip Teto
Nehemiah Waters
Kenneth Woods
Jonathan Yob

HTL

Michelle Rayfield
Kathy Rock
Jim Tormey
Greg Watkins

SEPTEMBER

HTC

Don Anders
Bennie Banks
Kenneth Barnett
Ronald Booker
Ronald Byrd
Jose Collado
Jose Cruz-Gutierrez
Rosendo DeLaRosa
Dale Ducote
Jacob Edwards
Johnson Eiler
Michael Gilvin
Dennis Hanson
Edward Heard
Ronald Johnson
Bobby Martindale
Daryl McClenton
George Molander
Rogelio Nunez
Omar Oshman
David Parr
Rosario Pickens
Billy Pickett
Robert Randalls
Carlos Rodriguez
Kenneth Sampson
Andy Schultz
Brenda Skoda
Gerald Sullivan
Richard Tallent
Mathew Vanderburgh
Bobby Warren
Douglas Westgate
Anthony Zambrano

HTL

Sandra Carr
Cristi Johnson

OCTOBER

HTC

Adrian Alanis
Dillan Alfred
Robert Begliutti
Justin Black
Ronald Brady
Ronnie Bridges
Kevin Cameron
Richard Collins
Vernon Crow
Mark Daugherty
Eric Doyle
Julie Duncan
Donald Edwards
Timothy Farmer
Joseph Flood
William Foyer
Kenneth Ghea
David Gresham
Carol Guinn
Michael Hall
Jon Huggins
Daniel Longenecker
Victor McCullum
Ralph McFarland
Jennifer Myers
Edward Noga
Michael Overton
John Paschal
Wilhelm Salewski
Walt Satterfield
William Shaughnessy
Joe Sheldon
Mark Suarez
John Troughton
Paul Vogado
Kelly Wyatt

HTL

Elizabeth Dick
Amanda Hawkins
Linda Nelson
Steve Kitts

NOVEMBER

HTC

Lawrence Acosta
Damian Barrientes
Ashley Beasley
Eddie Brown
James Byrd
Robert Celia
Warren Davis
Derrick Davis
Donald Elder
John Gilliland
Christopher Goodnight
Andrew Green
Barry Hall
Ernest Holloway
Joel Hubbard
Michael Hunt
Jeremy Lindsay
Mark McNabb

David Meyers
Jerry Noland
Thomas Olejniczak
Juan Ortiz
Jerry Powell
Thomas Rannala
Kevin Ray
Theophilus Sample
Jerry Searce
Todd Schrebe
Eric Scott
Gregory Sorah
Robert Starrett
Paul Steffek
Samuel Stewart
Hunter Stokely
Travis Stoker
Larry Tinch
Thomas Williams

HTL

Daniel Dufner
Todd Helms
Jerry Szmuc

DECEMBER

HTC

Gustavo Alanis
Wayne Bryan
Stanley Champagne
Robert Connor
Billy Crawley
Dylan Deese
Thomas Foster
Drew Gasset
Bob Godsmark
Amy Hansen
Darrel Huff
Clyde Isner
Marla Kegresse
Omjasisa Kentu
Edwin LaFour
Arthur LeRoy
Kenneth Mahlman
Robert Mallett
Jeremi Matczak
James Partridge
Brent Pavey
Gerald Pope
Joshua Regnier
Gary Richards
Robert Sauler
Jackie Taylor
Peter Vickery
Eugene Weill

HTL

Carrie Holland
Clifford Irons
Joe Pence

Flex Your Food Challenge:

Enrollment in Flex Your Food ends on May 22, 2015. This is a six-week nutrition challenge for employees. Learn how to eat well and improve your diet. You and your teammates must register. Teams support each other throughout the challenge. Discover healthy meals and good food. Take the challenge!

Questions?

Sheree Hamlin 865-584-8631 ext. 1405
shamlin@hyttlogistics.com

Donna Kinsey 865-584-8631 ext. 1413
dkinsey@hyttlogistics.com

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DAMAGING EFFECTS OF THE SUN



Behold, the unfortunate case of a 69-year-old truck driver who spent the better part of 30 years on the big rig. As anyone who's ever gotten sunburn on one arm can attest, the left side of our body—the one exposed to the sun when driving—is particularly vulnerable to UV rays. Still, we can only imagine Northwestern University researchers Joaquin C. Brieva and Jennifer R.S. Gordon were beyond amazed to stumble upon this particular truck driver as a prime human specimen that exemplifies just how damaging these rays can be.

Due to his vocation, the subject experienced what the researchers—whose observations were recently published in *The New England Journal of Medicine*—noted was a case of *unilateral dermatoheliosis*. This syndrome, associated with photo-damaged skin, is what can happen when chronic UVA exposure results in the "thickening of the epidermis and stratum corneum, as well as destruction of elastin fibers."

source: "DAMAGING EFFECTS OF THE SUN" case study by COLORESCIENCE®

Driver Dermatology:

Winter is over, and wonderful summer sunshine is here! Remember, the sun poses special challenges for truck drivers.

We spoke with Dr. Matthew Doppelt, a dermatologist near Highway Transport headquarters in Knoxville, TN. He provided this case study and offers the following comment...

"This photo is proof that even though you may feel like you are protected from the sun's ultraviolet rays by the window, this picture demonstrates otherwise. The sun not only accelerates the aging process but puts you at a higher risk of skin cancer. I recommend to all my patients a sunscreen of at least 30 SPF should be applied every two hours."

- *Dr. Matthew Doppelt*
board-certified dermatologist
Southeastern Dermatology Consultants
www.drdoppelt.com



image by Joliet Driver Andre Jones
winner of the Highway Transport Instagram Photo Contest. See p.6