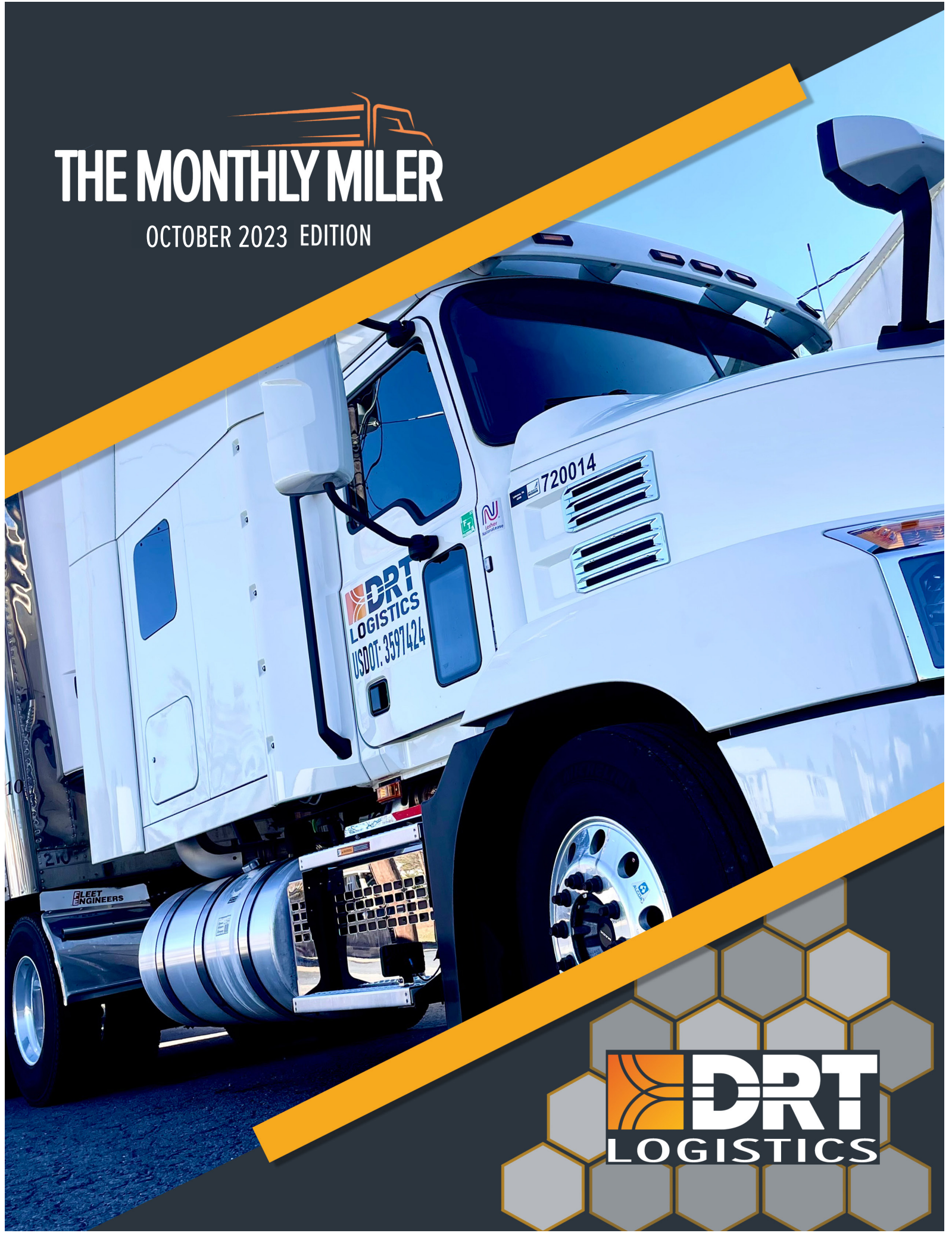




THE MONTHLY MILER

OCTOBER 2023 EDITION



DRT
LOGISTICS



5 YEARS OF SAFE DRIVING

In the world of transportation and logistics, safety is paramount. It's not just a commitment; it's a culture. In September, we celebrated three outstanding individuals who have embodied this culture of safety and excellence for the past five years.

We extend our heartfelt thanks and congratulations to Gustavo Gonzalez, Quantas Williams, and Patrick Fortenberry for reaching this remarkable milestone of five years of safe driving with DRT. These dedicated professionals have demonstrated an unwavering commitment to safety and have also been instrumental in upholding our core values.

We awarded them the prestigious Crystal Trucks to honor their exceptional dedication to safe driving. These awards represent more than just a job well done; they symbolize the trust we place in them to deliver our customer's cargo safely and reliably daily.

Gustavo, Quantas and Patrick, your achievements inspire us all. Your commitment to safety sets the standard for our entire team, and your unwavering dedication reflects the best of DRT. We are proud to have you on our team and grateful for your exemplary service.

Please join us in congratulating Gustavo Gonzalez, Quantas Williams, and Patrick Fortenberry for their incredible five-year safe driving journey. Your dedication is not just a testament to your character but a shining example of what makes DRT a leader in the industry.

THANK YOU!



Ryan Allwein
October 14
Fleet Manager

Alan Barda
October 30
IL Driver

Sal Dellessio
October 27
OTR Driver

Jason Dillow
October 11
PA Driver

Rubin Martinez
October 29
NJ Driver

Ken Mase
October 29
PA Driver

MARK CUBAN COST PLUS DRUG COMPANY UPDATES

How Cost Plus Drugs works

With all medications listed on our site, you will need to request a new prescription from your U.S.-based provider to place an order.



We are excited to introduce two convenient ways for you to access your medications at our consistently low prices. With Cost Plus Drugs, you can deliver your medicines to your doorstep. The process is simple: sign up, browse available medications, have your doctor send in your prescription, and place your order. We offer over 1,000 medications with standard and expedited shipping options. For more information, check out our frequently asked questions.

Alternatively, you can opt for the Team Cuban Card Rx Benefit Card, which lets you pick up your prescription from a local pharmacy. Sign up, find nearby pharmacies, search for available medications, download your card, have your doctor send your prescription to an affiliated pharmacy, and then present your Team Cuban Card when you pick up your prescription. This option provides access to hundreds of medications at thousands of participating pharmacies. More details can be found in their frequently asked questions section. Whether you prefer delivery or local pickup, Mark Cuban covers your medication needs!

  Prescriptions delivered to your door. costplusdrugs.com	  Local pharmacy pickup. teamcubancard.com
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No membership fees. No insurance required.

FREE AT-HOME COVID TESTS



Starting September 25, 2023, individuals residing in the U.S. can order one set of 4 free at-home tests through USPS.com. This initiative is aimed at promoting safety and ensuring access to testing resources when needed.

Here are some key details you should be aware of:

- **One Order per Residential Address:** Each residential address is eligible for one order of at-home tests.
- **What's Included:** Each order comprises #4 individual rapid antigen COVID-19 tests. For more information about these tests, including details about their extended shelf life and updated expiration dates, you can visit COVIDTests.gov.
- **Shipping Information:** Orders will be shipped free of charge, with the distribution process commencing October 2, 2023.
- **Kits can be ordered at:** <https://special.usps.com/testkits>

Thank you for your continued commitment to safety and well-being in the workplace.

401k INFORMATION

Financial security and retirement planning are essential to a well-rounded and fulfilling life. One powerful tool for securing your financial future is the 401(k) retirement savings plan.



Understanding the 401(k):

A 401(k) is a tax-advantaged retirement savings plan to help individuals save for retirement. Here's how it works:

- **Contributions:** Employees contribute a portion of their pre-tax salary to their 401(k) accounts. This means that contributions lower your annual taxable income, providing an immediate tax benefit.
- **Employer Match:** Many employers, including DRT, offer a matching contribution.
- **Investment Options:** Within your 401(k), you can typically choose from various investment options, such as stocks, bonds, and mutual funds. These investments have the potential to grow over time.
- **Tax Benefits:** Your contributions and earnings in a 401(k) account grow tax-deferred, meaning you only pay taxes once you withdraw the funds in retirement.

Why Invest in a 401(k)?

- **Financial Security:** A 401(k) is crucial for building a financial safety net for your retirement years. It provides a structured way to save consistently.
 - **Employer Match:** Employer matching contributions are essentially “free money” that accelerates the growth of your retirement savings.
 - **Tax Advantages:** Contributions reduce your taxable income, lowering your current tax bill. Plus, the tax-deferred growth allows your investments to compound over time.
 - **Financial Independence:** A well-funded 401(k) can provide financial independence during retirement, allowing you to pursue your interests and hobbies.
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Freight Brokers Adjust as Market Power Swings to Shippers

Experts Maintain, However, That Freight Brokering Remains a Relationship-Based Business

Throughout the pandemic-influenced years of 2020 through 2022, when demand for trucks soared and capacity evaporated, third-party logistics providers and freight brokers assuaged shippers by simply locating a truck for their freight.

Fast forward to 2023. Now, it's a struggle, with weak demand and abundant capacity in a market that has flipped on its head. Echo Logistics CEO Doug Waggoner believes this market cycle has been somewhat unique given the breadth and severity of the swings.

“The simplistic view is when capacity is tight, shippers rely on brokers to find a truck because we have a big Rolodex [of providers],” he explained. “In a loose market, the prevailing wisdom is shippers don't need brokers; they can go direct to carriers and get a good price.”

Waggoner added that the industry has evolved significantly over the years, led by technological innovation and shippers demanding more brokers provide automation and enabling technology services.

“If I were a shipper today, I'd want to deal with a broker that has a certain level of sophistication in terms of technology, analytics and integration capability,” he explained. He added that brokers should “have [real-time] visibility into market pricing and find a carrier [at a good price] for every load.”

Waggoner emphasized that freight brokerage remains a relationship business, especially in this market cycle. “There is one group of shippers and carriers where technology is important, and they want a touchless experience,” he observed. “On the other end are shippers who still give us a paper bill of lading and run their business on spreadsheets and a whiteboard.” Waggoner added that to serve both, there needs to be “a balance of personal touch, expertise and experience between shippers and carriers, backed by strong technology.”

“Shippers today are demanding their brokers deliver consistent value based on lower costs, dependable capacity, service and technology that streamlines the entire process. To combat this, brokers and 3PLs are re-emphasizing some tried-and-true practices while continuing to adopt more technology.”



DRIVING IN FALL WEATHER

Fall marks a transitional phase when the remnants of summer's warmth contend with creeping cooler air masses from polar regions. This season unveils a tapestry of dynamic weather patterns, showcasing both its challenging and beautiful facets. As chlorophyll in tree leaves breaks down, a breathtaking spectacle unfolds, painting the landscape with vivid shades of red, orange, and yellow, creating a mesmerizing foliage display.

Let's embark on a journey to explore the science underpinning fall weather and the potential consequences you might encounter. It's important to note that there are two primary definitions of fall, each with nuances and merits, contributing to the multifaceted character of this transitional season.

DEFINITION #1:

Astronomical fall

The first term to define is *astronomical fall*, which most people are accustomed to. It begins on September 21 or 22, when the sun is located directly above the equator, also known as the autumnal equinox.

This period ends with the winter solstice, roughly December 21 or 22, when the sun is located at its farthest point south, which is $23\frac{1}{2}$ degrees, above the Tropic of Capricorn.



DEFINITION #2:

Meteorological fall

Meteorological fall is a little simpler. It consists of three months: September, October, and November.



Recap

There are two definitions of fall: Astronomical Fall, which starts with the autumnal equinox in late September and ends with the winter solstice in late December, and Meteorological Fall, which encompasses the three months of September, October, and November. Each definition provides a unique perspective on this seasonal transition.

DRIVING IN FALL WEATHER

VISION PROBLEMS!

As the sun slips further south down the globe, it also spends more time near the horizon, which can cause vision problems, as the sun's brightness can be blinding. In the morning, the sun will be closer to the horizon when driving east or southeasterly. In the late afternoon and early evening, the sun can pose blinding consequences when driving west and southwest around sunset.

Important Tips for Drivers



Keep sunglasses handy.



Some trucks are equipped with sun visors; use them!



Extendable sun visors can help shield the sun from the eyes.



If possible, plan your trip so you can avoid the blinding sun when driving in an east or southeasterly direction. In the late afternoon and early evening, avoid driving west and southwest around sunset, when the sun can pose blinding consequences.

Recap

To ensure safe driving, it's essential to be mindful of the sun's impact on visibility. Keep your sunglasses within easy reach, and if your truck is equipped with extendable sun visors, utilize them to shield your eyes from the sun's glare. When planning your route, avoid driving in an east or southeasterly direction when the sun's angle can be blinding. Similarly, in the late afternoon and early evening, steer clear of west or southwest routes around sunset to minimize the risk of sun-related visibility issues.

DRIVING IN FALL WEATHER

FOG!

Heavy rain and large temperature swings can also bring fog. This can be experienced during any season, so be prepared - you will encounter it at some point.



Important Tips for Drivers



Slow down.



Increase the distance between your vehicle and the vehicles around you.



Use your low-beam headlights and fog lights, if they are available. Refrain from using high beams because they illuminate the fog, not the road, and this makes it harder for everyone, including you, to see where they are going.

Recap

When driving in foggy conditions, it's essential to prioritize safety. Begin by reducing your speed and increasing the following distance between your vehicle and others on the road. Utilize your low-beam headlights and, if equipped, fog lights to improve visibility. Avoid using high beams, as they tend to scatter in the fog and hinder rather than enhance visibility for all drivers, including yourself.

DRIVING IN FALL WEATHER

SLIPPERY ROADS!

Remember those pretty leaves we talked about earlier? They fall from the trees, especially when it is windy and rainy. Those leaves accumulate on wet roads and can become just as slippery as ice due to reduced traction between your tires and the road.

Important Tips for Drivers



If you do begin to slide, do not slam on the brakes. Take your foot off the accelerator and gradually steer in the direction you want to go, until your vehicle regains traction.



The best advice for driving on wet roadways is to slow down.



Allow yourself extra time to reach your intended destination safely.

Recap

When driving on slippery roads, safety is paramount. If your vehicle starts to slide, avoid slamming on the brakes. Instead, release the accelerator and gently steer in the desired direction until your vehicle regains traction. The key is to slow down, especially in wet conditions, allowing extra time for a safe journey to your destination.

DRIVING IN FALL WEATHER

SNOW!

Fall chills moving south out of Canada also bring some of the season's first snows, especially in northern portions of the U.S. and in higher elevations, like mountains. Early-season snow is often heavy and wet, which can present additional hazards. It can accumulate on trees that are still bearing their leaves. The added weight can cause braces to snap and trees to topple into roads and onto power lines. This can cause power outages that may affect

Important Tips for Drivers



Plan ahead. The best advice when encountering snowy streets is to stay put and wait for snow removal crews to plow and salt the roads. Wait it out in a rest area.



If you are caught in snow or have to drive, be cautious and watch your speed.



After the snow passes, be sure to clear the windows of your vehicle and the rooftop prior to traveling.



Make sure you have warm clothes if there is a possibility you could be stuck out in the cold: have coats, hats, gloves, and boots, just to name a few items.

Recap

When facing snowy conditions, safety should be your top priority. Ideally, plan and stay put, allowing snow removal crews to clear and salt the roads. If you must venture out, exercise extreme caution and reduce your speed. After the snowfall subsides, take the time to clear your vehicle's windows and rooftop for improved visibility. Additionally, prepare for being stranded in the cold by carrying warm clothing, including coats, hats, gloves, and boots, among other essentials, to ensure your well-being in an emergency.

Fall brings an abundance of weather hazards, but it also yields an ample amount of crisp, quiet, and mild days (the types of days that we hope for when we head to the pumpkin patch!). It is critical that, as a driver, you always watch the weather, expect the unexpected, and plan ahead!

RECIPE OF THE MONTH



Roasted Butternut Squash Soup

Fall is the perfect season for cozy, comforting soups, and roasted butternut squash soup is a delicious and easy recipe that captures the essence of autumn. Here's how to make it:

Ingredients:

1 large butternut squash
1 onion, chopped
2 cloves garlic, minced
2 carrots, chopped
2 celery stalks, chopped
4 cups vegetable broth
2 tablespoons olive oil
1 teaspoon dried thyme
1/2 teaspoon ground cinnamon
Salt and pepper to taste

Optional toppings: roasted pumpkin seeds, croutons, or a dollop of sour cream

Instructions:

- Preheat your oven to 400°F (200°C).
- Cut the butternut squash in half lengthwise and scoop out the seeds. Place the squash halves on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper. Roast in the oven for about 45-60 minutes, or until the squash is tender and easily pierced with a fork.
- While the squash is roasting, heat the olive oil in a large pot over medium heat. Add the chopped onion, garlic, carrots, and celery. Sauté for about 5-7 minutes, or until the vegetables start to soften.
- When the butternut squash is done roasting, let it cool slightly, then scoop out the flesh and add it to the pot with the sautéed vegetables.
- Stir in the dried thyme and ground cinnamon, then add the vegetable broth. Bring the mixture to a boil, then reduce the heat and let it simmer for about 20-25 minutes.
- Use an immersion blender to puree the soup until it's smooth and creamy. If you don't have an immersion blender, you can transfer the soup in batches to a regular blender, but be sure to let it cool slightly first.
- Once the soup is smooth, return it to the pot and heat it over low heat. Season with salt and pepper to taste.
- Serve hot, garnished with your choice of toppings like roasted pumpkin seeds, croutons, or a dollop of sour cream.

Enjoy the warm, rich flavors of fall with this simple and comforting roasted butternut squash soup!

