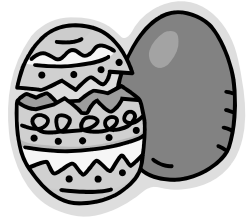




THE DISTRIBUTOR

SMOKEY POINT DISTRIBUTING, INC.



MARCH 2008

HAPPY ST. PATRICK'S DAY!

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations.

In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go as far as dye Rivers or streams green!

Don't forget to wear your green, or you'll get pinched.

EASTER TOO...

Each spring the excitement of Easter fills the air. Many churches prepare special Easter programs about the death and resurrection of Jesus Christ. At



home mothers color Easter eggs with their children, and parents hide the brightly colored holiday symbols around the house and lawn so that, come Easter morning, their children can excitedly hunt for them. In whatever way you celebrate this holiday respect everyone's beliefs make it a special day. The more spiritual side of Easter comes from Jesus Christ giving his life on the cross for everyone. God loved the world so much he gave his only son, so through his death all sins could be forgiven. Weather

your spiritual or not Easter is a giving holiday. Make it a fun and memorable one.



HAPPY BIRTHDAY!!

Happy Birthday to everyone with a birthday this month for March.

- ♣ Jeff Hillyer March 8th
- ♣ Rick Romero March 12th
- ♣ Micky Harbaugh March 17th
- ♣ Belinda Yeater March 17th
- ♣ Tom Brooks March 17th
- ♣ Linda LaCount March 19th
- ♣ Sandy Martin March 20th
- ♣ Peter Burke March 21st
- ♣ Lisa Upton March 23rd
- ♣ Henry Lacount March 25th
- ♣ Chris Tauzin March 25th
- ♣ Lewis Woracek March 25th
- ♣ Sandra Strampher March 31st

HAPPY ANNIVERSARY!!

Here's to the close of another year and to wishing we had a pot of gold to give you as a token of our appreciation!

- ♣ Bruce Thibault 1 year
- ♣ Big Dallas 1 year
- ♣ Bob VanPelt 2 year
- ♣ Tom Brooks 3 years
- ♣ Jerry McCormack 3 years
- ♣ Mike Orr 4 years
- ♣ Mitch Pilon 4 years
- ♣ Ken Milton 6 years
- ♣ **Mark Ross 15 years!!**

Keep looking for the pot of gold at the end of your rainbow, if you don't find it today doesn't mean you won't find it tomorrow.
Krystle Detwiler



HEALTH STOP

You can have healthy habits and bad habits. What exactly are habits?

Habit: is a constant, often unconscious behavior pattern acquired by frequent repetition.

Habits are things we do repeatedly. Most of the time we are hardly aware of them. They're on autopilot.

Good Habits

- ⊙ Defensive driving
- ⊙ Exercising regularly
- ⊙ Planning ahead
- ⊙ Showing respect for others
- ⊙ Drinking Water
- ⊙ Taking showers daily

Bad Habits

- ⊙ Thinking negatively
- ⊙ Feeling inferior
- ⊙ Blaming others
- ⊙ Assuming

Don't really matter Habits

- ⊙ Taking two showers
- ⊙ Eating yogurt with a fork
- ⊙ Reading magazines back to front

Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. Luckily you are stronger than your habits. Therefore you can change them. For Example:
 Try folding your arms; now fold them in the opposite way. How does that feel? Pretty strange, doesn't it? If you folded them in the opposite way for thirty days in a row, it wouldn't feel so strange. You'd get in the habit.

Its not always easy, but it is possible. All change begins with you.

Water Habit

Drinking **WATER** is a great habit to have. 4 bottles a day (8 glasses) to get the recommended amount that you need to keep that brain floating. Remember doing something for 30 days becomes a habit.

75%	Muscles=	Water
83%	Blood=	
74%	Brain=	
22%	Bones=	

Benefits of drinking water

- ⊙ Improves energy
- ⊙ Helps digestion
- ⊙ Detoxifies liver and kidneys
- ⊙ Keeps skin glowing and healthy
- ⊙ Helps control hunger, lose weight
- ⊙ Reduces headaches and dizziness
- ⊙ Mental and physical performance

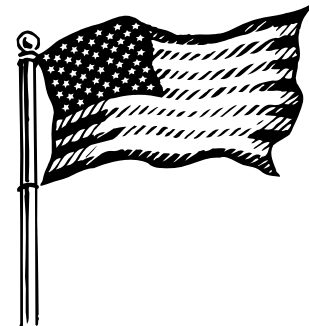
*Try it for a week and see the difference.
 Can you challenge yourself?*

7 HABITS

We will review the seven habits within the next 7 months. Habit #1 is **Be Proactive**.

**People are
 just about as
 happy as they make
 up their mind to be...**

ABRAHAM LINCOLN



JUST FOR LAUGHS



JUST FOR LAUGHS 2



Proactive or Reactive

How many times have you just been driving down the road when suddenly somebody cuts in front of you, making you slam on your breaks? What do you do? Do you fly off at the mouth? Give'em the bird? Let them ruin your day? Or do you just let it go? Laugh about it. Move on. The choice is yours.

- ⊙ Reactive people make choices based on impulse. They are like a can of soda pop. If life shakes them up a bit, the pressure builds and suddenly they explode.
- ⊙ Proactive people make choices based on values. They think before they act. They recognize they can't control everything that

happens to them, but they can control what they do about it. No fizzing, bubbling, no pressure. They are calm, cool, and in control.

It pays to be proactive



Proactive people are a different breed. Proactive people:

- ⊙ Are NOT easily offended.
- ⊙ Take responsibility for their choices.
- ⊙ Think before they act.
- ⊙ Bounce back when something bad happens.
- ⊙ Focuses on things they can do something about other than the things they cannot.

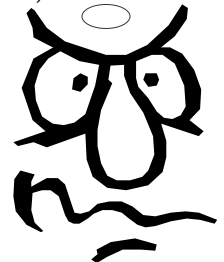


Control: How we respond to what happens to us.

Don't worry about the things you can't control, worry about the things you can.

Just Push Pause

If someone is rude to you, don't let them push your buttons; you press your own, *Push Pause*. It's in the middle of your forehead. If you can learn to pause, get control, and think about how you want to respond, you'll make smarter decisions.



“Don't be a hater, be an appreciator.” by Jennie

SAFETY CORNER

Our new motto in safety is: ***Safety doesn't happen by Accident.*** Learn it, love it, live by it. Please drive careful, be respectful to others (on the road or at the work place), and have a great day always. Do not let others ruin your day, ***JUST PRESS PAUSE.*** Be safety smart right from the start.

JUST FOR LAUGHS 3



Sleep apnea: An emerging standard of care requiring commercial driver screening and treatment.

An estimated 10 million commercial drivers are licensed to drive more than 8 million large trucks that travel over 225 million miles annually as they operate in the US. These truck and drivers were involved in approximately 5,000 fatal crashes in 2005. Between 20-30 percent of these crashes may have been caused by commercial drivers falling asleep at the wheel as a result of a medical condition known as obstructive sleep apnea (OSA). OSA affects an estimated 2.4 to 6 million commercial drivers, causes excessive sleepiness, and creates a serious public safety risk of sleep-related motor vehicle crashes. OSA is a treatable condition and treatment significantly reduces the risk of sleep-related crashes. OSA is a medical condition that causes the airway to

collapse during sleep, thereby blocking a person's ability to breathe. Individuals with this condition experience partial or complete upper airway obstruction during sleep that results in sleep disruption and other physiologic changes. When this condition occurs, the person's "fight or flight" sympathetic nervous system is triggered, which releases adrenalin, races the heart, contacts the vessels and arteries, and causes an interruption of lightening of sleep so that breathing can resume. Individuals with sleep apnea- and most notably, even those with a mild form of sleep apnea- are 3 to 5 times more likely to have a head-on crash leading to personal injury.

If you feel like you may have OSA the symptoms are as follows; excessive fatigue, loud snoring, excessive daytime sleepiness, tendency to fall asleep at inappropriate times such as in meetings, during conversation or while driving.

If you think that you may have Obstructive Sleep Apnea then I suggest you see your doctor.

ISS RATING

How low can it go? Our ISS rating has dropped to 36! Woohoo! Go Team!



DRIVER APPRECIATION REPORT

Thanks to everyone on 02/19/08 in the **SHOP** who looked out for and helped MOM. It was and is greatly appreciated, **Team Harbaugh**

Thanks to **Lamont** and **Phillip** for taking the initiative to transload freight, you have been a huge help, **Glenn**

Thanks to **Karen** for being here to help in Payroll, we appreciate everything you do, **Lisa**

If you have any thanks to give that you would like posted in the monthly newsletter, please bring it to Jennie in safety.

JOKES OF THE MONTH

What is out on the lawn all summer and is Irish?

What do you call a fake stone in Ireland?

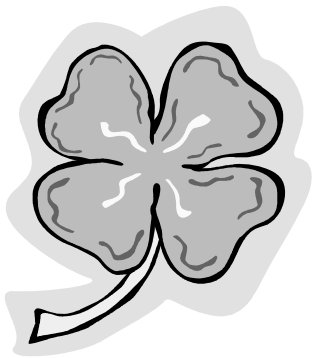
When is a Irish Potato not an Irish Potato?

Knock Knock.

Who's there?

Irish.

Irish Who?



ANSWERS TO JOKES

Paddy O'furniture, A sham rock, When it's a French fry, Irish you a Happy St. Patrick's Day!

LOG REMINDERS

Please remember to turn in your logs with that corresponding trip pack. Let's stay organized. It makes things run smoother for all of us. If you have logs that need to be corrected, do it immediately while in the office. **Do not** take them with you. They will be in your mailbox with a note of what needs to be fixed. Much appreciated from the office.

Sexual harassment

Sexual harassment is not and will not be tolerated ever. This is a business; we need to stay professional at all times. In the office, on the road, anytime you are representing SPD you need to be professional by all means. This type of behavior makes the person receiving the harassment uncomfortable and inferior. Please have respect for the people you work with always. 99% of people who get sexually harassed are women in the workplace. This extremely widespread unacceptable issue affects 40 to 60 percent of women. Men get sexually harassed too. Watch what you say, keep your hands to yourself. This is no laughing matter.

Sexual harassment can be devastating. Studies indicate that most harassment has nothing to do with flirtation: or sincere sexual or social interest. Rather, it is offensive, often frightening and insulting to the person being harassed, man or women.

Studies show that women are often forced to leave their jobs to avoid harassment. Harassment does not always occur because women dress provocatively or initiate sexual activity in the hope of getting promoted and advancing their careers.

Studies have found that victims of sexual harassment vary in physical appearance, type of dress, age, and behavior. The only thing they have in common is that over 99% of them are female. You cannot ignore this type of behavior; it will not just go away. Ignoring such behavior may even be seen as agreement of encouragement.

Some examples are: making sexual comments to another coworker, giving a back massage, jokes can be vulgar and uncomfortable to someone in the room (if your talking to a friend, keep it between you two, not in the workplace around other coworkers.) Let's keep it clean please. A tap on the shoulder or a handshake is different but anything beyond that could be considered inappropriate. A lot of people have worked for this company for years, sometimes we joke around, and we need to know when enough is enough.

Please keep it professional at the workplace so we can all enjoy a comfortable atmosphere at SPD.