

The Distributor

Smokey Point Distributing, Inc.
Aug 2010 Volume VII, Edition VIII



Happy Birthday

"Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts." ~ Martin Buxbaum

- ◆ Duane Martinson Aug 4th
- ◆ Danny McClure Aug 4th
- ◆ Robert Mosher Aug 4th
- ◆ Kris Martin Aug 10th
- ◆ Archie Wertz Aug 11th
- ◆ Troy Fuller Aug 12th
- ◆ Roxsard Richardson Aug 16th
- ◆ Chris Zondlo Aug 19th
- ◆ Robert Adams Aug 21st
- ◆ Robert Williams Aug 29th

AUGUST

Facts about August

August is the eighth month, renamed by the Romans from Sextilis', meaning sixth, to honor their emperor, Augustus.

August is the height of the summer time in the temperate zone of the Northern Hemisphere. The longest day of the year is passed, but the hot days remain.

In the northern regions and mountains, cool nights and early frosts let one know that the summer is about to come to an end. In the Southern Hemisphere, August means the winter will soon be over.

The birds are already planning to fly south for the winter. The insects are noisier and more numerous than in any other month. This is perhaps the busiest month for businesses, since most people take their vacations in August.



Happy Anniversary

"Thinking is the hardest work there is, which is the probable reason so few engage in it."- Henry Ford

- ◆ Michael Cummings 1 Yr Aug 13th
- ◆ James Phelps 1 Yr Aug 27th
- ◆ Barry Minter 1 Yr Aug 13th
- ◆ Heidi Minter 1 Yr Aug 13th
- ◆ Drew Van Tuyl 1 Yr Aug 27th
- ◆ Julie Williams 1 Yr Aug 3rd
- ◆ Mary Wilson 1 Yr Aug 13th
- ◆ Tyler Johnson 2 Yrs Aug 25th
- ◆ Joseph Weber 2 Yrs Aug 14th
- ◆ Robert Adams 3 Yrs Aug 14th
- ◆ Elizabeth Arellano 3 Yrs Aug 30th
- ◆ Nate Herron 3 Yrs Aug 6th
- ◆ Jeff Hillyer 3 Yrs Aug 7th
- ◆ Kim Hillyer 3 Yrs Aug 7th
- ◆ John Surber 3 Yrs Aug 7th
- ◆ Robin Surber 3 Yrs Aug 7th
- ◆ Russ Kemner 4 Yrs Aug 10th
- ◆ Lisa Leoso 5 Yrs Aug 18th
- ◆ Michael Barela 7 Yrs Aug 26th
- ◆ Chris Tausin 11 Yrs Aug 2nd

~~ Help save the trees!~~

The Distributor is now offered in a PDF format delivered directly to your email!

Give Liz in the trailer your email address to have future copies sent to you, instead of cluttering up your box at the office.

~Also they are in Color~

CSA 2010 Questions, Answers, and Facts

Q: Will our company need to comply with any new regulations because of CSA 2010?

A: No. There will not be any new regulations to comply with because of CSA 2010. It is a system for tracking, measuring, evaluating, and intervening with carriers.

Q: Does CSA 2010 allow FMCSA to put a driver out of work or revoke his/her CDL?

A: No. CSA 2010 does not give FMCSA the authority to remove a driver from his/her job.

Fact: Only state agencies responsible for issuing licenses have the authority to suspend them.

Q: Does CSA 2010 address a driver's physical fitness?

A: No. CSA 2010 does not address driver physical fitness requirements. The "Driver Fitness" BASIC relates to the driver's "fitness" to operate a CMV based on having adequate training, experience and medical qualifications as determined by current regulations.

Fact: Carriers who are considering hiring drivers can review "Driver Profiles" if the drivers have authorized release of their information. These profiles are compiled from FMCSA's Driver Information Resource (DIR) and are available to carriers and drivers through FMCSA's new Pre-employment Screening Program (PSP). PSP is only available as a pre-screening tool and **not** for use in evaluating current drivers. PSP was mandated by Congress and is not a part of CSA 2010.

Fact: Potentially erroneous violations on carrier/driver records can be challenged. Check out this website for more information: <https://dataqs.fmcsa.dot.gov>



FMCSA Delays Rule Decisions

The newest FMCSA rulemaking calendar includes delays to several high-profile rules. Here's what's on the agenda and what you can expect to be hearing about in the future:

<u>Rule</u>	<u>Description</u>	<u>Status</u>
Hours of Service	This rule would satisfy the terms of a settlement agreement under which the FMCSA is required to reevaluate the federal hours-of-service	Publication of a proposed rule is slated for November 2010
Minimum Training Requirements for Entry-Level Drivers	This rulemaking would require behind-the-wheel and classroom training for drivers required to hold a CDL.	The final rule was delayed another six weeks to mid November
Drug & Alcohol Test Results Database	This rulemaking would create a central database for verified positive drug and alcohol test results and would require employers and clinics to report positive test results and query the database when hiring drivers.	A proposed rule is expected in February

**Current HOS rules remain in effect until further notice. Any changes made to the HOS will be announced if/when changes are made.

Electronic Cigarettes Can Change Your Life!

There has been an increase of Electronic Cigarette ads on TV lately, showing people blowing out clouds of what looks like to be smoke but is actually water vapor. You can also find Electronic Cigarette being sold at kiosks in malls, at truck stops and even at 7-11's. Question is, do they actually work?

The answer is YES and I have proof that they do. I am going one month of no smoking because I started using the Electronic Cigarette or better known as 'E-Cigs.'

Before starting on E-Cigs, a person needs to do a bit of research and learn that the E-Cigs that are offered on TV, at the kiosks, at the malls and truck stops are not the ones to invest your money. Many people try these in passing and find they do not work, they do not satisfy the Nicotine cravings or they just taste funny.

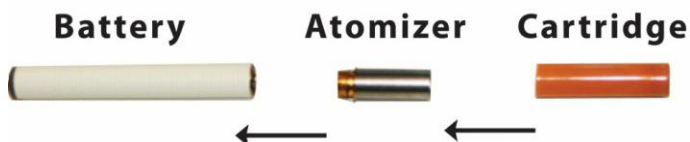
There ARE excellent E-Cigs that DO work and will satisfy the cravings and taste great, but like I said, you will need to do some research before you take the plunge.

I did just that at <http://www.e-cigarette-forum.com> I learned about the different types of E-Cigs that actually do work.

There is about 3-4 basic setups starting with a 510, then there are the Kr808 and the DSE-901's. There are a few more but these are the basic "looks kind of like" normal cigarettes and parts can be found from more than one vendor, unlike the ones sold at Kiosks or on TV or the others you can find at truck stops and 7-11's which are more or less buy and throw away systems.

All E-Cigs have the basic 3 components which are a battery, an atomizer and a cartridge which holds the nicotine juice or E-juice.

(See <http://en.wikipedia.org/wiki/E-cigarette>)



I went with a Kr808 with a XL battery; (it looks like a pen in length) it also uses Cartomizers which is atomizer and cartridge combined which is a very simple easy way to go.

There is no perfect electronic cigarette. They all have pluses and minuses, depending on your needs and wants. What one person considers a plus may be considered a minus by another. There is a learning curve. This is not going to be as simple as picking up a cigarette and a lighter. Parts will eventually die on you, so you'll need backups. There are issues to overcome, and things to learn. But in the end, it is well worth it to make the effort.

Then there is the Nicotine solution which is sold separately and is used to fill the cartridges. It is referred to as "e-liquid" or "e-juice", and commonly contains some amount of flavoring, with several different flavors available. They consist of nicotine dissolved in propylene glycol (PG) and/or glycerin (glycerol). Both PG and glycerin are common food additives.

Solutions are also available in differing nicotine concentrations, to let the user decide the amount of nicotine to be taken in. Concentrations range from Zero Nicotine, low and midrange doses (6-8 mg/ml and 10-14 mg/ml respectively), to high and extra-high doses (16-18 mg/ml and 20-54 mg/ml respectively).

I use 18mg dose in my juices, and plan on reducing that amount as time goes on. E-Cigs are not considered a smoking sensation, but if you wish you could use it to cut back on the amount of nicotine you take in.

The concentration ratings are often printed at the e-liquid bottle or cartridge, although the standard notation "mg/ml" often gets abbreviated to just "mg". Solutions are also available that contain no nicotine at all.

Some flavor varieties attempt to resemble traditional cigarette types, such as regular tobacco and menthol, and some even attempt to mimic specific cigarette brands, such as Marlboro or Camel. Fruit and other flavors are also available, such as vanilla, caramel, and coffee.

Electronic Cigarettes Can Change Your Life Cont:

I have learned there are many different places to order e-juice from, and have found that the best ones to order from are in the USA and not from china. One such company is [vapor bomb at Vaporbomb.com](http://Vaporbomb.com). They create juices fresh when they are ordered, they have excellent flavors and they also have a bunch of helpful people on their forums to answer any questions you might have.

I have also learned that the juice you use does not have to taste like your old brand and that the flavored ones taste much better than I had first thought

Bottom line to all this is, I am no longer a smoker. I have not wanted a cigarette since I started my E-Cig back on July 2nd. I do not even have any cravings for an "Analog" cigarette. I can be around other smokers and not feel I am missing out nor do I desire a normal cigarette any longer. This has satisfied all my needs and cravings and I feel healthier for it.

So if any of you are curious and want more information you can use the URL links in this column to the e-cigarette forum or talk to Lisa Leoso in the office, she just made the switch to E-Cigs and is amazed at how it has changed her life. You can also come out to the trailer and ask me questions, Liz your licensing manager. There is also Sandra Murray, who along with her husband Pat own and operate truck 529. Sandy has been using an E-cig for a long time now and is very happy with it.

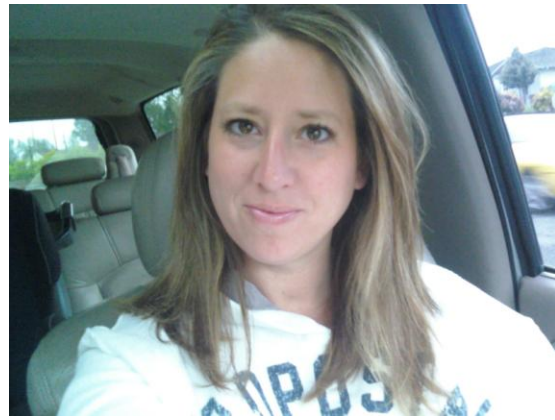
E-cigarettes do work, with the right equipment and a bit of knowledge; you could change your life and become a Non-Smoker. They are also cheaper by far than normal cigarettes and you no longer have to deal with the smell of smoke about you, no more ashtrays to empty, no more butts and no more feeling like a second class citizen having to stand out in the rain to get your nicotine fix.

Survey of the Month

Please take a moment and answer the following Question:

"What is your favorite truck stop and why?"

Please send in your answer by email and send to spdwebmater@spdtrucking or jot it down on a paper and turn into Jaimee.



Delightful Danas Details for Drivers

Extra Miles:

As you all are aware we are really trying to keep all the miles within a 3% variance. Please remember if there are any extra miles added to your trip you need to write a detailed message on your load sheet. Lisa and Dana cannot keep track if you call us and "tell" us what you did. There are too many trip packs in one pay roll cycle.

Detention Time:

In the upper right hand corner of the SPD BOL's there is an area that says "arrival & depart", you must get this detention area initialed by the customer or you will not get paid for this. That information also needs to be written on your load sheet. Please remember the first 4 hours is on SPD, but still make note of it.

Trip Pack Envelopes:

Please remember one trip per envelope. If you have any question where your trip may start or end please call Dana. She can look it up and see if it needs to be separated.

Miles & Odometer:

Your odometer reading is extremely important to both Lisa & Dana. Please make sure you write them down as you enter and exit each state. Sometimes our math doesn't jive with each other, so that information is important so we can check and re check.

Thank you for participating.