



The Distributor

Smokey Point Distributing, Inc



January 2008
Volume V, Edition I

Happy New Year!!

Another year down, another year starting. What are your plans, goals, and/or resolutions this year? Hope that your new year is filled with good health and good times, and is more prosperous than 2007!

Happy Birthday

A new year makes you a year older! Happy birthday to all those winter January babies at SPD!

- ★ Linn McCormack Jan. 1st
- ★ Cliff Knowles Jan. 11th
- ★ Virgil Perry Jan. 13th
- ★ Rex Kasper Jan. 13th
- ★ Ken Milton Jan. 15th
- ★ Ethan Magill Jan. 19th



Happy Anniversary

Whether you've been here a year or ten years, we're sure proud to call you part of the team! Thanks for hanging around!

- ★ Cliff Knowles 1 Year
- ★ Team Webb 1 Year
- ★ John Hoffman 1 Year Returned
- ★ Terry Long 2 Years Returned
- ★ Peter Burke 6 Years
- ★ Karl Tholstrup 15 Years

SPD Annual Awards

Each year SPD awards performance awards to top employees. This year's awards went to:

Award	Employee
Solo of the Year	Thomas Thompson
Team of the Year	Robert & Belinda Yeater
Pride of the Fleet	Peter Burke
Employee of the Year	Troy Fuller
110% Club	Glenn Hammarstedt

Congratulations to the awarded employees. All your efforts to make this a great company are noticed and recognized by many!

Advice on Resolutions

- ➔ **Avoid Perfectionist Thinking:** Thinking in positive terms rather than how much you fall short on your aspirations.
- ➔ **View Setbacks as Lessons for Growth:** Mistakes can be and usually are opportunities for learning. Periodically evaluate your progress and assess your next steps, making adjustments if needed.
- ➔ **Don't Make Absolute Resolutions:** Be realistic. Saying you're "never" going to do something is hard to stand by, and you will feel failure easier. Try to say you will do "less of" something instead.
- ➔ **Share Your Resolutions:** Share your goals with friends that are likely to help keep you on track.
- ➔ **Give Them Meaning:** Your resolution should be something that's important to you. If you don't have motivation or desire, you won't be successful.
- ➔ **Take Baby Steps:** Set small, obtainable goals that will help you towards your final goal; they'll help make you feel accomplished.
- ➔ **Keep it Interesting:** Add dimension to your goals; if one of your goals is to get fit, you may add in how much time you want to exercise outside, just to keep it interesting.
- ➔ **Reward yourself:** Obtaining small goals or a large goal is an accomplishment. Take yourself out to your favorite restaurant or buy yourself something you've wanted, you can also allow yourself relaxation or extra sleep if your resolution is to spend less money on non-practical things.

Joke of the Month

The little boy greeted his grandmother with a hug and said, "I'm so happy to see you grandma! Now maybe daddy will do the trick."

The grandmother was curious. "What trick is that my dear?" The little boy replied, "I heard him tell

mommy that he would climb the walls if you came to visit us again.”

Health Stop

(Help Your Doctor Help You

Have your questions/concerns ready and written down, and be prepared to answer the following:

- ✓ What are your symptoms and when did they start?
- ✓ Do you have a temperature? How long?
- ✓ Any rashes, swelling, itching, tenderness?
- ✓ What have you been treating your symptoms with?
- ✓ How are you eating and sleeping?
- ✓ Have you lost or gained weight recently?
- ✓ Has your energy level changed recently?

Be honest with your answers and tell your doctor any information you think will be helpful; it's probably nothing he/she hasn't heard before!

To be sure that you understand everything that was discussed accurately, confirm your diagnosis and treatment with your doctor.

Healthy Winter Foods

Turkey- Turkey is a tremendous food for winter! It's lean, a great source of protein, and from a calories standpoint, it's remarkably low. Turkey soup, turkey sandwiches, and turkey on it's own is always a good treat/meal.

Cranberries- Cranberries are not only delicious when they're fresh, they're low in calories. A cup is only 47 calories, with over 3 grams of fiber, and more than 20% of the daily allowance of vitamin C.

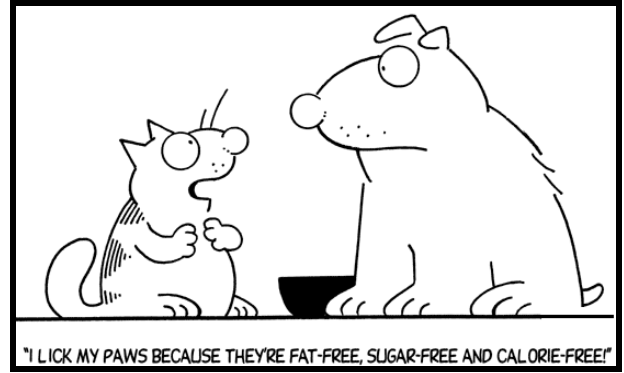
Winter Squash- A cup of baked acorn squash cubes is packed with vitamins and minerals. A cup is only 115 calories, and contains 9 grams of fiber, 30% of daily value of vitamin B-1, 25% daily value of B-6, packed with folic acid, vitamin C and magnesium.

Citrus Fruits- Oranges are loaded with more than 100% of your daily requirement of vitamin C.

7 relaxation Tips

- Avoid clutter
- Accept the things you can't change
- Look for the silver lining in everything
- Simplify your life
- Spend time enjoying your family & friends
- Use soft lighting

- Spend time with positive people



Beat the itch of winter skin

The dry air of winter pulls moisture from the skin, which then tends to peel, crack, and shed excessively. This increased loss of skin cells results in increased oil and water loss. This leads to more dry skin. Also, the forced hot air of indoor heating systems contributes substantially.

Treating conditions- Eczema is an overall skin sensitivity that appears as a rash. You should not wear wool or heavy synthetic fabrics directly on the skin; they can cause irritation from friction. Instead, wear a cotton layer against your skin.

Psoriasis causes skin cells to overproduce themselves at five times the normal rate, forming scaly patching or plaque. Keep skin moist, use a moisturizer, and watch how many times you bathe. When showering, use soap only wear you perspire, use warm, not hot, water, and do not use a washcloth because it may be too abrasive. Beware of catching strep throat; strep will cause psoriasis to flare badly.

Seborrheic dermatitis, or severe dandruff, can worsen significantly in cold, dry weather. You don't want to dry the skin with frequent shampooing, but you also need to apply medications. Don't use your nails to scrape your scalp while shampooing, use your fingertips.

Prevent dry skin- It's all about trapping moisture in your skin. For dry, chapped hands with cracked cuticles use Corn Huskers Lotion.

Moisturize after your baths and showers. When drying after a bath/shower, pat dry- don't rub. Rubbing your skin with a towel will remove the skin cells and oils you've just applied. Immediately after patting dry, apply a quality cream- or ointment-based moisturizer.

Also take the time to moisturize your nails and cuticles; nails love moisture and are more prone to break in the winter.

Safety Corner

(36 Mil. Unfit to Drive)

One in six drivers on U.S. roads (approx. 36 mil. licensed Americans) would not pass a written DMV exam today.

GMAC Insurance tested drivers with a National Driver's Test to determine driver knowledge across the country. The top 10 ranking states are (in order):

- | | |
|--------------|-----------------|
| 1. Idaho | 6. Washington |
| 2. Alaska | 7. South Dakota |
| 3. Minnesota | 8. Montana |
| 4. Wisconsin | 9. Oregon |
| 5. Kansas | 10. Iowa |

New York drivers ranked lowest in all 50 states and the District of Columbia. The national average score was 77.1%; Idaho had an average score of 81.7%.

The geographical regions of AR, MN, KS, and WI ranked in the top five, while NJ, DC, MA, and RI ranked in the bottom five of all the states.

“Being a safe driver is about conduct, judgment, and knowledge.”-GMAC CEO

Interesting findings included:

- ➔ 81% of drivers couldn't identify the proper following distance from the car in front of them (answer: two seconds).
- ➔ 84% couldn't identify the correct action to take when approaching a steady yellow traffic light (answer: stop if safe to do so)
- ➔ The older the driver, the higher the test score; drivers 35+ years old were most likely to pass.
- ➔ 55% don't know how many feet to signal before making right or left turns.

If you would like to take the same test that was administered, you can find it at the GMAC website.

www.gmacinsurance.com/safedriving/

2008 Expirations

It's a good time to check the expiration dates on your documents to ensure you remain up to date.

We will continue to distribute expiration reminders, however, the responsibility remains on the driver to make sure each renewal date is met; whether you receive a reminder or not.

Medical Diagnostics in Smokey Point continues to offer DOT physical appointments, but you must schedule them in advance. To contact them please call (360) 653-5960.

2007 Safety Awards

Congratulations to all the drivers that received safety awards from Great West Casualty Company in 2007! There were 36 Safe Driving Awards handed out this year to SPD drivers. They are:

Driver	Safe Yrs
Al Martinez	1
Cliff Knowles	1
Don Singer	1
Gordon Estabrook	1
Graham Binks	1
Kricket Webb	1
Larry Webb	1
Mitch Pilon	1
Randy Haberman	1
Ray Larson	1
Roger Pepper	1
Roxsand Richardson	1
Scott Boersema	1
Belinda Yeater	1
Robert Yeater	1
Glen Gildersleeve	2
Jerry McCormack	2
Rick Romero	2
Terry Long	2
George Gaimster	3
Gerard Lee	3
Pat Murray	3
Sherie Green	3
Mike Green	3
Donn Torgerson	4
Phillip Reich	4
Ronda Schmitt	4
Tom Denser	4
Virgil Perry	4
Peter Burke	5
Sandy Murray	5
Joe Speek	5
Henry Lacount	8
Tim Zenger	8
Karl Tholstrup	12

Awards are given to drivers that did not incur a preventable accident or cargo claim. Each driver is awarded a Great West Casualty award and pin and given a Safety Award coin from SPD.

We hope that each of you strive for excellence and we look forward to giving you and award in 2008

Beware of Drafting

With gas prices on the rise once again, motorists are looking for more ways to increase fuel economy. This situation has increased the practice of "drafting," tailgating large trucks to take advantage of reduced wind resistance.

"Few driving behaviors are more dangerous on our highways than drafting," said ATA President and CEO Bill Graves.

ATA recently learned that drafting is being promoted on the internet by at least two websites dedicated to "hypermiling," a term for achieving high fuel economy by several means, including dangerous ones such as driving partly on the right shoulder, over-inflating tires, coasting with the ignition off, and drafting behind tractor-trailers. "Mythbusters" on the Discovery Channel recently showed a segment on drafting big trucks, which the show's hosts called "suicidal."

Enforcement officers are on the lookout for, and will take action on, these unsafe and dangerous driving behaviors by 4-wheelers around trucks.

Driver Appreciation

Virgil Perry- Thanks for swapping out loads to help me get where I needed to be! -Don Singer

Rex Kasper- Thank you for going out of your way to get the tools we needed to fix our truck!

-Team Harbaugh

Tulsa Drivers- Thank you for being patient and helpful with the Tulsa schedule! Your cooperation is appreciated more than you may know!

-Dana

ExTra! Extra!

(Why Pets are Better Than Kids

1. Eat less.
2. Don't ask for money all the time.
3. Are easier to train.
4. Normally come when called.
5. Never ask to drive the car.
6. Don't hang out with the wrong crowd.
7. Don't smoke or drink.
8. Don't have to buy the latest fashions.
9. Don't want to wear your clothes.
10. Don't need a gazillion dollars for college.
11. If they get pregnant, you can sell their children.

Tips For Life

- Don't squat with spurs on.
- If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.
- Never kick a cow chip on a hot day.
- If you find yourself in a hole, stop digging.
- Always drink upstream from the herd.
- Don't corner something that's meaner than you.
- The quickest way to double your money is to fold it over and put it back in your pocket.
- Never miss a good chance to shut-up.
- Sometimes you get, and sometimes you get got.
- Don't interfere with something that ain't bothering you none.

** Red Baldwin- Truck #80**

Boeing- El Segundo, CA to Kent Space Center in Kent WA. -15'+ high, but only 2,000 lbs

