



The Distributor

Smokey Point Distributing, Inc.



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Independence Day

Please take a moment to remember all those that have fought and continue to fight for this country and your freedom. Without the men and women who risk and have risked their lives, you would not have the rights you enjoy today. Many wars have raged and many lives have been lost in the pursuit of freedom. Thank you to those that defended or whose children have defended this country; our appreciation is indescribable.

Happy Birthday!!

Happy birthday to you! Happy birthday to you! You look like a monkey! And you smell like one, too!

- ▣ Bill Clark July 3rd
- ▣ Graham Binks July 5th
- ▣ Donn Torgresonn July 8th
- ▣ Kyle Parnell July 9th
- ▣ Al Martinez July 9th
- ▣ Scott Boersema July 21st
- ▣ Leonard Logg July 24th
- ▣ Tim Zenger July 24th
- ▣ Mike Young July 25th
- ▣ Bruce Thibault July 27th
- ▣ Tom Denser July 30th
- ▣ Ailton Testa July 31st

Happy Anniversary!!

Your hard work, cooperation, and dedication are noticed by many, and appreciated by all!

- ▣ Kathryn Willadsen 1 year
- ▣ Rick Romero 1 year
- ▣ Skyland Markin 2 years
- ▣ Jason Blakeley 2 years
- ▣ Dave Dyke 3 years
- ▣ Krystle Johnson 4 years
- ▣ Phillip Reich 4 years
- ▣ **Dan Wirkkala 22 years**

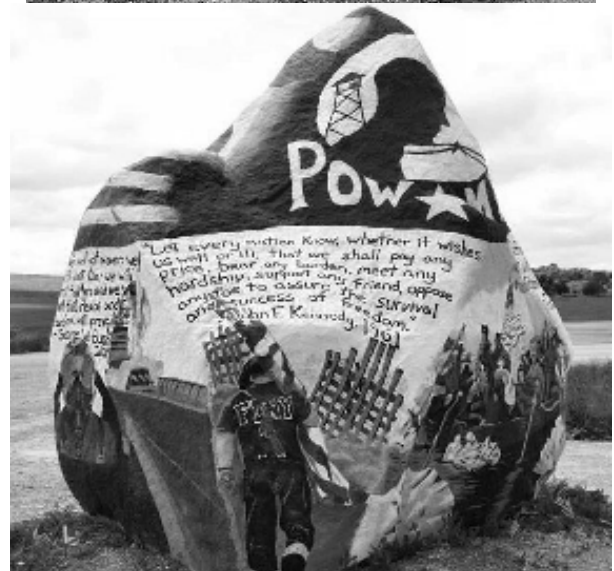
Quote of the Month

“Do not wait to strike until the iron is hot; but make it hot by striking.”

-William Sprague

Graffiti Rock

For generations this rock has been painted with names, slogans, and obscenities; it has not been touched since it received this paint job some time after 9/11 (the artist is in the first picture):



Health Stop

Men's Top 5 Health Concerns

On average women survive men by over five years. The biggest problem that men have is not so much a specific disease, but the diseases are the result of lack of health care monitoring earlier in life.

Many of the top 10 causes of death are preventable, and can be treated, if found early.

WebMD examined the risk factors for five of the biggest killers of men:

- ◎ **Heart Disease:** Almost twice as many males die of cardiovascular system conditions than women, though it is the leading killer for both. One in four men has some form of heart disease.

The average age of a man having his first heart attack is 65.8; 70.4 for women.

Risk factors include: increasing age, family history, smoking, high BP/cholesterol, obesity, and diabetes.

Eating right and exercising reduce your risk of heart disease.

- ◎ **Stroke:** The rate of stroke is 1.25 times greater in men than women. One very important risk factor for stroke is hypertension.

Other risk factors include: Increasing age, diabetes, high cholesterol, heart disease, smoking, physical inactivity, and obesity.

- ◎ **Suicide & Depression:** Men are four times more likely to commit suicide. Men are prone to suicide because they're less likely to openly show depression and have it treated; more than six million men have depression each year.

Instead of sadness, men may show depression through: Anger/aggression, work "burnout", risk-taking behavior, midlife crisis, and alcohol/substance abuse.

- ◎ **Lung Cancer:** The leading cancer killer of men and women; 93,000 new cases of lung cancer and some 90,000-lung cancer deaths are expected this year.

Tobacco products are responsible for 90% of lung cancer.

- ◎ **Prostate Cancer:** The most common cancer found in men; it is the second leading type of cancer death in men, though it is treatable if found early enough.

Prostate cancer screening is recommended for men 50 and over annually; men with a family history of prostate cancer should begin getting screened earlier. Thirty percent of prostate cancer occurs in men under the age 65.

Just for Laughs I



Cut Heart Risk with Less Salt

Even modest reductions in salt intake can dramatically lower heart disease risk.

People who reduce their dietary sodium see a 25% reduction in heart disease and stroke risk 10 to 15 years later. This is the result of lowering sodium intake by 25% to 30%.

Americans consume much more sodium than necessary, mostly from processed foods and restaurants. Last summer, the American Medical Association (AMA) called for a minimum 50% reduction in sodium in processed foods, fast foods, and non-fast-food restaurant meals within a decade. The AMA board states that approximately 150,000 lives could be saved in the U.S. annually if everyone cut their sodium consumption in half. Healthy adults should not exceed 2,300 milligrams of sodium a day; equal to about 1 teaspoon a day. The average American is eating three times as much salt as is health every day; 2-3 teaspoons.

Avoiding the saltshaker just isn't enough anymore. With heart disease being the number one killer for both sexes, a small salt reduction in your daily diet is the least you can do to reduce your risk.

** Article adapted from WebMD

Safety Corner

Preventing Run-Under Crashes

Run-under crashes occur when a tractor-trailer is blocking the travel lanes. Blocking can occur when tractor-trailers turn left across the oncoming lanes, and can be an even bigger hazard at night.

How much time would you estimate it takes a fully loaded tractor-trailer to clear an intersection from a complete stop? The actual time it takes to clear the intersection is 15-20 seconds.

At 65 miles per hour, traffic topping a hill or rounding a blind curve 1,000 feet from an intersection would reach the potential point of impact in ten seconds. If it takes 17 seconds to clear the intersection, the trailer would be blocking the lane when the oncoming vehicle reached the intersection. If the vehicle driver does not take evasive action in time, a run under crash could occur. Do not leave yours and their safety in their hands.

Training material on run-under crashes is available in the Safety Department.

** Article adapted from Great West Casualty Co. memo.

Effective Mirror Use

A driver's ability to see objects around his/her truck is a critical element in every day safety. Road and traffic conditions are constantly changing, and a driver's field of vision could make the difference in avoiding a crash. To help ensure maximum vision, drivers should practice proper mirror use and maintenance. Use the following tips to help:



- ✓ Make sure mirrors are properly adjusted. During inspections, check to make sure your mirrors are properly adjusted and have not lessened.
- ✓ Clean windows and mirrors on a regular basis. Dirt, frost, and other debris might inhibit a driver's ability to see clearly; regular cleaning will help ensure clear vision.
- ✓ Report any damages in need of repair. Promptly report any mirror damages that could reduce your vision.

** Article adapted from COOL newsletter.

Words of Wisdom

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

-The Dalai Lama



Idaho & Your Transponder

For all those that have registered their transponders with the Idaho scales, you will need to take in your new cab card (you will receive this month) to the Boise scale for scale updating. Updating Boise with your new cab card will ensure continued operation of your transponder in Idaho.

For those of you that aren't aware, you can register your transponder in Boise, ID to get it to work in the state. This is not a PrePass registered state that updates with the rest. Your transponder will not work in ID until it is registered. For registration purposes, you will need the number off the back of your transponder unit that begins with 54 or 67.

PA Driver goes to Prison for HOS Related Accident

A New Jersey truck driver was recently sentenced to two years in prison and two years supervised release for his role in a Pennsylvania truck crash that killed two people.

The driver was convicted in January 2007 of vehicular homicide and charges related to hours-of-service violations. At the time of the crash, he had been behind the wheel of his truck in excess of the maximum 14 hours allowed under federal regulations.

According to testimony at the trial, the man, a truck driver for a Clifton, NJ company, was driving on Interstate 78 near Allentown, PA, on December 27, 2005, when his truck crossed the median, struck a passenger vehicle, and killed the two occupants, including a 21-year-old veteran of the Iraq war.

The driver was also convicted of two counts of involuntary manslaughter and five counts of reckless endangerment, according to the Department of Transportation inspector general's office.

Logs, Logs, Logs

HOS: Violation letters are on the rise.

Month	Violation Letters
Nov. 06	12
Dec. 06	10
Jan. 07	15
Feb. 07	7
March 07	12
April 07	17

Each driver that received an HOS violation letter in the month of April also received a HOS review quiz. In June we received an HOS training course on DVD that will be used to train drivers with high violation rates.

If you receive a violation letter, check your records and then come into the office with a good attitude. All violation letters must be signed and returned.

FORM & MANNER VIOLATIONS: It seems to be the trend that drivers that do not typically incur form and manner violations are the ones that check their error file after each trip. Please remember that it is the responsibility of each and every driver to check for error logs before/after each trip. Once you have corrected your logs, please place them in the "Corrected Log" file in the back of the log box.

Just for Laughs II



Summer Terms to Know

Heat Wave: Period of extreme heat, usually accompanied by high humidity.

Heat Index: The relative humidity added to the air temperature- how hot it feels.

Heat Cramps: Muscle pains due to exertion.

Heat Exhaustion: A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke: A life-threatening condition occurring when the body's temperature control system shuts down. Cool body at once.

Things You May Not Know

- M&M's were developed so that soldiers could eat chocolate without getting their fingers sticky.
- Fifty percent of Americans live within 50 miles of their birthplace.

The Cost of Truck Crashes

In a study released earlier this spring, the FMCSA estimated costs from highway crashes involving trucks. The studies reflect cost from 2005.

The estimated cost of police-reported crashes involving trucks with a gross weight rating of more than 10,000 pounds averaged \$91,112 per crash.

Crashes involving truck-trailers with two or three trailers cost an average of \$289,549 per crash.

Straight trucks with no trailers averaged \$56,296.

Costs include medically related costs, emergency services costs, property damage costs, lost productivity, and the monetized value of the pain, suffering, and quality of life that the family loses because of a death or injury.

Extra! Extra!

Dental Insurance Change

Genworth Financial (company dental insurance) has changed to Sun Life Financial.

Your coverage and benefits will remain the same.

You may see mailings with the new company information, and we may be getting new cards.

Basically, you have the same coverage, without interruption, with a new company.

Using TripPak Express

Some times tip envelopes arrive after the cut-off date. Some times this is because the driver was not able to mail it in time and some times this is blamed on TripPak being late.

If you seem to have reoccurring problems with your tip packet not making it to the office in time, to no fault of your own, please help us in our attempt to investigate the problem.

If you have had reoccurring problems please begin to note the date and your location on your trip packet before you send it in. This will help us determine how long it took DHL to deliver your packet. Using this information, we can contact them and attempt to prevent any future problems.

Your help is greatly appreciated as it helps you avoid any payroll issues, and helps free up the Payroll Dept.'s time to work on your settlements.

Your Age By Eating Out

Okay, grab a calculator and be prepared to be amazed! You can tell your age by how much you would like to eat out a week! Just follow the directions. Here goes:

1. Pick the number of times a week that you would like to go out to eat (more than once, but less than 10).
2. Multiply by 2 (just to be bold)
3. Add 5
4. Multiply by 50
5. If you haven't had your birthday this year add 1756, if you have then add 1757
6. Now subtract the 4-digit year you were born
7. You should end with a three digit number

The first digit of the ending number was your original number. The last two numbers of your ending number are your age. WOW! (This will only work in 2007)

Smells...good?

It is courtesy to use perfume and cologne in moderation in the work place. Remember, not everyone has your good taste in the expensive smelly stuff department! Please be courteous and make sure you are keeping your perfume/cologne low key at work.

Thank you! Your consideration for others is appreciated!

Just for Laughs III



Smoking and the Law

WA state law prohibits smoking within 25 feet of any doorway or window. With non-smokers and expecting moms at the terminal, all office, shop, and fleet personnel are required to abide by this law out of respect for others.

25 ft. will not be mapped out for you. Please just be aware of doorways/windows and general walkways.

A Sweet Lesson in Humanity

Years ago, A 10-year-old boy approached the counter of a soda shop and climbed on to a stool. "What does an ice cream sundae cost?" he asked the waitress.

"Fifty cents," she answered.

The youngster reached deep into his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had "bigger" customers to wait on.

"Well, how much would just *plain* ice cream be?" the boy asked.

The waitress responded with noticeable irritation in her voice, "Thirty-five cents."

Again, the boy slowly counted his money. "May I have some plain ice cream in a dish then, please?" He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy's dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had had enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: *Before passing judgment, first treat others with courtesy, dignity, and respect.*

Wheelchair user taken on wild 50-mph ride

Chair becomes lodged on semi-trailer's grille, travels 4 miles on highway



PAW PAW, Mich. - A man was taken on a wild ride when his wheelchair became lodged in the grille of a semitrailer and was accidentally pushed down a highway for four miles at about 50 mph, authorities said.

The 21-year-old man, whose name was not released, was unharmed but was taken to a hospital as a precaution. He had been secured to his wheelchair by a seat belt.

“The man spilled his soda pop, but he wasn’t upset,” said Sgt. Kathy Morton of the Michigan State Police.

About 4 p.m. Wednesday, a caller told police dispatchers, “You are not going to believe this: There is a semi truck pushing a guy in a wheelchair on Red Arrow Highway,” state police said in a release.

Prank call?

Authorities initially wondered whether the report was a prank call until others called with similar reports.

Officers stopped the truck — wheelchair still attached — at a trucking company. The driver didn’t believe officers until he stepped from his cab and saw for himself.

“When he saw us, he was like, ‘What’s going on?’” Morton said.

An investigation revealed the man in the wheelchair had pulled in front of the truck at a gas station and it somehow became lodged by its handles to the front grille.