



The Distributor

Smokey Point Distributing, Inc.



June 2006

Volume III, Edition VI

Father's Day

Father's Day is June 18th! Happy Father's Day to all those dads out there! I hope you have a great one!

Happy Birthday!

Happy birthday to you! Happy birthday to you!
Happy birthday dear (insert your name here)!
Happy birthday to you! Okay, I know I'm not the best singer in the world, but you get the idea!

- ★ Linda Ade #12 June 2nd
- ★ Sky Markin June 2nd
- ★ Sandra Murray #529 June 2nd
- ★ Mark Ross (office) June 6th
- ★ Terry Long #42 June 8th
- ★ Glen Gildersleeve #51 June 18th
- ★ Jess Salyer #19 June 20th

Happy Anniversary!

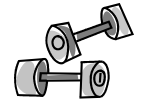
Thank you! Gracias! Merci! Grazie! What more can I say? You're great!

- Ethan Magill (shop) 1 yr.
- Red Baldwin #72 2 yrs.
- Scott Boersema #24 2 yrs.
- John Geiger #35 2 yrs.
- Rex Kasper (Wichita) 3 yrs.
- Linda Lacount #69 3 yrs.
- Duane Martinson #303 5 yrs.
- Tim Zenger #73 7 yrs.
- **Steve Buck (office) 17 yrs.!!!**



10 Metabolism Boosting Tips

Here are 10 surefire ways to boost your metabolism, keep your energy pulsating, and your body in shape:



1. **Build lean body mass.** "Muscle is the single most important predictor on how well you metabolize your food, how well you burn calories and burn body fat," insists Shari Lieberman, author of *Dare to Lose*. Strength training is essential to boosting your metabolism.
2. **Get moving.** At least 30 to 60 minutes of aerobic exercise a minimum of three times a week is the other half of the exercise equation.
3. **Eat.** Trying to lose weight by severely restricting daily caloric intake actually slows metabolism. Eating smaller meals every 3 to 4 hours aids metabolism and weight loss.
4. **Ditch the sugar.** "When you eat sugar you throw your metabolic switch into fat storage mode," says Lieberman, who suggests a low glycemic index diet, meaning foods that are broken down gradually to help maintain an even blood-sugar level.
5. **Don't skip breakfast.** A breakfast bowl of vegetables and brown rice is a great way to kick-start your metabolism for the day.
6. **Include hot foods.** Mexican and Thai are favorites. "Spicy food that has hot peppers in it appears to boost metabolism," Lieberman says.
7. **Drink green tea.** "There are unhealthy things that can boost your metabolism, like a really strong cup of coffee," says Michelle Streif, a personal trainer in Nebraska. But instead, go for green tea, which is known to stimulate metabolism longer and more effectively than coffee.
8. **Don't forget H2O.** Staying well hydrated is essential to flushing the body of toxic byproducts that are released when fat is burned.
9. **Avoid stress.** Physical and emotional stress activates the release of cortisol, a steroid that slows metabolism.
10. **Sleep.** People who don't sleep for 7 to 8 hours a night are more prone to weight gain.

Cash Advances

Cash advances are OTR conveniences; they are not to be taken during home time. We have issued this reminder many times, and we are still running into issues with it occurring.

We are now implementing a \$50.00 fee for any driver that breaks this company policy; the fee will be deducted directly from your next settlement.

Any questions regarding cash advances should be directed to Karen.

Dispatch Lunches

Just a reminder for those who forget or never knew in the first place: the dispatchers' lunches are:

- Steve: 11:30-12:30
- Dave: 12:00- 1:00
- Mo: 12:30- 1:30

This is a daily lunch schedule. Please make sure to ask for an on-duty dispatcher when you call during lunch hours. Thanks for your cooperation!

Tarps

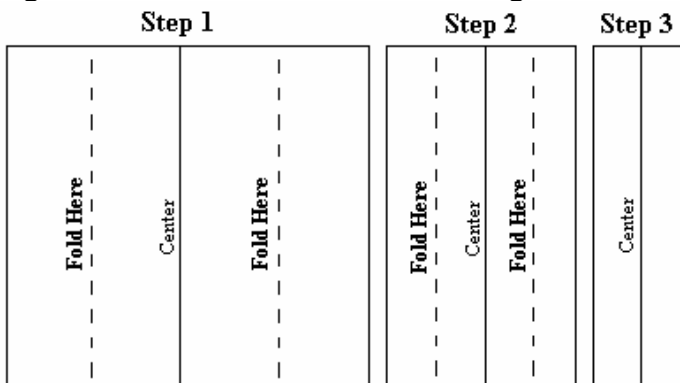
Please remember to put three bungee cords on the tarps that need repair. This lets us know which are which, and helps us get them taken care of faster.

We would also like to see all the tarps folded to the center. This would make it easier to repair them, and also easier for you to tarp with. If you fold your tarps this way you will be able to roll them down the center of your load and drape them down the sides much easier and fast than folding another way. Folding to the center:

Step #1: Lie out tarp and fold each side in half so that the ends meet in the center.

Step #2: Take the new ends of the tarp and fold so they meet in the center.

Step #3: Fold in half and roll-up; then bungee together with the correct number of bungee cords.



Please direct any questions to the shop! -Thanks

Useless Facts

1. Your feet are bigger in the afternoon than the rest of the day.
2. Every year, the moon moves a further 3.82 cm away from the Earth.
3. A hummingbird weighs less than a penny.
4. You share your birthday with 9 million others in the world.

Smokey Point Motor Inn- Update

As most of you know, SPD employees receive a discount at the Smokey Point Motor Inn. The inn is located just off exit 206 across the parking lot from the Buss Inn restaurant. The update is, that there will now be a \$35.00 refundable pet deposit charged if you have your pet stay with you. The room will be inspected upon your checkout, and your deposit returned if the room is found in good order.

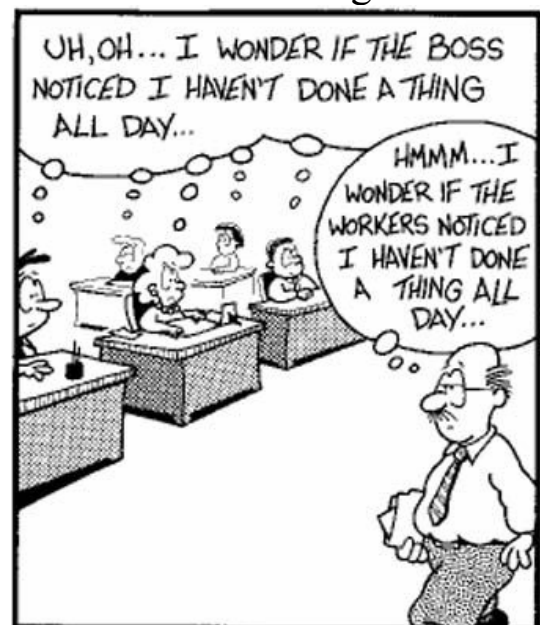
For reservations or info please call: (360) 659-8561
-Thanks to the driver that reported the change!

Safety Corner

Daily Inspections

All drivers please ensure that you are completing the inspection on the back of your logs. The insp. should be completed at the **end of the day**, per FMCSA regulations. Sorry for any information given out that was contradictory to that.

Just for Laughs



COOL Safety Award

Congratulations to Duane Martinson for receiving a COOL Safety Award!

Each year Continental Owner Operators Ltd. recognizes active members that have maintained an outstanding safety record; this means they have not received any moving violations and had no paid out claims during the year.

This year Duane was recognized for his safe driving, and we would like to take this opportunity to congratulate him, and thank him of course for being safe out there! Keep up the good work Duane.

P.S. You're never allowed to retire!

34 and... Rising?

34...36...39...40. This isn't the Washington state temperature rising, it's our ISS rating; which is now at 40!!

We are still seeing a high volume of inspections come in with violations, about half with OOS markings.

We're not quite sure everyone understands how this works... our ISS rating determines how often you get pulled into the scales, for the most part. If that number hits 49, you will be at an "Optional" status, and most likely pulled into the scales on a fairly regular basis. If, hypothetically of course, that number was to ever hit 75 your transponders will be shut off, you will be pulled into every scale, and the DOT will perform an audit on the company.

You, the fleet, are the only ones that can keep this under control. We need to get this under control immediately, before we loose our OR Preferred Carriers status, and definitely before our ISS rating goes another point higher.

Please take the extra time to ensure you are in order before you start down the road each time. This includes: making sure your duty status is up-to-date, your lights are working properly, the straps you're using are in good condition, your load is secured properly, etc.

Your extra effort and concentration on doing your part to improve our safety rating, and record, is of the utmost importance. It takes a long time to establish a good safety record, and ISS rating, but it doesn't take nearly as long to destroy one.

Let's be the company that is concerned about safety, and our reputation for that matter. Take your time out there to get the job done fully, to get it done right, and to make sure it is done safely.

Sudoku

Instructions: No math required! Just fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numerals 1 through 9, each used only once.

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

(Krystle has the answer!)

Safety Bonus Deduction Letters

Letters will be distributed to inform drivers of any cargo claims, accidents, or tarp damages and shop repairs that have affected their safety bonus thus far. We will not be issuing letters at this time regarding HOS deductions.

Letters will be distributed to the driver mailboxes. Any questions regarding deductions should be directed to the Safety Department. Shop repair orders were completed for all tarp damages (when the driver was found to be at fault) and truck repairs (ex. bent bumpers, minor incidences, etc.).

Each driver that receives a letter is to sign and return it to Safety immediately. All letters will be kept in the driver files for future reference. Our goal is to inform you of any deductions before the end of the year, as to elevate any "surprises" come bonus time; we want to make sure everyone is on the same page, so that you do not plan for something that may not be there and to make the end of the year a little less stressful for everyone.

Truck Interiors

Just a reminder: Cleaning supplies are available in the shop if you need them. Please ask Mike if you need to borrow or find anything!

Pet Safety

We would like to say thank you to all the drivers that have been cleaning up after their pets. We have seen a real improvement since this time last year! Everyone really appreciates it!

We would like to remind all the pet owners though to remember to leash your pets while walking them around the terminal. There are many things that they can get into, and they can be very hard to see at times.

Also, pets should not be on your lap while you are behind the wheel of the company vehicles. We have seen pets on the laps of drivers a couple of times when they are pulling out of the yard. This is a huge safety risk that will not be permitted. Pets should be kept in the sleeper berth or with a passenger (someone not driving) at all times when the truck is in motion or the ignition is on. Contact Safety to if you would like information on pet “seat-belts” and where they can be purchased.

Let’s not forget the pets we love when we practice safe driving and traveling; after all, they depend on us to keep them safe!



Safety Equipment

You all have been doing such a great job utilizing your accident cameras when you have incidents! We, of course, like it when there are no incidences and no need for their use, but thanks for using them when they are needed. Remember: cameras don’t swap trucks, drivers swap trucks, leave them there.

FYI: Those of you with picture phones have the capability to take pictures and e-mail them from your phone. All you have to do is take the picture, hit send, and type in an e-mail address instead of a phone number. This is a great way to instantly send pictures to Safety when you have questions or have a claim.

Please make sure you are getting a new accident camera if you use yours! Thanks again!

Trip Pack Envelopes

Last year we reformatted our trip pack envelopes to help us comply with OR state regulations and requirements. It is imperative that you complete each section of the envelope; now, obviously if you didn’t incur any expenses in a certain section you will not need to write anything there.

We are seeing a large amount of envelopes turned in without the HWY Entry and Exit sections completed. This is a required field that each driver must complete.

In order to remain in compliance we need to see this happen immediately. Please, for those of you not currently filling this section out, start incorporating this into your routine immediately (whether you are in the middle of a trip or not, fill out what you have and continue from now on).

Hey, Call Me

Fleet: I want to take a minute to remind everyone of the importance of calling and reporting all incidents to the Safety Department. We’ve had a few minor incidences in the past couple weeks when drivers should have called in, but didn’t. Please call when:

- ✓ You receive a driver OOS violation.
- ✓ You receive a ticket in a company truck or your personal vehicle (during business hours please)
- ✓ You are involved in an accident, no matter the severity.
- ✓ If you have or may have a cargo claim: before shipping, in transit, or upon delivery.
- ✓ You receive an on the job injury no matter the severity; this helps greatly with the processing of the claim.

All of these should be reported immediately (except the tickets, only during business hours). If you ever have any doubts or questions on whether something needs to be reported... REPORT IT.

Everyone should have my cell phone number by now, if not you can call in and ask Amanda for it (also, new emergency contact sheets are available with the dispatchers). I can be reached 24/7 on my cell. I am in the office 8:00am-5:00pm Monday through Friday.

Thank you for your cooperation on this, it will make it easier on all of us to be proactive when dealing with these safety issues; the sooner I find out about them the easier it is to get the information and get it taken care of!

-Ken DeRocher