



# The Distributor

Smokey Point Distributing, Inc.



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## Mother's Day

Mother's Day is May 14<sup>th</sup>. Happy Mother's Day to the moms out there, and for the gentlemen... don't forget your moms and wives! Remember, a little appreciation, even a thank you, really goes a long way! So don't forget those special women!

## Happy Birthday

Hoping that your birthday is filled with all the things you love! Have a great year!

- ★ Alan Acfalle (shop) May 14<sup>th</sup>
- ★ Ray Larson (local) May 16<sup>th</sup>

## Happy Anniversary

Thank you for your hard work and dedication! We look forward to many more years working with you.

**1 Year:** Robben Finch (office)  
Samuel Kibarita #33  
Terry Long #

**14 Years:** Dan Green (shop/yard)

**16 Years:** Team Ade #12

**19 Years:** Karen Hoeye (office)

## Invoice Number

There seems to be a slight confusion... The number you need to record in the upper right hand corner of your BOL is the **invoice number** not the trip number. Your pilot cars also need your invoice number. Please make sure that you are recording the proper number in order for us to maintain accurate records, and to avoid confusion with the load.

## Just for Laughs

**To All Employees:**

**NEW  
INCENTIVE PLAN-  
WORK-OR GET FIRED**

## Cell Phones and Operating a Vehicle

According to government figures, an estimated 10 percent of vehicle drivers during daylight hours are using some type of cellular phone.

A recent study by the National Highway Traffic Safety Administration (NHTSA) also found that driver cell-phone use increased in 2005, with 6% of drivers on hand-held phones in 2005 nationwide compared to 5% in 2004.

(Derived from J.J. Keller's April Safety Report)

## Payroll Note

All drivers that have not yet turned in their W-4 form need to do so immediately. These were handed out over four months ago now, and many are still not in. In order to keep accurate payroll this form is needed for each driver ASAP. Thank you.

## Safety Corner

### "Hello!" From Ken DeRocher

Hi everybody! I'm Ken your new Safety Director! There are still a lot of you that I haven't met yet so please feel free to take the time to come introduce yourself to me when you get the chance to.

I'm here for you guys and gals to utilize, so if you have any questions or issue that you need addressed please feel free to contact me. I look forward to meeting all of you!

### Michigan's New Speed Limit

Effective November 9<sup>th</sup>, 2006, a truck with a gross vehicle weight of 10,000 pounds or more, a truck-tractor, a semi-trailer or trailer, or a combination of these vehicles may travel 60 mph on a freeway where the maximum speed limit on that freeway is



70 mph.

The maximum speed on other highways (for these vehicles) remains 55 mph.

## Log Falsification Case in NE

Former co-owners of a Nebraska trucking company were fined \$12,500 each and ordered to jointly pay \$20,000 in restitution by a U.S. District Court judge in Omaha for conspiracy to violate federal HOS regulations and for falsifying driver logbooks.

The female owner pled guilty last year to the felony conspiracy charge, admitting to directing drivers to violate the HOS regulations. The male defendant also pled guilty to misdemeanor charges, and a driver/mechanic for the company was fined \$5,000 for falsifying driver logbooks subsequent to his guilty plea.

(Derived from J.J. Keller's April Safety Report)

## 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.

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

(Krystle has the answer!)

## Washington State is #1

Washington State is ranked #1 in the country as having more traffic enforcement and lower crashes involving commercial motor vehicles, according to a recent study.

The research identified four "highly effective" strategies for addressing problem behaviors, including a focus on both CMV and non-CMV behaviors and the use of both highly visible and covert enforcement.

Washington uses 10 unmarked patrol vehicles to specifically combat aggressive driven CMVs and cars driving in a hazardous manner around CMVs.

## Split Sleeper-berth Request Denied

The Federal Motor Carrier Safety Administration has denied petitions from four organizations seeking changes to the latest hours-of-service regulations. Two driver's associations and two companies that ship hazardous materials all sought changes to the sleeper-berth provisions in the rules, especially for team drivers who have been forced to change their work/rest cycles under the new rules.

The FMCSA said that none of the organizations had submitted evidence contradicting the agency's finding that drivers need seven to eight hours of continuous sleep to combat fatigue.

The new regulations require a driver to spend at least eight consecutive hours in the berth, plus two additional consecutive hours in the berth of off duty.

The increase in driving time "will greatly increase cumulative fatigue and compel tired team drivers to operate commercial motor vehicles while fatigued," argued the Teamsters in that group's petition.

FMCSA Deputy Administrator Warren Hoemann wrote that studies cite at length that in the final rule do not support driver claims that short, but more frequent, periods of rest are just as effective at preventing fatigue as a single extended sleep period. "The research shows that most individuals require 7-8 consecutive hours of sleep every day to maintain proper mental and physical functioning," Hoemann wrote.

The Teamsters argued that the studies the FMCSA relied upon in adopting the 2005 sleeper-berth rule "were either not conducted on truck drivers or were conducted on drivers who utilized sleeper berths in solo driver operations."

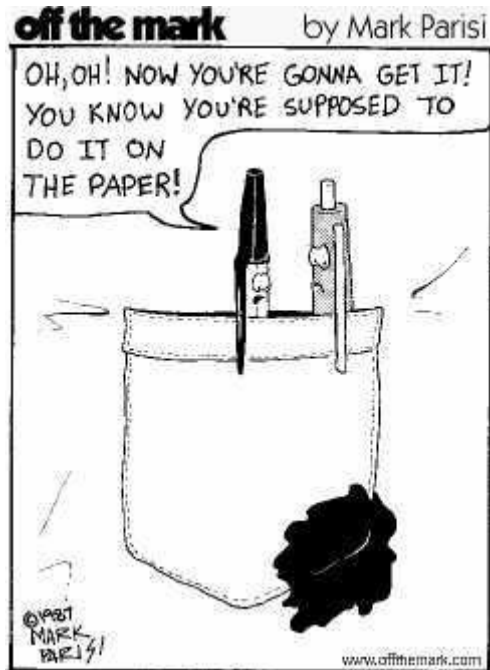
"The new rule provides drivers with a work/rest schedule that is more likely to prevent fatigue," Hoemann responded. "We understand the business reasons for keeping team-driven commercial motor vehicles on the road as much as possible... but safety is a higher priority for the agency than the flexibility of sleeper-berth teams."

In OOIDA's petition, they requested the agency to retain the split sleeper-berth provision from the 2003 rule for team drivers, and to allow solo drivers to exclude both minimum rest periods under the

sleeper-berth provision (the eight hour and two hour break periods) from the 14-hour on-duty limit. The FMCSA denied both requests.

After its petition was denied, the OOIDA filed a petition with a federal appeals court, asking the court to review the new hours-of-service rules. As of now, three petitions for review have gone unanswered.

## Just for Laughs II



## Overhead Incidents

I recently had an article that was passed onto me that I thought would be a good idea to address this month.

A couple of weeks ago a truck driver hauling a backhoe for an “unknown company” smacked into an overpass in Bloomington, MN, ripping through steel girders and concrete. This caused serious damage to the bridge. The cost, which will be billed to the trucking company, is estimated to be between \$250,000 and \$500,000; this does not include damages to the backhoe equipment. This is a large sum of money for any size company.

I wanted to remind all our drivers to take the time to measure the height of your loads and make sure our trips are planned accordingly. Also remember that you are responsible for your cargo, even if you have pilot cars.

Lets all be proactive in avoiding incidents such as this.

Thanks- Ken

## Utah Okays PrePass

Utah will deploy PrePass at all major weigh stations during the first quarter of 2006 and becomes the 25<sup>th</sup> state to install the electronic weigh state bypass service. PrePass lets participating motor carriers comply electronically with the state weight, safety, and credential requirements at weigh stations and ports of entry while traveling at highway speeds. UDOT’s Perry inspection facilities on Interstate 15 will become the 256<sup>th</sup> and 257<sup>th</sup> facilities to deploy PrePass.

Other inspection facilities to be equipped during the coming months include east- and west-bound I-80 at Wendover, southbound I-15 at Echo, and northbound I-15 at St George. Deployment of PrePass at Kanab and Peerless inspection facilities is under review.

Currently, more than 350,000 commercial vehicles use PrePass nationwide.

(submitted magazine article)

## Health Watch

### Go Go Garlic!

Garlic packs a powerful punch in fighting more than one type of cancer. Studies have shown that both allicin and allyl sulfur, active garlic ingredients, are particularly effective in staving off stomach, prostate and colon cancers. Easy to incorporate in many types of meals, be sure to avoid micro-waving this little gem: Roasting or micro-waving can destroy its anti-cancer properties, unless the bulb is chopped or crushed and allowed to stand for 10 minutes to cooking.

## The Five Minute Rule

Going from zero to 60 with your new exercise routine (“I’ll exercise *every* day from *now* on!”) is, as we all know, a recipe for disappointment. A wise solution to slide from sloth to svelte is the five-minute rule: Start with a realistic base of exercise time (say, 10 minutes cardio, three days a week) and up the time by five minutes each week until you reach your goal. With these incremental increases, you won’t feel the shift, but you’ll see the difference!

**\*\*Have a health question? I would be happy to look it up for you and include it in the next newsletter! You just have to ask!**