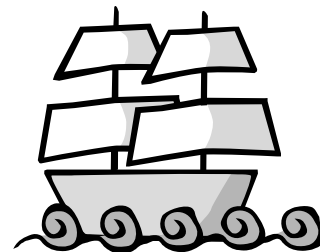




The Distributor

Smokey Point Distributing, Inc



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Happy Thanksgiving

The nation's first Thanksgiving took place in Dec. 1621 as the Pilgrims held a three-day feast to celebrate a bountiful harvest.

It became a national holiday in 1863 when President Abe Lincoln proclaimed the last Thursday of the month as a national day of thanksgiving. Later, President Roosevelt decided that Thanksgiving should always be on the 4th Thursday of Nov.



Happy Birthday!!

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

- ▣ Karl Tholstrup Nov. 3rd
- ▣ Tom King Nov. 3rd
- ▣ Roger Pepper Nov. 4th
- ▣ Russ Kemner Nov. 5th
- ▣ Gerard Lee Nov. 7th
- ▣ Mike Green Nov. 12th
- ▣ Teresa Dahl Nov. 13th
- ▣ Big Dallas Nov. 13th
- ▣ Mitch Pilon Nov. 14th
- ▣ Derek Dietrich Nov. 19th
- ▣ Robert Yeater Nov. 21st

Happy Anniversary!!

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

- ▣ Teresa Dahl 1 year
- ▣ Ronda Schmitt 4 years
- ▣ Tom Denser 4 years
- ▣ Donn Torgerson 4 years
- ▣ Dave Dewey 5 years
- ▣ Russ Wallace 5 years
- ▣ **Liz Rasmussen 14 years**

Workplace Respect

In a close company, where everyone knows everyone and everyone has free reign around the office and shop, it is important to remember to maintain a level of respect for each other and each other's workspaces.

When desks/office areas are open to walkways, please be considerate of the employee's personal work area by observing the following considerations:

- ➔ Don't hover over shoulders or read paperwork/computer-work that is open. Your respect for confidentiality is appreciated.
- ➔ Do not touch someone's workspace without first asking.
 - "May I borrow a pen please?"
 - "Do you happen to have ____? May I see it?"
- ➔ Avoid lingering in someone's work area while they are attempting to work.
- ➔ Speak in a soft tone as not to disturb others.
- ➔ Refrain from interjecting into conversations that you were not invited to join.
- ➔ It's getting colder outside; please respect your coworker's temperature preferences. (i.e. open doors and windows allow cold air in and also drive up heating expenditures)

As we grow, we have more employees attempting to complete their tasks in smaller workspaces. The more respect we show for each other, the more productive and positive we can remain!

Workplace respect should be practiced by all employees, from management to drivers to mechanics and back to office staff. Everyone is part of the SPD team, and the team is at its best when we all work together!



Health Stop

Healthy Living for Winter

** A WebMD article

Don't hibernate—take advantage of winter to take stock and improve your health. The experts advise:

1. **Go sweet on your diet:** Incorporate sweet potatoes. They are about 100 calories with 4 grams of fiber, and have vitamins and iron. Wash the potato well; poke it with a fork, wrap in wax paper, & microwave for 6 min.
2. **Take inventory- reduce stress long-term:** Focus on being a “total person” acronym for **Time Out To Assess Lifestyle-** focusing on **Physical and Emotional health, Recreational status, Spiritual and social health, and Organizational and Nutritional health.** Pick one area to focus on this winter.
3. **Venture out to work out:** Break up your indoor activities with outdoor ones. Much needed light exposure boosts moods, too!
4. **Winterize your eyes:** Look for eyewear that blocks 100% UVA, even in the winter.
5. **Asses your heart health:** Ask your doctor to measure your personal health numbers and tell you the results; blood pressure, height, weight, waist, cholesterol, and fasting blood glucose. Ask where you need improvement. Pick one as a winter project.
6. **Sleep- stay cool:** Sleeping temperatures should be between 60 and 70 degrees, and don't overload the blankets; cooler temps are more conducive to good sleep-quality.

Just for Laughs



Natural Cold & Flu Prevention

** A WebMD article

There are no known cures for colds and flu, so prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. Try:

- ✓ **Wash your hands.** Most cold and flu viruses are spread by direct contact. Wash your hands often; you can also use hand sanitizer or rub your hands together very hard for a minute or so to break up germs.
- ✓ **Don't cover your coughs/sneezes with your hands.** Use a tissue, and then throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough/sneeze into your sleeve.
- ✓ **Don't touch your face.** Cold and flu viruses get to you through the eyes, nose, or mouth.
- ✓ **Drink plenty of fluids.** Water flushes your system, washing out the poisons as it dehydrates you. Adults need eight 8-ounce glasses of fluids daily; juices are good, too.
- ✓ **Get fresh air.** Central heating dries you out and makes your body more vulnerable. Also, during cold weather more people stay indoors, which means more germs are circulating. While leaving windows open and freezing your coworkers is not a good idea, take some time to go outside each day.
- ✓ **Do Aerobic Exercise.** These exercises help increase natural virus-killing cells.
- ✓ **Eat foods with phytochemicals.** Eat dark green, red, and yellow vegetables and fruits.
- ✓ **Eat yogurt.** Studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25%. Bacteria in yogurt may stimulate production on immune system substances.
- ✓ **Don't smoke.** Smoking zaps the immune system and dries out your nasal passages and paralyzes cilia; which help sweep germs away. One cigarette can paralyze the cilia for 30 to 40 minutes.
- ✓ **Cut alcohol.** Alcohol harms the liver- your primary filtering system. It also dehydrates; it takes more fluids from you than it adds.
- ✓ **Relax.** When you put your relaxation skills into action, your interleukins- leaders in the immune system response- increase in the bloodstream. Relax 30 minutes a day.

Safety Corner

Cell Phones and Driving

As more studies are done on the effects cell phones have on driving, more and more states are passing laws restricting their use.

So far Washington is the only state to pass a law on text messaging while driving. Most states are taking a hands-free approach to cell phones; you can talk on your phone as long as you are using a hands-free device. The following states have laws in effect for cell phone use while operating a motor vehicle:

State	Hand-held ban
California	Yes (Effective 07/01/08)
Connecticut	Yes
District of Columbia	Yes
Illinois	By jurisdiction
Massachusetts	By jurisdiction
Michigan	By jurisdiction
New Jersey	Yes
New Mexico	By jurisdiction
New York	Yes
Ohio	By jurisdiction
Pennsylvania	By jurisdiction
Utah	Yes
Washington	Text messaging prohibited (Effective 01/01/08) Hand held ban (Effective 07/01/08)

Home Safety Tips

- ✓ **Smoke Detectors Save Lives.** Make sure they are properly installed and maintained.
- ✓ **Use Carbon Monoxide Detectors.** Carbon monoxide is an invisible, odorless gas that is produced by fuel-burning appliances and can cause serious injury or death.
- ✓ **Check Your Bathroom and Kitchen Fans.** Trapped dust in the fans can cause fires.
- ✓ **Inspect Your Dishwasher.** Have your dishwasher inspected and look for signs of water leakage regularly to prevent water damage to your home.
- ✓ **Keep Your Clothes Dryer Clean.** Clean out the lint trap after every load to keep it running efficiently and to prevent fires.

Value Driven Driving To-Go

There are still a few drivers out there that have not yet completed the Great West Casualty Value-Driven Driving program. Our goal is to get the entire fleet trained by the end of 2007.

If you have not yet received the training, or have not completed it for whatever reason, please see Safety for the materials you need to do so.

Your assistance will help us achieve our goal!

Maintaining Standards

“Character is doing what’s right when nobody’s looking.” –J.C. Watts, Jr.

As professional drivers you are expected to be safe and efficient 24 hours a day, 7 days a week. The majority of your work-time is unsupervised and spent away from your home terminal. A great deal of trust is put in you to maintain a level of professionalism at all times.

Having safe driving habits should be your standard of operations at all times.

Plus: You never know who’s watching, a coworker, Great West Casualty, RIS Safety, etc. We want to have a good name in the industry, and the best way to achieve that is when “nobody’s looking”.

Sudoku

Fill in the grid so that all nine squares down, across, and all 3-by-3 boxes contain the numbers 1 through 9, each used only once.

Difficulty Rating: ▲△△△△

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

Practice Animal Avoidance

Each winter we incur thousands of dollars in repair costs thanks to our four legged friends. It is important to be on the lookout for such hazards and prepare ahead of time to know what to do in such a situation; after all, over a half-million car collisions involving an animal occur every year!

Don't hit the animal in the first place. Watch for warning signs in populated animal areas. Slow down at night so that you are able to stop or make quick maneuvers within your visual range; over 90% of animal/vehicle collisions happen at night.

If an animal is in the road, wait patiently. Don't honk at moose or elk, because they may consider it a challenge, though a doe or cow may move for a frightening honk.

Plan ahead. Wear your seatbelt. Use your high-beams when possible. Know where you are most likely to encounter wildlife and when- early morning, dusk, and season changes.

Don't swerve immediately. However, you should brake as quickly and carefully as possible. Swerving may cause you to turn into the animal, or any others that you may not see yet.

Call it in. If you hit an animal, call the local authorities so that it can be handled. In some open range areas, it's illegal to hit livestock and not report it. Report any and all incidents to Safety immediately or the next morning (if late at night) if your truck is still in operating condition.

Operating a big truck is a little different than a four-wheeler when it comes to animal encounters. While you will still incur damages, you aren't as likely to be injured by an animal coming through the windshield... however, you also have to prevent jack-knifing and cargo damaged while attempting to minimize damage to your front end. Always do your periodic inspections to ensure that your cargo is secure. Always check your headlights before the time comes to use them. And ALWAYS wear your seatbelt; not only is it the law, it's the smart thing to do.

Inspections & Reminders

Please ensure that you follow the proper steps if you are put out of service. Any driver put out of service is to report to Safety via phone/message of OOS status during first available business hours. Safety's office hours are 7:00 am - 5:00 pm.

Driver Appreciation



1. A big pat on the back and "Thank You" goes out to:

- ★ Team Coultas
- ★ Ken Milton

for your hard work picking up all the freight on Oct. 19th! It wouldn't have happened without your help!
-From Rex

2. Tracy Schmitt- For always turning in paper work that is clear and concise, and always showing professionalism on the job. What a great example he's setting to the fleet and the industry! -Mike Orr

Safe Winter Driving Tips

- ✓ **Adjust speed to weather conditions.** Speed limits are posted for optimal conditions.
- ✓ **Increase following distance.** Should be between eight and ten seconds in winter.
- ✓ **Schedule a checkup for your vehicle.** Don't forget your personal vehicle needs a check-up, too. Batteries and anti-freeze need to be checked and maintained.
- ✓ **Avoid distractions.** Studies have found that rubbernecking and cell phone use in cars can put you at greater risk for accidents.
- ✓ **Prepare a winter driving kit for your truck and your car.** Not only should you stock non-perishable food, water, and items to help your vehicle, also remember to make sure your cell phone is charged and you have jumper cables, flares/triangles, and a pen and paper.
- ✓ **Get your eyes checked annually.** There are more nighttime hours in the winter, meaning more hours of difficult driving. And yes, our insurance covers it.
- ✓ **Clear ice and snow from your vehicle.** Don't forget the snow on the roof of the vehicle and make sure your exhaust pipe isn't blocked while warming the vehicle up.
- ✓ **Recognize when you are in no condition to drive.** If you are tired or have been drinking, steer clear of the wheel.
- ✓ **Maintain communication.** Whether you are checking in with your dispatcher or a loved one, make sure someone is aware of your location/route in bad weather conditions.

Things to Ponder

- Can you cry under water?
- How is it that we put man on the moon before we figured out we should put wheels on luggage?
- Why is it that people say they “slept like a baby” when babies wake up like every 2 hours?
- Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?
- Did you ever notice that you blow in a dog’s face he gets mad at you, but when you take him for a car ride he sticks his head out the window?
- Do the alphabet song and Twinkle, Twinkle Little Star have the same tune?
- Why did you just try singing the two songs above?

Shop Talk

Winter’s Here

Winter has arrived yet again... please, please don’t forget your anti-gel and chains this winter. Being prepared is the best plan! Direct any winter maintenance questions to Mike in the Shop.

Tarp Care

Repair costs for tarp damages are not cheap, and cost the company both time and money. Please ensure that you are taking the necessary measures to ensure the proper use and protection of SPD equipment.

Extra! Extra!

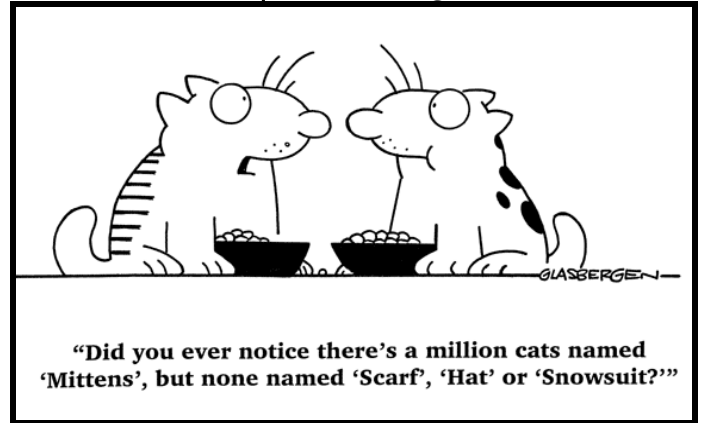
Open Doors



Winter and cold weather is fast approaching. Be sure to keep doors shut around the office/terminal. Please do not linger in doorways or hold the door open to continue your conversation.

Your respect and consideration for others is greatly appreciated!

Just for Laughs 2



Thanksgiving 2006 Numbers

- **265 million.** Estimate number of turkeys raised in the United States in 2006.
- **664 million pounds.** U.S. cranberry production in 2006, up 6% from 2005.
- **1.6 billion pounds.** Total weight of sweet potatoes produced in the United States in 2005.
- **1.1 billion pounds.** Total production of major pumpkin-producing states in 2005. CA, OH, and PA produced at least 100 million lbs each.
- **1.8 billion bushels.** Total volume of wheat produced in the United States in 2006.
- **3 million tons.** The 2006 contracted production of sweet corn for processing.
- **\$5.7 million.** The value of U.S. imports of live turkeys during the first half of 2006.
- **28.** Number of places in the U.S. named Plymouth.

Window Cleaner: Homemade Recipe

Ingredients:

- 1 Tbsp White Vinegar
- 1 Tbsp Rubbing Alcohol
- 1 Spray Bottle of Water

**Smaller Version- cut ingredients to teaspoons and 6 ounces of water.

“Works better than anything I have ever used!”

-Sherie Green