

The Distributor

Smokey Point Distributing, Inc.

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Happy Birthday!!

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

- ▣ Liz Rasmussen Sept. 14th
- ▣ Ronda Schmitt Sept. 14th
- ▣ Larry Webb Sept. 14th
- ▣ Don Merwin Sept. 18th
- ▣ Nate Herron Sept. 30th

John Berry Sept. 23rd

Happy Anniversary!!

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

- ▣ Roxsard Richardson 1 year
- ▣ Don Merwin 1 year
- ▣ Glen Gildersleeve 2 years
- ▣ Glen Hammarstedt 2 years
- ▣ Sandra Strampher 2 years
- ▣ Jim Whittaker 4 years

Driver Appreciation Week Recap

We hope that the fleet had a wonderful appreciation week. For those of you that have not yet received your appreciation week gifts, please come to the safety office to pick them up!

As always, many appreciate the work that you all do each and every day! Keep up the good work team! We look forward to another year working with you!

Quote of the month

“When you reach for the stars you may not quite get one, but you won’t come up with a handful of mud either.”

-Leo Burnett

Driver Appreciation

We would like to take a moment to show our appreciation to a few employees this month:



- ★ Team Coultas: “Thanks for taking the time to show a couple of newbies how to work the trailer!” –Team Harbaugh
- ★ Tim Zenger: Rescued a broke down broker truck by picking up the load and getting it delivered on time! Attaboy Tim! -Buck
- ★ Greg “Dallas” Metzger- “An extraordinary driver!” –Crescent Fire Department, receiver
- ★ Jared Johnson- Thanks for being “patient and professional”. –HA Logistics
- ★ Good job to Peter Burke and Tim Zenger for having some of the best hand-written logs! -Safety

Just for Laughs



Health Stop

**Some articles adapted from WebMD.com

New Co. Medical

The company offered medical coverage has changed. Each employee has received the new medical coverage information, however here it is:

- Medical Insurance:
 - \$90.00/month (up from \$75.00)

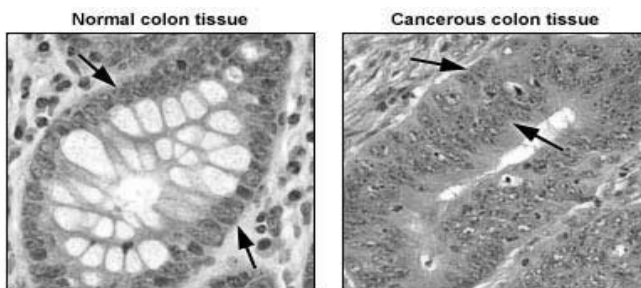
- Prescriptions \$10.00/\$20.00 (down from \$20.00/\$30.00)
- Vision:
 - Group Health Coverage (previously covered by Regence Blue Shield)
 - \$200.00 hard wear coverage every 12 months instead of every 24 months
- Life:
 - Still included with \$15,000 coverage
- Dental
 - \$10.00/month (down from \$18.00)
 - \$2,000 worth of benefits a year (Sept. to Aug.), but if you use less than \$750.00 in a year, \$400.00 will roll-over to the next year- this can occur for up to three years.

Cancer Imaging

The only way to diagnose cancer is to examine the cells under a microscope. Some imaging tests, such as computerized tomography (CT) scan or mammography, can indicate the possible presence of cancer, but cancer can be definitively diagnosed only by looking closely at cancer cells.

Your doctor uses a surgical process called a biopsy to get a sample of suspect tissue.

Normal cells look uniform, with similar sizes and orderly organization. Cancer cells look less orderly, with varying sizes and without any apparent organization.



Just for Laughs II



DASH Diet & Your B.P.

One step to lowering your blood pressure is by adjusting your diet. This is a brief overview of the DASH diet, which stands for Dietary Approaches to Stop Hypertension. In studies, patients who were on the DASH diet significantly reduced their blood pressure within two weeks.

The diet calls for daily servings from various food groups; depending on how many calories you need each day. Start slowly and always consult with your doctor before starting any diet program.

Consider adopting a diet plan that allows 2,400 mg of salt then, after adjusting to that, further reduce to 1,500 mg per day.

The following is a list of food groups and suggested serving amounts for the DASH diet:

- **Grains:** 7-8 daily
- **Vegetables:** 4-5 daily
- **Fruits:** 4-5 daily
- **Low-fat or fat-free dairy:** 2-3 daily
- **Meat, poultry, or fish:** 2 or less daily
- **Nuts, seeds, and dry beans:** 4-5 per week
- **Fats and oils:** 2-3 daily
- **Sweets:** try to limit to less than 5 per week

Here are some servings sizes to help you with portion control:

- **1 Serving =**
 - ½ cup cooked rice or pasta
 - 1 slice bread
 - 1 cup raw veggies or fruit
 - ½ cooked veggies or fruit
 - 8 oz. Milk
 - 3 oz. Cooked meat

Check out www.dashdiet.org for more information.

Safety Corner

Driver Fatigue

Driver fatigue is a hot-topic in the trucking industry. The amount of rest, or lack thereof, highly impacts the performance of the driver, and how safe that person is driving down the road.

Many studies are fatigue focused. The following statistics are from the National Hwy Transportation Administration.

- For all crashes, 11.6% involve 1 or more distracted drivers; 3.9% involve a fatigued driver and 10.2% involve those who “looked but didn’t see”.
- Driver fatigue was a factor in 3-6% of all fatality accidents with trucks in 2003.

The following suggestions to help beat fatigue are taken from a list compiled by COOL:

- **Napping:** The best length is 30-45 minutes. NEVER NAP BEHIND THE WHEEL. This teaches your brain that it is okay to sleep in that location.
- **Frequent Stops:** Getting out to walk around and stretch every 2 to 3 hours helps get blood flowing to your extremities and brain.
- **Smart Snacking:** Avoid high salt/fat foods. Peppermint has an alertness enhancing quality. Certain foods like poultry and milk contain sleep-inducing Tryptophan.
- **Beverages:** The after-effects of caffeine wearing off include a sharp drop-off in alertness and performance.
- **Engage the Brain:** Listen to interesting music, talk, books on tape, sports, etc; just don’t allow what you are listening to be so absorbing. Stimulate your brain while you have spare time, puzzle books, reading, etc.
- **Cool, Fresh Air:** A steady supply of cool fresh air into the cab enhances alertness.
- **In-Cab Posture:** Sitting up straight will promote muscle alertness and help to fend off drowsiness.
- **Stress Management:** Prolonged stress can lead to physical and mental fatigue. Find what works for you to relieve stress; exercise, relaxing music, massage, or other.

When it comes down to it, make sure that you are getting enough rest. Plan your trip out and include time for relaxing before expecting to fall asleep, and leave room in your schedule to wake up fully before having to drive; coffee is not a substitute for sleep.

** Adapted from the COOL newsletter.

ISS Rating Update

Our last safety rating update had our rating at 34. Since then we have hit a low of 32, but just recently moved up one point to 33.

In the recent weeks we have noticed an increased number of inspections with violations; most of which were mechanical. While the mechanics have access to your equipment while it is at the terminal, it is the responsibility of each driver to inspect and maintain their equipment while over the road. Maintenance includes: noting damages/problems on your daily inspection, informing the shop of any problems/concerns you have, ensuring that the equipment is in safe condition for operation.

Please take the time to conduct thorough inspections and to inform the shop of anything that needs to be repaired while OTR; you guys are good at getting your A/C fixed, let’s make sure everything else is working as well!

Photo of The Month



SPD Miles

A little update on how things are going this year:

Month	# Of Miles	DOT Recordable Crashes	Crash Freq. Rating
January	601,313	0	0
February	621,157	1	1.66
March	619,351	0	0
April	654,290	0	0
May	612,374	0	0
June	668,314	0	0

Good work everyone! Our low accident frequency rating for the year is an accomplishment for you all to be proud of. You, the drivers are the ones that keep this rating down, our roads safe, and the freight moving.

PrePass Update

South Carolina is the 28th state to install PrePass. The state will start by deploying the system at one of the state's weigh stations on I-85 near Anderson. Three new locations in Georgia! The following new sites are in operation:

- Lowndes SB (I-75)
- Lowndes NB (I-75)
- Douglas EB (I-20)

There are now 279 PrePass sites nationwide!

.ICE

“ICE” is something that most emergency service providers will look for in your cell phone. It means “in case of emergency”, and the period before it ensures that it is at the very top of your contact list. This will give the emergency providers someone to contact in case you are involved in an accident or hospitalized.

If you haven't already, it is highly recommended that you enter two “.ICE” contacts into your phone; this will be helpful if one is not able to be reached.

Idling

California: The statewide 5-minute idling limit will change beginning January 1st, 2008. This change will eliminate the current exemption for sleeper berth time. Once this change takes effect, alternatives to main engine idling will be needed.

Safety Check

Each driver needs to check their tractor to ensure that the following items are in stock, in good condition:

- ✓ Disposable Camera
- ✓ UA Kit (unopened)
- ✓ Accident Report
- ✓ Three “Pocket Books” (FMCSR, HAZMAT, and Emergency Response Guidebook)

If any items are missing or in poor condition, please obtain/return them in the Safety Department.

Inspection Reports

We have been receiving a large number of inspection reports sent to us from WA and OR states. Please make sure that you are turning in each inspection report you receive; we receive them whether they are from you or from the state, and we would like to send them in before the state has to send a new one out.



Shop Talk

Truck Upkeep

Reminder to all drivers: the mechanics have to get in your truck in order to move it in and out of the shop. Please make sure that all your personal items are put away.

Those that keep "bathroom containers" in their truck need to dispose of them before entering the terminal. Note that these containers are incredibly unsanitary and very unpleasant for others to see.

The upkeep of the interiors of the trucks is solely on the drivers, but remember, cleaning supplies are available in the shop for your use!

Fuel Saving Tips

- ✓ Shut it off. Every non-idling hour saves about a gallon of fuel or about \$2.50.
- ✓ Slow down. Above 55, every extra mile an hour reduces fuel economy by 0.1 miles per gallon. Slowing to 65 mph from 70 mph can cut fuel costs by \$1450 annually. Slowing to 60 mph increases savings to \$1850.
- ✓ Use the highest gear possible. A lower rpm can save several gallons an hour and reduce wear and tear.
- ✓ Keep tires inflated. Check regularly.
- ✓ Make sure brakes are not overly tight and dragging.

Extra! Extra!

Donna's Truck Stop

All drivers must make Donna's transactions using their card. Donna's cashiers will not approve any transactions without cards. Please direct any questions to Arin.

Dropping Trailers

A reminder to drivers dropping loaded Quickdraw trailers, please ensure that the landing gear is all the way down and you are not dumping your airbags before dropping the trailer; not all our tractors are the same height and can pick-up trailers set too low. This will save Dan Green from having to get up at 4 a.m. to lift a trailer! And when Dan Green is happy, everyone is happy!

Things to Ponder

- Eagles may soar, but weasels don't get sucked into jet engines.

- When everything is coming your way, you're in the wrong lane.
- If you think no one cares try missing a couple of payments.

"Keep your Fork"

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. As she began getting her things "in order," she contacted her Pastor and had him come to her house to discuss her final wishes.

She told him which songs she wanted at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

"There's one more thing," she said excitedly.

"What's that?" came the Pastor's reply.

"This is very important," the young woman continued. "I want be buried with a fork in my right hand."

The Pastor stood looking at the young woman, not knowing quite what to say. That surprises you, doesn't it?" the young woman asked.

"Well, to be honest, I'm puzzled by the request," said the Pastor.

The young woman explained. "My grandmother once told me this story, and in all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!"

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: "Keep your fork...the best is yet to come."

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye.

***So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come.