



APRIL 2016

Newsletter

U-TURNS

Making a u-turn in a tractor-trailer is one of the most dangerous maneuvers for a driver. The chance of being involved in an accident is so well documented that most trucking companies prohibit their drivers from making them on a public roadway. When a driver decides to make a u-turn, they are placing all other drivers at risk.

What are some of the risks of Tractor-Trailers making U-Turns?

- **Blocking traffic**

Since making a u-turn is an unexpected maneuver, it usually does not allow enough time for other drivers to change lanes to avoid an accident.



- **The average truck takes at least 40 seconds to complete a u-turn** which means the trailer is blocking most, if not all, other traffic lanes for nearly a minute.

- **Lack of visibility for the truck driver**

Drivers are just not able to turn their truck around safely in such a short time while remaining cognizant of all the dangers around them. Ensuring proper clearance on all 6 sides of the vehicle is difficult at best when there is a hasty decision to make a u-turn.

- **Lack of visibility for other motorists**

Other motorists typically do not see the truck making a u-turn until it's too late to avoid an accident. Lights and other reflective markings on a truck are just not enough to alert other drivers to react in time. This is especially true in low visibility such as darkness or fog.



~~ SAFETY~~

Changes to DOT Physical Exams

On April 20, 2016 changes to the DOT Medical Exam requirements will go into effect. Most notable is a change to the medical history form truck drivers will have to fill out before the exam. There are now 32 health related questions listed under the medical history portion of the exam, up from 24. The period covered by the questions asked will now be lifetime as opposed to the previous five years.

Once the DOT exam begins, if the Medical Examiner decides he/she needs more information before certification, the driver will have 45 days to return for a follow-up exam. The 45-day window will only keep the pending exam open; it will not extend the expiration date of your current medical certification. If the examination is not completed within the 45 days, the driver will be considered medically unqualified and will be required to start the medical certification process over.

At the end of the exam, the driver will be fully certified for the period specified by the examiner, or placed into the "pending" status. There will be no more scheduling the driver for things like blood pressure or blood sugar follow up. If the driver has one of the medical conditions that require additional monitoring, the Medical Examiner is to fully certify the driver for a shorter period of time (3,6, or 12 months), rather than "partially" certifying the driver and scheduling follow ups as a term of the certification.

Finally, the medical form the DOT requires will be form #MCSA-5875, and the certification card is #MCSA-5876. These specific forms must be used or the exam will not be considered valid. A good examiner will know to use the correct form but it will not hurt to double- check.

~~ KUDOS~~

Doug Johnson & Associates commended one of our driver's, **Zeric Thompson**, For offering a receiver help to unload a product. The receiver was short staffed and Zeric stepped in and assisted.

WAY TO GO ZERIC!

12 th Street		Shipper	425 Centennial Blvd	
Zip: 33326		Street	Edmond	Oklahoma
of Articles	Hazard Class	ID No.	Weight (lbs)	Rate
athubs			4070	
Doug Johnson				
Great Delivery			COD Amt: \$	
State:		Zip:		
"Seal Intact"				

~~ MAINTENANCE ~~

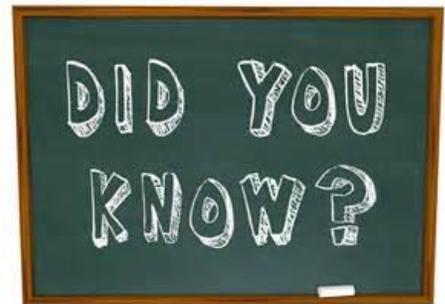


This April we will be opening up our new Automated Wash Bay. The SmartWash Supra system. This system is manufactured by Whiting Systems Inc based out of Alexander AR. The SmartWash Supra system utilizes 3 touchless gantry brushes with a sensor system that can adjust for contours, mirrors, and visors. The system moves on a tracking system back and forth through the bay without the truck having to be moved. With the sensor placements this insures that the power sprayers and rotating brushes can safely and fully wash your trucks and trailers.

The SmartWash Supra system will be located in the South most bay of the West Shop. It will allow us to provide a great service to our drivers and their equipment. A driver's pride is in their truck and how it looks.

~~ DID YOU KNOW? ~~

- Bill Gates began programming computers at the age of 13.
- Did you know when lightning strikes it can reach up to 30,000 degrees Celsius (54,000 degrees Fahrenheit).
- Did you know the average person falls asleep in 7 Minutes
- Did you know that you burn more calories eating Celery than it contains (the more you eat the thinner you become)
- Did you know in a deck of cards the king of hearts is the only king without a moustache



~~ PAYROLL ~~

Payroll and 401k Changes

We have decided to change our payroll provider from Paycom to ADP. ADP is highly regarded in payroll processing circles. Aligning with ADP gives us an opportunity to save a substantial amount of money monthly, provide us with efficiencies in our payroll processing and give you a more robust access to your payroll and benefits. Our first payroll with ADP will be the Driver payroll on May 4th, those of you that are on the bi-weekly payroll your first payroll will be on May 11th. Timecard entry for ADP will begin on March 20th.

Included in our move to ADP will be a change in our 401k. Moving our 401k to ADP gives you an opportunity to choose several different funds to invest into; you will no longer be limited to only American Funds. The plans eligibility requirements and matching policy are remaining the same. Those of you that are already in our 401k plan you should have received a letter outlining the blackout period during the transition to ADP. We will be sponsoring an onsite training session(s) in OKC and also a live webinar for remote employees in May for those wanting more information. More information will be provided in the next couple of weeks. If you want more information on our 401k plan, please don't hesitate to give Sharon Kroutil a call.

~~ Human Resources ~~

Please welcome the following new employees!

Mechanics & Parts

William Hubbard
Jessica Gibson
Stephen Snoke
Tony Young
Thomas Varnell

Ruben Cajero
Jarrod Foley
Cortney Beardslee
Paul Masiscalco
Robert Jones

Operations

Melissa Salazar
Jerry H. Smith, II

Glenda Henderson
Darla Tyree (Seguin)



~~Health & Fitness~~



Trucker Driver Health and Wellness Tips

1. Drink water. So many health issues arise from dehydration. The body doesn't give signals to 'drink' until it's already in a state of 'dehydration'... that's when you are thirsty. Try to sip at your water all day long, rather than just drinking when you are thirsty. Drink the best 'quality' water you can find and keep a container with you always. How much water to drink daily? Consume 1/2 your body weight in ounces. Eg. weight 170 lb. = 85 ounces. approx. 10 1/2 cups of water each day. Sounds like a lot, but work up to drinking this amount if you're not already.

2. Eat Fruits & Vegetables. Eat as many as you're able throughout the course of EVERY day. Not only do they contain lots of great vitamins and minerals for overall health, they help digestion, too. 5-10 per day is good, more is better. Make a "shake" or "smoothie". An awesome way to get lots of stuff you need! Best nutrition and benefit: #1 Raw; #2: Frozen; #3Canned

3. Avoid Stimulants. Use of stimulants in our industry was once wide spread and commonplace. Time revealed stimulants took their toll on the health of professional drivers. Stimulants can range from coffee to energy drinks to cocaine. Avoid these substances. Their function is to give your mind and body short term artificial boosts of energy and alertness. Your body knows when rest is needed. Don't try to bypass that need with stimulants.

4. Eat 'Less Meat'. Meat is an excellent source of protein, but a 'meat focused diet', isn't healthy. Find other protein sources such as certain vegetables, legumes and protein drinks. **Tip: Gradually** add 'other protein' sources to your diet.

5. Eat 'Fewer Fatty Foods'. Ease up on the 'junk' like potato chips, chocolate bars, fries, burgers etc. They'll plug up your arteries and cause lots of other problems too fatty foods are a big reason for poor truck driver health. Find other healthy things you like to snack on. **Tips:** Walnuts, almonds, apples, whole grain crackers are decent snacks.

6. Take a 'Green Shake' daily. This is an excellent thing for truckers who don't always have good restaurants for fresh fruits and veggies, and it's super easy to do. If you've never taken 'greens' before, start with just a very little amount and increase your daily dose up to the manufacturer's recommendations. In a cup with a lid, add at least 8 oz.+ of good quality water, your 'greens powder' and a scoop of protein powder too.... an EXCELLENT meal substitute when you simply don't have the time to eat properly. This shake will give you energy and essential nutrients.

7. Sleep. Get sufficient sleep every night. 8 hours/night, regular bed time and rising times are a good idea. Proper rest is vital: regenerates the body and helps keep the mind sharp. **Tip:** Sleep in a 'dark room' or with a sleep mask to keep melatonin levels high.

8. Supplements. Take a high quality 'multi-vitamin' and vitamin C daily, at minimum. See a nutritional expert or naturopath for more specific supplements suited for your needs. **Tip:** Supplements are especially important for truck driver health, since it's difficult finding good quality foods when on the road. Try to budget for supplements if you're able.

9. Healthy weight. Find out what your weight should be and stick as close to it as you're able. Being the right weight for your body type, height and bone structure is important for numerous reasons. Body composition is important too. Find a naturopath who can determine your water content, bone, fat and muscle composition. You can be an ideal weight, but perhaps be lacking in water and muscle.

10. De-stress, Relaxation. Find ways to really relax and 'de stress' each day. This could be some favorite exercise or reading... find things you can do to really let your brain 'empty out'.... and block out the world! Get out of the truck for breaks at least a few times each day, to avoid what the old time truckers called 'white line fever'. Nothing de-stresses as well as blocks of time from work. It allows the driver to get away from the job and be with family and friends. You may think you can't afford time off. But the truth is, you can't afford not to. **Tip:** Even just 5-10 minutes each day is beneficial to your physical and mental health.

~~DRIVER RECOGNITION~~

Top 20 VAN Drivers 02/16/2016 – 03/15/2016

2364C	Danny Egbert	16094 miles
4155LP	Indalecio Polendo Jr.	14764 miles
2150LP	William Wadworth Jr.	14555 miles
2367LP	Karl Adamson	14228 miles
2282LP	Charles L. Hendryx	14012 miles
2227	Hubert Eriacho Jr.	13886 miles
2513C	Rico L. Johnson	13879 miles
3121C	Louis Kralicek	13836 miles
2504LP	Lenardo D. Johnson	13747 miles
3127C	Pedro Pena	13729 miles
2235	Charles L. Grames	13702 miles
5544	James T. Hampton Jr.	13615 miles
5524	Frank Bowman	13372 miles
2511	Jose Serrato	13240 miles
5540	Rodney Coartney	13175 miles
5510C	Pedro Ruvaltaba	12993 miles
5516	John Perry	12970 miles
2155LP	Larry Piel	12918 miles
2284LP	Garland Roberson	12887 miles
4153C	Timothy Shelton	12851 miles

Top 20 MPG Performers 02/16/2016 – 03/15/2016

2317	Richard Eagler	8.56
3110	Edward Long	8.47
3117	Grant Willison	8.44
9203	Roy Wayne Schlichting	8.37
3116	Wesley Hess	8.35
3131	David Furr	8.34
4146	Tanner Peavler	8.31
3137	Charles Leeb	8.31
3102	Raymond Dunn	8.17
3145	O'Neil Andrews	8.17
3114	James Bell	8.13
3106	William Burr	8.12
2273	Greg Wesson	8.10
5525	William Galloway	8.07
3115	Michelle Boyd	8.05
3103	Timothy Smith	8.05
3111	Kenneth Nagel	8.04
2285	Bobby Fryrear	8.01
3120	Lonnie Travis	7.97

Top 5 Reefer Drivers 02/16/2016 – 03/15/2016

2328LP	Joshua Tucker	12784 miles
2522	Arthur Keith	12359 miles
4141LP	Timothy Harvey	12313 miles
2161	Coury McCully	11924 miles
2525C	Landon Haymore	11909 miles

Top 10 Team Drivers 02/16/2016 – 03/15/2016

3124	Maria Szkup & Charles Charleston	8.71
3107	Susette & Thomas Jones	8.60
3119	Gloria & Larry Trimble	8.56
3112	CE & Donna Knox	8.50
3149C	Frank Johnson & Laurie Donnelly	8.37
3130C	Kimberly & Kenneth Wiggins	8.13
2501	Rosa Kerley & William Alford	8.09
2379	Mary & Randall Dague	8.01
2318LP	Dywane Bullock & Pam Cargill	7.97
5533	Lila Wyler & Richard Sherman	7.97

Top 5 Team Drivers 02/16/2016 – 03/15/2016

5513LP	Brian Alfred & James Koontz	27659 miles
5542C	Hermelinda & Aday Delgado	27584 miles
3124	Charles Charleston & Maria Szkup	27119 miles
2519	Julie & Russell Pollock	24058 miles
2501	William Alford & Rosa Kerley	23550 miles

APRIL Birthdays

Gary Vanderlinden	4 th	Floyd Lowery	16 th
William Lloyd Galloway	4 th	Derek Rowzee	16 th
Carl Horton	5 th	Milo Deshequette	17 th
Randall Daniel	7 th	Timothy Haynes	18 ^t
Darrell Cowles	9 th	Quieston Long	18 th
Kimberly Wiggins	9 th	Leeroy Bowling	19 th
Michael Belschies	9 th	Carl Burdett	20 th
Rodney Carol	10 th	Robert D. Williams Jr	21 st
Keith Brock	10 th	Luvada Conaway	22 nd
Arthur Keith	10 th	Charles Graves	23 rd
Donald Tierney	10 th	James Ward Jr	24 th
Jason Boykin	12 th	Dennis Howton	26 th
Shawn Miller	13 th	Terrance Watson	27 th
Tyrone Douglas	14 th	Mark Clifford Labolle	27 th
Miles Bruner	15 th	Robert Baker	28
John Hart	16 th	George Madry	28 th

APRIL Anniversaries

Carl Gates	7 years	Gordon Collins	2 years
DavidEvans	6 years	Leslie Washington	1 year
Tracy Shelton	3 years	Jonathan Huff	1 year
Donald Tierney	3 years	Cordele Brandon Sr.	1 year
Carl Dewar	3 years	James Hoover	1 year
Ivey Williams	3 years	Charles Graves	1 year
Lincoln Moore	3 years	Timothy Boughton	1 year
Dywane Bullock	2 years	Robert Keller	1 year
Pamela Cargill	2 years	Michael Fisher	1 year
Charles Leeb	2 years	Garland Roberrson	1 year
Jimmy Krepps	2 years		

President's Corner

“PUSHING FORWARD”

April 2016



Rodney Timms

Whenever you are faced with darkness, hardship and adversity; be brave, courageous, smile and always keep pushing forward.