



Night Driving

Although the majority of driving takes place during daylight hours, at some point all professional drivers will have to drive after dark. According to the National Highway Traffic Safety Administration, fatalities on the road occur at a rate of three times greater at night than during the day. While only a quarter of all driving is done at night, more than half of all driving deaths occur at night.

Your depth perception, ability to distinguish color, and peripheral vision are worse in low-light conditions. If you do not regularly drive at night, you are at a higher risk for experiencing fatigue. Roadway lighting is often very poor and in most rural areas lighting is very limited.

Here are 6 tips to ensure your night driving safety:

1. Know your truck, and be prepared to stop within the distance you can see with your headlights. During your pre-trip inspection, make sure your headlights are clean and properly adjusted.
2. Keep your windshield clean. A dirty windshield can create glare and make it harder to see.
3. Always use your high beam headlights when possible. Increase your chances of being able to see as far as possible.
4. To ensure your vision, avoid looking directly into the lights of approaching motor vehicles. Try to focus on the fog line of the roadway and avoid staring into the bright lights.
5. Dim your instrument panel lights and keep your dome light off. Too much illumination inside your cab diminishes your ability to see clearly outside your cab.
6. Watch for wildlife. Often you can see the reflections of headlights in an animal's eyes long before you can see the animal itself. Pairs of tiny bright spots in the distance are a clear warning that an animal is in front of you, therefore slow down.

Since most accidents occur during nighttime hours, defensive driving skills are a necessity to be safe on the road in the evening.

Stay alert and always reduce your speed during hours of darkness.

2016

WFX / Allon

OTR Company / Contractor Miles/MPG Challenge

Challenge Dates: 1/1/2016 - 12-31-2016

Criteria

- ✓ Driver must be actively employed or under contract at the time of award. True 0/0, slip seat and relay drivers not eligible
- ✓ Miles that exceed 2600 miles per week average
- ✓ On time service rate of 98%
- ✓ MPG / 8 or better
- ✓ No preventable cargo claims
- ✓ No preventable accidents or injuries

Annual Grand Prize Drawing

Win This Big Dog Custom \$30,000 Bike

2008 Big Dog Ridgeback. This is one bad to the bone motorcycle. With the steeply sloping backbone and the low seat, the proportions are dramatic but the bike rides surprisingly comfortable. The beast sits on a massive 117C1 v-twin motor from S&S motors. With less than 5000 miles, this bike is barely broke in!

Year End Best Driver

Results Rank CONTEST

AWARDS!

1. Wins Bike
2. Wins \$1000.00
3. Wins \$800.00
4. Wins \$600.00
5. Wins \$400.00
6. Wins \$200.00
7. Wins \$200.00
8. Wins \$200.00
9. Wins \$200.00
10. Wins \$200.00



20 Top Quarter Mile / MPG Earner - WIN Prizes!

- 1st QTR Top 20 drivers with highest miles and 8 or better MPGS
- 2nd QTR Top 20 drivers with highest miles and 8 or better MPGS
- 3rd QTR Top 20 drivers with highest miles and 8 or better MPGS
- 4th QTR Top 20 drivers with highest miles and 8 or better MPGS

In Memory

Robert Kirk

This is in Memory of Robert Kirk, who passed away March 11th, 2016. Bob starting working for Western Flyer Express in March 2006. He was always a HUGE advocate of Western Flyer Express and the Trucker. During his 10 years with WFX he had driven over 1.5 million miles and for his hard work and dedication, received a 2016 Peterbuilt 579 to drive at the end of 2015. Bob was a true trucker-hero. He loved his family, friends and being a TRUCKER. Bob you will be missed!

We know he is leading a Convoy of Trucks in the Clouds.



~~ WELCOME ~~

Please welcome the following new employees!

Mechanics & Parts

Douglas Colston
Mark Johnson
Eric Barber
Todd Murray
James Osterman
Oloyede Akinnawo
Steve Smith
Cleo Euwins
Jarrod Foley

Operations

Zachary Bleeker
Kevin Connor
Jessica Gibson

Safety

Jennifer LaFoe



~~Health & Fitness~~



Working out when traveling can be next to impossible unless you know which moves are quick, easy, and get results. Here are some helpful suggestions for the ultimate on-the-road exercises. You need a fitness tubes to do some of this work out and they are available at most sporting goods stores.

Upright Row Sit in an upright position, as if seated in a chair, feet flat on the floor. Your seat should be pushed back as far as it will go. Place the fitness tube under your feet, and hold the loose ends in each hand, arms at your sides with palms facing back. Bending your elbows out to the sides, slowly lift your arms along your torso until your hands are at about shoulder height, hold, then slowly release. *This works your shoulders and upper back.*

Bicep Arm Curls Get in the same position as above, hands at your sides with palms facing forward. Bending at your elbow, bring your hands up toward your shoulders, palms up. Hold, and slowly release. *Works your upper arms.*

Seated Chest Press Wrap the fitness tube around the back of the seat, holding the ends at chest level with your elbows pointing out, arms parallel to the floor. Slowly press your hands forward, keeping your arms at chest level, hold, then slowly release. *Works your chest.*

Bent-Over Row Stretch your legs out, keeping your knees slightly bent. Leaning over, wrap the tubing under your feet, with your hands holding the ends at shin level. Bending your elbows, pull your arms up, keeping your elbows close to your body and pointing up. Hold, and release. To work your abs, sit upright, with the tubing wrapped around the back of the chair. Holding the ends in each hand, crisscross your arms around your sides. Bend over from your hips, pulling away from the back of the seat. *Works your back.*

Leg Press Lying back on the seat, with your back fully supported, bring your knees up close to your chest. Wrap the fitness tube under your feet, arms held close by your side. Extend your legs straight out. Repeat each exercise 8-12 times. *Works your legs.*

~~DRIVER RECOGNITION~~

Top 20 VAN Drivers 01/16/2016 – 02/15/2016

9203	Roy W. Schlichting	15060 miles
2305LP	Richard D. Harris	13956 miles
9201	Patrick Lumpkin	13915 miles
5544	James Hampton Jr	13782 miles
2218C	Jose A Zarate	13591 miles
2231	Michael Thimyan	13557 miles
2228LP	Patrick Paterson	13504 miles
5514	David W. Lay	13418 miles
4150LP	Jeremy Chapman	13399 miles
2322LP	Timothy Brown	13369 miles
5511C	David Marchell	13362 miles
2538	Clifford Cecil Siler	13354 miles
2291LP	Joseph Mills	13333 miles
2267LP	Brenda Carter	13325 miles
2275LP	Joe Eric Daw	13320 miles
1056	Thomas Carrier	13314 miles
2331	Donald W. Portell	13301 miles
2182	Robert Burnham	13249 miles
5516	John Perry	13215 miles
2150LP	William Wadsworth, Jr.	13211 miles

Top 20 MPG Performers 01/16/2016 – 02/15/2016

3120	Lonnie Dean Travis	8.17
3110	Edward Long	8.04
3113	Anthony Wildcat	8.00
4131	Leslie H. Washington	8.00
4147	James L. Brocker	7.91
2511	Jose Serrato	7.89
2317	Richard Eagler	7.88
3114	James Bell	7.87
3105	Samuel Doughty	7.87
2288	Fern Clark	7.86
3116	Wesley Hess	7.86
2335	William Simpson	7.86
4146	Tanner Peavler	7.83
3102	Rayond Dunn	7.80
2298	Tim Poussard	7.77
5535	Carl Newman	7.76
2331	Daniel Castaneda	7.75
9202	Keith Brock	7.74
2332	Glenn Cooper	7.70
5514	David Lay	7.64

Top Reefer Drivers 01/16/16 – 02/15/16

5508LP	Jose Mercado	13551 miles
9502C	Charles Potter	12728 miles
5509LP	Steve Helmick	12636 miles
2328LP	Joshua Tucker	12543 miles
9502C	Gwen Kennedy	12342 miles

Top 10 Team Drivers 01/16/16 – 02/15/16

9206c	Sabrina Taylor & Tony Willrich	8.58
3107	Susette & Thomas Jones	8.55
3112	CE & Donna Knox	8.54
3119	Gloria & Larry Trimble	8.53
2501	Rosa Kerley & William Alford	8.49
2516	Donald & Melissa Tierney	8.13
2383	Clyde & Glenna Willis	7.93
2379	Randall & Mary Dague	7.87
2536	Donna & Roger Langston	7.85
2528	Danna & Michael Stimac	7.79

Top 5 Team Drivers 01/16/16 – 02/15/16

2536	Roger/Donna Langston	28333 miles
2502	Michael Kelliher/Rebekah Hendrick	27350 miles
5539	Erick Niemeier/Kimberly Luce	27304 miles
5513LP	Brian Alfred/James Koontz	27040 miles
3107	Tom/Susette Jones	25835 miles

MARCH Birthdays

Eddie Floyd	2nd	Claude Shelar	15th
Charles Barnett	2nd	Anthony Hudson	15th
Anthony Perales	4th	Joshua Tucker	17th
Cordelle Brandon, Sr	5th	Ivey Williams	18th
Douglas Jackson	5th	Silas Rash	18th
Theodor Champlin	6th	Samuel Doughty	19th
Roderick Walton	6th	Jose Serrato	19th
Michael Barry	7th	David Harris	20th
Debra Mathews	8th	Eddie Miller	22nd
Richard Harris	10th	Jose Mercado	23rd
Stephen Wallis	11th	Mary Dague	24th
Laurie Donnelly	12th	Ike Tiner	27th
Gloria Trimble	12th	Rafel Bucio	29th
Clint Johnson	14th	Garland Roberson	30th

MARCH Anniversaries

Randy Timms	20 years	Erick Niemeier	2 years
Rodney Timms	20 years	Frank Johnson	2 years
Todd Coker	12 years	Laurie Donnelly	2 years
Forrest Cooper	7 years	James Bradley	2 years
Theodore Champlin	6 years	David Lay	2 years
CE Knox	5 years	Robby North	2 years
Donna Knox	5 years	Ronald Clark	2 years
Patrick Lumpkin	3 years	Charles Hendryx	2 years
Timothy Kennaman	3 years	Jeremy Gray	2 years
Tim Poussard	3 years	Robert Burham	1 years
Timothy Duval	3 years	Thomas Quinn	1 year
Derrick Haslerig	3 years	Kenny Parsons	1 year
Arthur Keith	3 years	Milton McClellan	1 year
William Alford	2 years	Ronald Rivero	1 year
Rosa Kerley	2 years	John Perry	1 year

President's Corner



Rodney Timms

“Thankful”

March 2016

We are all so THANKFUL for our new place. Together we can be a complete team striving to complete the DREAM. Thanks to all our employees for everything you have accomplished and will accomplish, we are extremely blessed.

Working together as a TEAM will make life easier for everyone!