



## Shipping, Storing, Serving, Smiling! Delivering our promises every minute, every hour, every day!

### CA BOVER OFFICE

By Jeff Jenks  
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It seems like the major objective in the first couple of months of each year is to try to predict what the economy has in store for us for the remainder of the year. (For many of our manufacturing customers this is old news because decisions had to be made long ago to get product to market this year.) I've had the good fortune to attend two breakfast seminars presented by two of our major lending institutions. Each of these has a serious interest in preventing me from making too many bad decisions!

The message from both I would best describe as optimistic pessimism: very little growth if any and it wouldn't take much to tip into recession. Fortunately for us most of our customers didn't attend, nor agree and seem to be very optimistic about the year ahead. We agree, in fact, in my 30+ years in this industry I've never been faced with as many exciting possibilities as we have before us right now. Biodiesel, wind power, long doubles, and trucks built from the ground up in our new shop... just to name a few.

And to close on a really upbeat note, I want to share some news from a great article found in the February 2008 issue of DC Velocity magazine. Mitch MacDonald, in his article titled, "Made in America (once again)", starts off with this: "Late last year, a French manufacturer announced plans

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### LETTER FROM THE EDITOR

By Julie Lefelhoc  
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This is the time of year when many of us have made our resolutions to live a healthier lifestyle- we go on diets, start a fitness plan, etc. But, what do you do if you spend your time in a truck, have no access to a gym and eat most of your meals on the road?

To try and answer that question, a website was recently launched called [www.transportfitness.com](http://www.transportfitness.com). A gentleman named Greg Onken who owns a logistics company started the site after he lost a driver, who was a long time friend, to health related problems. The site is free to visitors and members and gears its information to those in the trucking industry. It offers many articles and resources and even exercise kits for drivers to give them some tools to try and get a workout in away from home and with little space.

Truck driving is a lifestyle, not just a job, and has become a very unhealthy one. Truck drivers face more health risks than the general population due to the sedentary responsibilities of the job, little access to healthy food

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## EMPLOYEES IN THE SPOTLIGHT

By Bambi Snyder

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One of our drivers, Robert Stanley has asked me to share this interesting and informative information about "Smart Drivers" with you from the Federal Motor Carrier Safety Administration.

Share the Road Safely – Trucks are important to the United States economy. They transport products that are critical to life – and those that make life a lot more comfortable. However, as a motorist, sharing the road with large trucks can make you feel very uncomfortable.

Protect yourself and your passengers by learning how to share the road safely with large vehicles.

### 5 Ways to Share the Road Safely with Trucks

1. Don't cut in Front of Trucks – Trucks leave extra room behind the vehicles they follow because it can take them twice as long to stop. If you move into that space and have to brake suddenly, you cut the truck's available stopping distance in half- placing you and your passengers in danger. Anticipate the flow of traffic before pulling in front of trucks. Statistics show that more than 60% of fatal truck crashes involve impacts with the front of the truck. Trucks are not equipped with the same type of energy-absorbing bumpers as cars. When a car is hit from behind by a truck the results are too often deadly.
2. Stay Out of the "No-Zone" - Watch out for the blind spots, or the NO-Zone, around large trucks and buses. Because of the truck's size, truck drivers must react faster than car drivers in emergency situations. If faced with a potential front-end collision, the truck driver may turn into your lane not knowing you are there. Truck driver have huge blind spots around the front, back and sides of the truck. So be safe and don't hang out in the No-Zone.
3. Avoid Tailgating - Large trucks are almost as wide as your lane of travel. Driving too close behind one prevents you from reacting to changing traffic conditions. If you are too close to the rear of a truck and there is a slow down on the highway, debris in the road, or an accident, you won't notice it until it is a braking emergency. If there is a problem ahead, your first hint will be the truck's brake lights. But if you happen to be distracted or fatigued, you may

not be able to react in time. If you hit the rear of a truck you'll quickly learn that trucks are unforgiving. There are no impact-absorbing bumpers and the metal bumpers they do have may not align with yours. So be smart and give yourself plenty of room.

4. Wear Your Seatbelt - Buckling your seatbelt is the single most important thing you can do to save your life in a crash. A seatbelt will keep you in your seat and help you maintain control of your vehicle. The safest place for kids is in the backseat, buckled up or in a car seat. So, be safe and always buckle up!
5. Beware of Highway Shoulders – Nearly 2,000 people die each year in highway shoulder collisions. They are some of the worst accidents, usually caused by other drivers on the highway. If you break down or pull over on the highway shoulder, it is important to understand the position you and your passengers are in. When a parked vehicle on a highway shoulder is struck by a moving car, the damage suffered by the parked car is severe. When the moving vehicle is a truck, weighing as much as 25 cars, the result is tragic. Avoid highway shoulder whenever possible. Try to exit from the highway, even if it costs you a tire or rim. If you cannot exit, consider whether you are safer inside or away from the vehicle. Your decision could save your life.

DO YOUR PART TO BE SAFE. Large trucks do not operate like cars. They are so large that accelerating,

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### 4th Quarter 2007 Safety Bonus Award Winners



*Kneeling front row: John Phillips, Lana Long, Greg McCurry, Ed Keener & Ray Kooyman.*

*Standing: Martin West, Rob Strang, Charlie Cash, Jeff Jenks, Rick Akers, Bob Stanley, Wayne Kasper, Walt Asuma, Gary Stone & Chuck Brooks.*

*Not Pictured: Darl Feters, Don Offutt, John Harris, Ed Guidosh, John Killough, Allan Smith, Ken Call, Steve Hudson, Woody Runyon, Brian West, Dan Peters, Marshall Sterba, Lee Banks & Rick Dearing.*

*New  
Lobby*



## Shop News

By Melissa Jewell  
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I was hoping to start off with the good news that our new maintenance facility was up and running, but as we all know there are always unexpected delays in construction. Needless to say, we are still patiently waiting to get into our new digs of 16,000 square feet of truck and trailer work space, and 1,400 square feet of parts and office space. This space gives us the capability to carry more parts in stock to accommodate our growing outside customer relationships. As of now we stock top name brands for, filters, wheel seals, bearings, shocks, brakes, brake drums, brake chambers, belts, batteries, u-joints, etc..., etc... Our parts department also carries many trailer parts as well, and has the ability to get almost anything our customers need with top name brands available. We also carry a variety of trailer straps, winches, chains, strap protectors, and almost any lighting needed. As parts manager I will work hard to get all my customers what they need with the best prices available.

*Truck  
Bays*



Our maintenance facility repairs all makes and models. We do not only work on Truckmen equipment! Dave Jewell, our Director of Maintenance/Shop Manager, and his team of professional mechanics handle many outside contracts for fleets and local owner operators. At Truckmen Truck Services we will treat your truck or trailer as one of our own, and rest assured that when you get it back on the road, you can be confident that it will perform as it should. Since we are part of a trucking company, Truckmen Truck Services understands the need to get your equipment back on the road as quick as possible. We welcome walk-in-customers and our goal is to get you fixed as quickly as we can and get you back out on the road truckin' to deliver your load. We understand the value of your time, and will strive to accommodate you as best we can. Dave Jewell has kept our Truckmen fleet running for over 15 years and is available along with myself to answer any of your questions.

Our new maintenance facility has an additional drive-through bay, that accommodates both truck and trailer, allowing you to stay hooked to your trailer for that occasional quick repair, making it more convenient and saving valuable time. Each mechanic will have their own bay door at their workstation ready to service your equipment. I welcome any questions about our new facility, so don't hesitate to call or drop us an e-mail. All of us at Truckmen Truck Services look forward to serving you, so take the time and come check us out. Our new estimated time to be in our new building is the 2nd week of March. Come take a look!!

*Drive-Through  
Bay for truck  
and trailer*



### Cabover Cont'd

to open a \$200 million production plant overseas. The offshore facility will employ 350 native workers, who will build steam turbines, gas turbines, and generators for use in power generation facilities. Where is it building the plant? Contrary to what you might expect, it's not China, Vietnam, or Taiwan. Nor is it Thailand, Malaysia, or the Philippines. The French power systems maker, Alstom, is building its new factory in Chattanooga, Tenn."

The article goes on to list several other foreign based global corporations making similar plans in the U.S. Citing a superior work force, the rising cost of transportation, and a superior infrastructure, MacDonald surmises that "Made in America' might be the secret to a streamlined supply chain and a better bottom line".

I'm not adjusting well to paying \$3.00+ per gallon for diesel, but I'll feel better if it helps drive good jobs back to the U.S.

Drive Safely!

### Editor Cont'd

and the inability to regularly see health professionals due to their schedules. The lifestyle that they have chosen because they might love the open road tends to cause back pain, weight problems, heart disease, diabetes and more. A growing number of drivers also have sleep disorders, such as sleep apnea, which comes with the inability to sleep on a set schedule. Transport Fitness approaches the problem by trying to teach the driver how to make small adjustments: things that are more manageable and not so overwhelming, but that might make a big difference over the long run.

I don't think you have to be a truck driver to appreciate this approach. I think we all struggle with these issues. I spend most of my time sitting at a desk during the day, as many of us do, often staring at a computer screen (like right now). I already get up much earlier than I'd like to get my family out the door on time and return later than I'd like to have a few hours with my kids before they go to bed. I have a difficult time trying to figure out when exercise is supposed to happen.

In my attempt to solve that problem, last week I

talked to my husband about having "family fitness night" at our community fitness center. I thought that he could spend some time with our 4-year-old son doing some sort of activity and I could push our 1-1/2-year-old daughter around the field house track in the jogging stroller. I can't help but write about the results because my kids just provide so much good material!

The boys went off to "play" racquetball (although I was pretty sure it was going to consist of a lot of ball chasing and missed swings) and Annalise and I started our laps around the track. We were interrupted, however, by a wailing sound that echoed down the hall of the fitness center as my son came into view crying and my husband had a look of disgust on his face. Apparently the crying was not due to any major injury, but more a combination of a very small cut on Aidan's hand and a need for a nap. So, we headed to go home and as we collected our things and put on our coats, I heard the fire alarm go off in the fitness center. I turned and in horror noticed my son standing next to the pulled alarm with a look of guilt and trepidation as he stared at the lights flashing throughout the building and watched the people filing out right past us. Everyone had to leave the building and we had to wait for the firemen to come to reset the alarm. I don't think I've been that shade of red since I fell down the stairs in front of a hundred people in college!

My husband fled to get the car and I alternated between apologizing profusely to the desk clerk and lecturing Aidan about not touching things when we don't know what they are. Why in the world would they have an uncovered fire alarm at a 4-year-old's level, anyway? I mean, come on, doesn't anybody realize that's an invitation for a pre-school boy to find out what it does? Ugh...

Anyway, I was informed that we would never be taking the kids to the fitness center again. So, I'll have to go back to the drawing board to come up with some other time to exercise. I've signed up with Transport Fitness thinking that maybe some of these little changes will work for me too.

Good luck with your own resolutions and best wishes for good health!

### Spotlight Cont'd

slowing down, or stopping takes more time and much more space than any other vehicle on the road. They have large blind spots and make wide turns. They are not as maneuverable. If they come upon an unexpected traffic situation, there may not be enough room for them to avoid a collision.

Research reveals that passenger car drivers made mistakes in 70 percent of the fatal crashes involving large trucks. While everyone is entitled to make a mistake, colliding with a truck could be your last one. YOU are your best protection on the highway!

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