

Strickly Business !!

FMCSA Important Reminder!!

December 2003


Volume 1, Special Edition

2003 Year End Special Edition

Here we go again guys and gals with another issue of "Strickly Business". This time it's a special edition. It's the end of the year and were taking it out with a "BANG". This is your last chance to win the mystery "GRAND PRIZE". Remember, the prize will be given to the driver with the most points at the end of the year.

September 30th ended the mileage third quarter. You will not believe your eyes when you see who ran the most miles.

Find out who the "Road King" is, read his profile on page 3.

We'd like to congratulate  Carlos Torres for being "Violation Free" for three consecutive months. Trevor Ennis, Derrick Campbell, Barrie Cox, Donna Castillo and Curtis Hutchins were also "violation Free" during the month of October. All "Violation Free" drivers will receive \$25 in Western Dollars towards the treasure chest and a certificate for their outstanding performance.

Log on to our website to see What's Hot vs., What's Not in "Strickly Business" at www.westerntrans.com. Stay in your seat and keep reading cause Western's got the Heat!

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Peterbilt VS. Kenworth

In the 2003 Heavy Duty Truck Customer Satisfaction Study done by J. D. Power and Associates Peterbilt scored the highest among over-the-road Class 8 trucks for quality, exterior, engine, ride, handling, braking

and transmission factors.

Kenworth's T800 and W900 scored exceptionally well in customer satisfaction among P&D customers and ranked above average in the segment.

Special points of interest:

- Large trucks could pay \$55 to \$67 in tolls to drive through Virginia on Interstate 81 under two proposals state officials are considering to improve the 325-mile road.
- "Work Truck Show" March 3-5 2004 held at the Baltimore Convention Center. For more info log onto www.ntea.com.

Important Reminder from the FMCSA!!

On **January 4, 2004** the new Hour of Service rules and regulations will go into effect. Take a moment to read the insert and the following information, it may assist you in having a good understanding of what is expected from the Federal Motor Carrier Safety Association (FMCSA). If you have any questions regarding the revised HOS contact the Safety Department for assistance.

Top 10 Sleep Tips

1. **Keep a regular sleep schedule.** Our sleep-wake cycle is regulated by a circadian clock in our brain and the body's need to balance both sleep time and wake time.
2. **Avoid caffeine.** Caffeine is a stimulant, that can produce an alerting effect. Products such as coffee, tea, colas and chocolate will remain in the body for 3 to 5 hours but can be effective up to 12 hours later.
3. **Avoid nicotine.** Nicotine is also a stimulant. Smoking before going to bed causes difficulty sleeping, problems waking up in the morning and it may cause nightmares. Smokers experience withdrawal symptoms while sleeping causing sleep problems.
4. **Avoid alcohol.** Consuming alcohol leads to less restful sleep. Many people think of alcohol as a sleep aid but it actually disrupts sleep.
5. **Do not eat or drink close to bedtime.** Eating or drinking too much may make you less comfortable when settling down for bed. Avoid heavy meals. Spicy foods contribute to heartburn which leads to difficulty falling asleep and discomfort at night.
6. **Exercise promotes sleep.** Exercising regularly makes it easier to fall asleep and contributes to sounder sleep. Finish your exercise at least 3 hours before going to sleep.
7. **Use relaxing bedtime rituals.** Avoid arousing activities such as working, paying bills, competitive games. A relaxing routine right before bedtime conducted away from lights signals to your body it's that time again.
8. **Make sleep environment comfortable.** Cool, quiet, dark places are most comfortable for sleeping. Turning the television off at night will make it easier to sleep and increase comfort.
9. **Limit sleep time in bed.** If you do not fall asleep within 15– 20 minutes of going to bed and turning off the lights, it is best to get out of bed , do something relaxing that will make you feel sleepy. Nap during the day only when needed to maintain alertness.
10. **Stay within DOT rules and regulations.** Get the required amount of sleep to avoid violations. Drive safe we care!!!



Driver Profile



He is the third quarter "Road King". "Shade Tree Mechanic" who enjoys fishing and Most of you know him by his country boy accent and CB Handle "Suntan Superman". James L. Parson of Memphis, TN has been successfully putting in miles for our company since 2001 with his "tricked out" 1999 K.W. (Kenworth). "Suntan" is married and the father of four handsome boys.



dining at the "Golden Corral", his favorite restaurant. He also throws a mean game of Horse Shoes with the boys when he's not putting his truck in the wind.

James is a Cancer with a humble but hilarious personality. Western Transportation, Inc. would like to thank and congratulate "Suntan Superman" for his outstanding performance.

I bet cha didn't know he is a

When you come to a fork in the road, take it.

FMCSA News Flash!

The FMCSA has revised the medical examiners form used to record physical qualifications of commercial motor vehicle drivers. The changes are said to result in more frequent physical exams for those suffering from high blood pressure. The guidelines are considered recommendations only medical examiners still have some discretion when determining driver's fitness to drive. North Dakota recently increased the speed limit on it's four lane highways and interstate roads. The new legislation raises the speed limit to 70 mph on four lane roads outside the interstate system, including U.S. 83 from Bismarck north to the Minor Air Force Base; U.S. 2 from Grand Forks west to Burlington and U.S. 52 from Jamestown north to Buchanan. The increase speed limits come with increased fines.

Year End Transportation Trivia

It's the end of the year and Western's hitting you with another brain twister. This special edition of "Strickly Business" is your last chance to accumulate points towards the "GRAND PRIZE". The transportation trivia bonus question is worth 50 points.



GOOD LUCK AND HAPPY THINKING !!!



Transportation Trivia

Name _____

Date _____



1. All trailers must be equipped with overload protective devices?

TRUE or FALSE

2. All brakes on a trailer are required to be applied automatically upon break-away?

TRUE or FALSE

3. Retractable or lift axles must be equipped with brakes?

TRUE or FALSE

4. Driver daily logs are required to be turned in within _____ days of delivery.

5. Mount Rushmore is located in _____.

BONUS!!! (worth 50 points)

Name the state or states where the highlighted cities are located.

Speed can result in a man having ninety-six broken bones. So, why not be wise and slowdown or suffer from the truth or consequences.

Write answers below, detach , and mail to office.

Speed _____ Result _____ Man _____

Ninety-six _____ Why Not _____ Wise _____

Truth or Consequences _____

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This **Holiday Season** enjoy a **Banana Split Pie** with your family. Prepare in 30 minutes.

1 9 inch prepared chocolate cookie crust

2 Sliced bananas

1 Quart softened strawberry ice cream

1 20 ounce crushed pineapple, drained

1 cup heavy whipping cream

1/4 cup chopped walnuts or almonds

1/4 cup maraschino cherries (optional)

Directions

Mix cookie crumbs with 1/4 melted butter/margarine. Press into 9-inch pie plate. Arrange bananas over bottom of crust. Spread ice cream in an even layer over bananas. Top with drained pineapples. Whip cream and spread over top. Sprinkle with walnuts. Place pie in freezer for 4 hours or until firm. Garnish with cherries, if desired. Makes 8 servings.

WESTERN TRANSPORTATION INC.

REMEMBER IT'S NOTHING PERSONAL JUST .. "STRICKLY BUSINESS"

