

Welcome to the 2004 "Strickly Business" Newsletter!



Introduction

Happy New Year to all of Western Transportation, Inc. employees, drivers, customers, and colleagues. We hope everyone enjoyed the holiday season. This year Western Transportation, Inc. will be introducing new topics, trivia, give-a-ways and more. We are committed to improving our service to customers and growing as a team.

"Strickly Business" was designed as a fun way to keep our drivers and customers up to date with current news, information, and our calendar of events. In this issue we will be talking about some very serious topics that you don't want to miss. In 2003 we touched base on the new Hours of Service rules and regulations, challenged you with the Transportation Trivia, and gave you some delicious recipes to try on the road, at home, or in the office. This is year we are turning the heat up with our new FACT or FUN quiz, tips on relaxation and massage therapy, health and fitness, on the road remedies, year round holiday highlights, sleep and self esteem, and much more. Log onto our website at www.westerntrans.com for opportunities to win Western dollars and/or give-a-ways or simply stop by the office to pick up your copy of "Strickly Business".



This just in...

Congratulations to Gregory Walls, the winner of our 2003 Transportation Trivia Contest. Greg did exceptional well with 165 points. Now, that's what I call happy thinking. He took home a special prize for him and a friend. Since the grand prize was a secret, we'll let Greg spill the beans. Ask him what he won while congratulating him on his success. To become a winner send in the completed FACT or FUN quiz or if you want visit our website @ www.westerntrans.com enter to win the contest there. At the end of each quarter the driver with the most points will receive a special gift. If you have a trick or trivia question you would like to share with us contact the office at (888)459-1919 or mail your suggestion or comment to 1600 Hart Street Suite 1 Unit 1 Rahway, NJ 07065. Thank you for your support in this

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Special points of interest:

- *New York is the most popular, and largest city in the US.*

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Health and Fitness

This section of our newsletter was created as a guide to help drivers stay healthy and fit while on the road. Through out the year you will see interesting topics like, [10 ways to diet while on the road](#), [healthy recipes and truck stop meal suggestions](#), [ways to watch your weight](#) and [more](#). We hope you will find this section helpful as you continue to keep those wheels rolling in "Truckers World".

In "Truckers World" time is a very important factor to being successful. Once a driver starts running late it's difficult to get back on schedule. Therefore, they must rush to eat, shower, and deliver the load. Which brings us to our Health and Fitness topic. Eating on the run. Is it just heartburn or a serious untreated health problem?

Many people will admit to occasional bouts of heartburn. And many will say they know how to handle it with over the counter antacids. But what they don't know is they may be ignoring symptoms of [gastro-esophageal reflux disease \(GERD\)](#). Often people dismiss symptoms of [GERD](#) as nothing more than an annoyance but, if left untreated, it can lead to other, more serious medical conditions. If you suffer from [GERD](#) symptoms a few times a week, it's time to see a doctor. Why people get [GERD](#) remains uncertain, according to the [National Institute of Diabetes and Kidney Diseases](#).

The Institute says alcohol use, smoking, being overweight, pregnancy, citrus fruits, chocolate, garlic, onions, tomato -based and spicy foods could contribute to [GERD](#). Drivers if this occurs more than a few times a week you may be suffering from [GERD](#). Consult with a doctor before taking an over-the-counter medication.

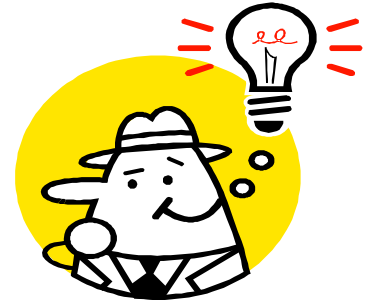
FACT or FUN

It's a new year and we've got some new questions and prizes. Say goodbye to Transportation Trivia and Hello to "FACT or FUN!" Join the fun with Western today. There is plenty of goodies in the treasure box to go around and only one way for you to see what's inside. Don't let this opportunity pass you by. You can accumulate points and Western Dollars just by answering a couple of questions. So come on and get with the program. Test your knowledge. Complete the questions on page 3 and submit them to the office ASAP...

FUN or FACT

Name _____

Date _____



Circle **FACT** if the statement is true and **FUN** if it is false . Each question is worth 20 points. Answer the Master Mind correct for 100 points. All points can be used to redeem Western Dollars and purchases from the treasure box.

Example: The Cascade and Flat Head Tunnel are the longest tunnel's in the United States.

FACT

or

FUN

1. All **commercial vehicles** are **required** to have **hydraulic brakes** applied to each tire for **emergency stopping**.

FACT

or

FUN

2. **Coloring** or **tinting** of **windshields** and **windows** are **not** permitted in the state of **Iowa** unless it is more than 70%.

FACT

or

FUN

3. **Louisiana**, **New Mexico**, and **Illinois** are the border states to **Texas**.

FACT

or

FUN

4. **Roadrunner** is the **nickname** for **New Mexico**.

FACT

or

FUN

5. The "**Equality Meadowlark**" is the **state bird** for **Wyoming**.

FACT

or

FUN

It's time to play "**MASTER MIND**" (each correct answer is worth 10 points)

List the **top 10, largest cities** in the **United States** from **largest** to **smallest**.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

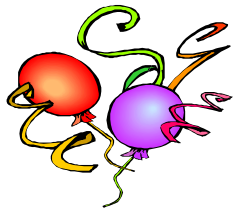
7. _____

8. _____

9. _____

10. _____

Birthday Blessings



Western Transportation, Inc. recognizes our drivers born in the month of January.

Odilon Reyes-1/1

Gregory Walls- 1/22

Wishing you a Birthday blessing and many more to come. Thanks for being apart of our team. Keep up the good work.



"Happiness is not a destination. It's a method of life."

Driver Profile

Hey, can you guess who the driver profile is? Well here's a hint, his name has been mentioned already. His CB Handle is "Goofy". No, not the cartoon character but Gregory Walls from Effingham, IL. Western Transportation, Inc. has had the honor of working with Mr. Walls since 2002. Greg is the father of two beautiful girls, his pride and joy. He loves spending time with the girls when he's not transporting loads from state to state. He also works on cars and enjoys catching fish while taking down a few Bud Lights. Goofy is a Aquarius with a huge appetite for Steak and he enjoys gravy on just about anything. He's a hard worker with a giving personality. Oh let's not forget he can be a real comedian from time to time. Western thanks Greg for continuously working with us year round and we applaud him for his dedication to our company.



"Shoot for the moon. Even if you miss ,you'll land among the stars" -

-Les Brown

Hours of Service Frequently Asked Questions

What happens if a driver is on-duty for 14 hours but not driving?

If a driver is on-duty, but not driving the driver may remain on-duty for more than 14 hours; however, the driver cannot drive after the 14th hour after coming on-duty. The additional on-duty time will also reduce subsequent on-duty time available under the 60/70 hour rule.

Will drivers still be able to split sleeper berth time?

Yes, Drivers may split on-duty time by using sleeper berth periods. These drivers may accumulate the equivalent of 10 consecutive hours off-duty by taking 2 periods of rest; as long as neither period is less than 2 hours. Driving time in the period immediately before and after each rest period when added together does not exceed 11 hours. The on-duty time in the period immediately before and after each rest period when added together does not include any driving after the 14th hour.

Will waiting in line at a terminal, plant, or port, be considered "off-duty" or "on-duty", not driving?

Waiting time regardless of location is considered on-duty, not driving.

May a driver spend part of his 34 hours of consecutive off-duty time in a sleeper berth?

Yes, provided the 34-hour period is consecutive and not broken by on duty or driving activities.

Will one sleeper berth period that is a minimum of 2 hours in duration extend 14-hour limit?

No, In order to extend the 14-hour period, the driver must have at least 2 periods in the sleeper berth. One of the periods must be at least 2 hours. The sum of the two sleeper berth periods must be at least 10 hours.

If a driver is put out of service (OOS) for a violation of the 60/70-hour rule, does taking 34 hours off-duty give the driver an automatic restart?

An off-duty period of 34 consecutive hours will restart the 60/70-hour clock, provided the off-duty period required to restore compliance with the 60/70 hour rule is less than or equal to 34 consecutive hours, then the driver must remain off-duty for that longer period.

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*Were on the web!
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IT'S NOTHING PERSONAL JUST "STRICKLY BUSINESS"

