

Remember it's nothing personal just... "Strickly Business"

INTRODUCTION

In this issue of "Strickly Business" WTI is introducing a new column of our newsletter. Thanks to the comments of our drivers. Gossip will never be the same.

Also, we are revealing the Top 15 Funniest things to do while driving! How many people have you ever seen stick a stuffed animal out a sunroof because the person behind them wouldn't stop blowing the horn? Have you ever smeared ice cream on the car door parked next to you in a parking lot? If you think that's funny wait until you see our list!!!

WTI is still on the hunt for Owner Operators. We are offering bonuses up to \$100 Western Dollars for referrals. Share this opportunity with a friend by referring them to our website www.westerntrans.com or call 1 (888) 459-1919 extension 229.

Don't wait or hesitate this chance is too GREAT!!!



Birthday Blessing



Happy Birth Day . . . to you

Happy Birth Day to you

Happy Birth Day Barrie

Happy Birthday to Y&V !!!!!

Barrie Cox is celebrating his birthday this month with the WTI. He is the only Aries in our bunch. Barrie was born on April Fools Day, um teen years ago. WTI sends a special birthday blessing to Barrie Cox.



Don't let this April Fool Day baby, Fool you , he's over 25!

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Special points of interest:

- Happiness is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes softly and sits on your shoulder.



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CLASSIC CAKE

7 Up Cake

Ingredients

3/4 lb Butter

3 cups Granulated sugar

5 Large Eggs

3 cups of Swan's Down cake flour

2/3 cup of 7-Up soda

1 teaspoon vanilla flavoring

1 teaspoon lemon flavoring

Instructions

Preheat oven to 350 degrees.

Cream butter; gradually add sugar to butter and beat until fluffy.

Add eggs one at a time and beat thoroughly.

Alternately add cake flour and 7-Up beginning and ending with the flour.

Beat well after each addition.

Last add extracts.

Mix thoroughly

Bake in greased tube pan for approximately 1 hour

Cake is done when toothpick inserted comes out clean.

Enjoy!!

Send your most famous family recipe or comments regarding this recipe to:

Western Transportation, Inc.

1600 Hart Street Bldg 1 Unit 1

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UnScRAMBLE the SCRABBLE

Unscramble the Scrabble below.

The 15 words below represent cities and/or states that have been scrambled and scabbled.

Each correctly unscrambled word is worth 10 points.

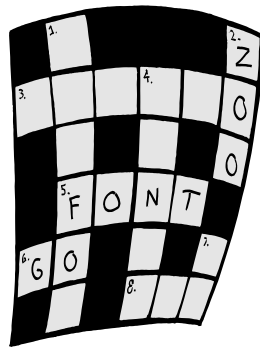
Points can be used to redeem **WTI** dollars that can only be used for purchases from the Transportation Treasure. The treasure box contains prizes like 25 disc cd holder, mugs, shaving kits, chess games, key chains, and more.

If you have not had the chance to dig into all this fun here is your opportunity.

Unscramble

Answers

1. VCEA ATB
2. ELLACHAOC
3. ORIUISMS
4. URGBESLAG
5. RETDABWA
6. GNIYOMW
7. LAHOMAHKAO
8. EGRONO
9. EEB BLEMUB
10. CNPAI
11. UTPLAŞO
12. ANKSASTRA
13. ROYDE
14. MAHABA
15. NSINŞIWOC



BONUS:

Unscramble the words below and list your answers in the space provided to receive an additional \$50 Western Dollars

1. RANTOSNOPTIATRETNWŞE
2. GHTNERILEIRF
3. MAOZAKLOA

WTI Driver Gossip

The Pillsbury Doughboy Story

The Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects. Including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The gravesite was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very "smart" cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still, as a crusty old man, was considered a roll model for millions.

Doughboy is survived by his wife, Play Dough; two children, John Dough and Jane Dough, who has one in the oven. He is survived by his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 minutes.



The Top 15 Funniest Things to do when driving...

15. Laugh a lot. A whole lot.
14. Look behind you frequently, with a very paranoid look.
13. Hang numerous car-fresheners in the rear-view mirror. Talk to them, stroking them lovingly.
12. Vary your vehicle's speed inversely with the speed limit.
11. Wave at people often. If they wave back, offer an angry look.
10. Pass cars, then drive very slowly.
9. Restart your vehicle at every stop light.
8. Sing without having the radio on.
7. Honk frequently without motivation.
6. Stop at the green lights.
5. Go at the red lights.
4. At stop lights, eye the person in the next vehicle suspiciously. With a look of fear, then lock your doors.
3. Get in the fast lane and gradually... slow... down... to a stop. Then get out and watch.
2. Roll down your windows and blast talk radio. Attempt to head bang.
1. Have conversations, looking periodically at the passenger seat, when driving alone.



Drivers Don't Try This One On The Road!!!

If someone on the gets in your way remember the #1 thing to do.



Driver Profile



This driver has two aliases at **WTI**. Carlos Terrorist oops.. I mean **Carlos Torres** is best known by his nicknames “**Smoke Stack**” and “**Dear Abby**” By the end of this passage you will agree that his nicknames compliments his character.

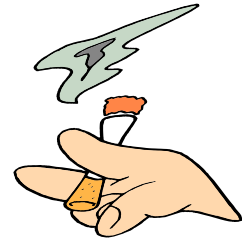


When Carlos is around you are guaranteed to hear a few crazy jokes that will make you go hum...? We often tell him he is in the wrong profession because he cannot seem to stop making people laugh. “**Dear Abby**” loves to gossip about any and everything whenever possible. If he doesn't know, you can rest assured he'll find out. The name “**Smoke Stack**” is self explanatory.

He takes great pleasure in getting the “**Boss Man**” and “**Boss Lady**” wound up tight. Carlos will sometimes call in just to aggravate them. Once he has done that, his day is complete. *Mission Accomplished!!!*

Carlos is the father of three lovely daughters. Just recently he had the honor of playing “Father of the Bride” to his youngest. In addition to his daughters he has two grandchildren.

Being apart of the **WTI** team for more than two years he is considered to be a veteran. His commitment and dedication to the company is unsurpassed. We enjoy his presence in the office and we are always wondering what he will come up with next.



To Your Health



It is a fact that “breakfast is the most important meal of the day”. Are you too busy to eat breakfast? Well, you are not alone. Often we grab a cup of coffee and a pastry and call that a meal.

Researchers from the Georgia Centenarian Study reported that people who reach the age of 100 tend to consume breakfast more regularly than those who skip the first meal of the day.

What makes breakfast so important?

Nutritionists say there are at least four good reasons why a healthy diet should begin with a solid breakfast.

1. **High fives-** People who skip breakfast generally fall short on the recommended 5 servings per day.

2. **A bowl of fortification-** Cereal contain an array of important vitamins and minerals which help prevent birth defects and lower risk of heart disease and colon cancer.

3. **A head start on fiber-** Experts suggest 25 to 30 grams of fiber a day to be our healthiest. The average American consumes only 13 grams, putting us at risk of heart disease.

4. **Filling up instead of out-**If you are trying to drop a few pounds, sitting down to a healthy high-fiber breakfast could be the key to success. Fiber slows the digestive process.

Suggestions to help fit breakfast into your schedule are:

Consider setting your alarm clock 15 minutes

earlier.

Make sure breakfast includes at least one, preferably two servings of fruit.

Eat high fiber foods like toasted whole grain bread, cereal, or oatmeal.

Sit Down To A Healthy Breakfast and- - who knows?— you might even add years to your life.



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*Do not follow where the path
may lead. Go instead where
there is no path and leave a
trail.*
- Muriel Strode

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