

Remember it's nothing personal just...  
"Stirckly Business"!!!

## INTRODUCTION

Winter is just about over. Say **"Adios"** to the black ice, bad road conditions, and frigid weather! Spring is on its way with flowers, trees, and business in full bloom. We will soon be able to shed that heavy outerwear and begin to lighten things up a bit.

Speaking of spring. It's time to spring into action! Western Transportation, Inc. is looking for a few good trucks. We are heavily concentrating on recruiting new owner operators to lease on with our company. In your travels if you run across any good candidates have them call our office or check out the website for further information.

Also, here is your chance to win Western Dollars! For each person you recommend that signs on, stays six months or more **YOU** can win \$100.00 in Western Dollars. This is another opportunity to add Western Dollars to your pockets. So let's get busy!

Volume 2, Issue 3  
March 2004

### Inside this issue:

People are Talking About..	2
Profile of the Month	2
Two Delicious Desserts	3
<b>FACT or FUN Quiz</b>	4
MASTER MIND	5
CARING FOR YOU	6
10 QUIT SMOKING TIPS	6

## KUDOS!!!!!!

*Congratulations to Barrie Cox! Since the new Hours-of-Services rules went into effect on January 4, 2004 he is the only driver in our fleet to be 100% "Violation Free" for the month of January.*

*Barrie was profiled in the last issue of our newsletter and if you remember he takes pride in being violation free at all times.*

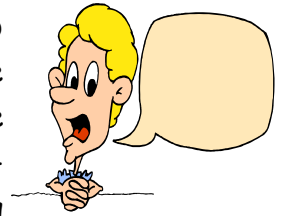
*In addition to receiving his award he*

*will also receive \$25 in Western Dollars for his outstanding performance.*

*If you are still struggling with the new HOS rules, contact our safety department for more information ( 732) 381-7500 extension 223. We are here to help.*

## People are Talking About...

On January 6th, two days after the new hours-of-service rules went into effect, the Federal Motor Carrier Safety Administration had to operate around the clock handling 150 to 200 calls per day. Everyone is calling the new HOS the "Hours of Confusion". From carriers, to shippers, law enforcement officials, and truck drivers at truck stops everyone is talking about the "Hours of Confusion". One person even went to the extent of threatening to use a deadly poison if the new hours-of service regulations take effect. Now that's really extreme!! Needless to say the rules are the rules and we must abide by them.



It is our job to help our drivers understand the new rules better. We have contacted the Department of Transportation to answer some of your questions. If you need additional training or clarification of these issues contact the safety department for assistance. Call the office or contact us by mail or e-mail for the correct answers.



Don't threaten any enforcement official because you might get more than a citation!!!

**Be Safe We Care!!!!!!**

## Profile of the Month

As you all know every month **WTI** profiles one of it's drivers. The purpose of the driver profile is to familiarize ourselves with our co-workers. Too often we don't know all the players on our team because we "drop and hook" trailers all over the country and do not have the opportunity to meet.

This month we are introducing you to *Vicente Sosa*. Vicente enjoys fun computer games, planting anything from flowers to vegetables on beautiful spring or summer days. Gardening is one of his favorite hobbies in addition to dancing. He had been known to dance the night away! For those of you who might pass Vicente on the road his CB Handle is "Jack Rabbit".



Being with our company for more than five years we consider "Jack Rabbit" a company veteran. We appreciate the commitment he has given to our company and thank him for his dedication. *Vicente* has received numerous awards and kudos for being "Violation Free" in his logs and roadside driver/vehicle inspections. Let's encourage him to keep up the good work.

If you would like to recommend the next person to be profiled in future issues of "Strickly Business" send your suggestion to our editor at the main office.



## Two Delicious Desserts



### Mississippi Mud

26 Oreos, finely crushed  
 1/3 cup melted butter  
 2 small boxes instant vanilla pudding  
 2 1/2 cup milk  
 8 oz. Container cool whip



### Instructions

Mix Oreos and melted butter. Spread over the bottom of a 9"x13" pan. Place in freezer for 20 minutes. In the meantime, blend the pudding with the milk. Fold in the cool whip. Spread over the cookie crust and freeze for at least another 20 minutes. If desired, top with more Oreos or chocolate syrup.



### Lemon Bread

1 1/2 cup flour  
 1 cup shortening  
 1 3/4 cup sugar, divided  
 1/2 cup milk  
 1 tsp. baking powder  
 Pinch of salt  
 Grated rind of one lemon  
 Juice of one lemon



### Instructions

Pre-heat oven to 350 degrees. Cream the shortening, milk and eggs together in large mixing bowl. Then add 1 cup sugar, baking powder and salt. Gradually adding flour. Fold in the grated lemon rind. Bake in a greased and floured loaf pan for 45 minutes or until a toothpick entered into the center comes out clean. While the bread is still hot, combine the lemon juice with the remaining sugar and then spoon the mixture over the loaf. Allow to cool before removing from the pan.

To enjoy more fun recipes log onto [www.colonize.com](http://www.colonize.com)  
 We hope you enjoy this recipe.





## FACT or FUN QUIZ.....



Name \_\_\_\_\_

**Drivers** we need your participation to keep the ball rolling. We offer Western dollars, prizes and more.

The **FACT or FUN** section of this issue is based on the *Out of Service Criteria*. Take your time when answering the questions they can be very tricky.

Each question is worth **\$10** in Western Dollars. The Master Mind question is worth a total value of **\$75** Western Dollars, if answered correctly.

1. A driver **WILL** be put OOS for 10 consecutive hours for any of the following violations **except**

- A) Driving more than 11 hours .
- B) Falsifying logs.
- C) Tracker or trailer fail inspection.
- D) Napping at a truck stop.

2. Drivers will **NOT** be put OOS if he or she display

- A) 11 hours driving, 10 consecutive hours off-duty or in the sleeper, 3 hours on duty not driving.
- B) 34 consecutive hours off duty after having 70 hours in 8 days on duty.
- C) Good Personality and Mannerism
- D) If he or she tells the enforcement official where his or her main office is located.

3. After being put OOS for 20 consecutive hours a driver should.

- A) Call home to say "Hello" to his or her family immediately.
- B) Continue to drive under the old rule.
- C) Resume his scheduled route if all vehicle and driver log violations are corrected.
- D) Give the law enforcement official a written citation.

4. The new OOS rule was created by the

- A) U.S. Department of Treasury.
- B) The Motor Safety Fleet Administration.
- C) Federal Members of the Carrier Safety Act.
- D) Federal Motor Carrier Safety Administration

5. The FMCSA new hours-of-service rule was became effective on

- A) January 3, 2004
- B) July 4, 2003
- C) January 4, 2004
- D) June 3, 2003





## MASTER MIND !!!!!

There are **13 hidden cities** in this paragraph. **Read the paragraph carefully.** For each correctly circled answer you will receive **\$10 Western Dollars**. Circle **ALL** 13 cities and you will win **\$130 plus \$20 extra Western Dollars totaling \$150.**

(Example: Sue ate **burnt corn**, **chicken**, and **rice** for dinner.

(Answer: **Burnt Corn**, **AL -Chicken**, **AK- Rice**, **CA**)

*Don't let the words fool you. Think Hard but Smart.*

"Welcome, ladies and gentlemen", a blue-eye man in a yellow jacket and hi-hat said. His voice was very cool and he spoke with confidence. We are not the ordinary 5 Brook café. Ninetimes out of 10 between our delicious hot coffee and soft, comfortable, sleeper our guest are usually 100% satisfied when they leave. You will definitely be impressed. We hopeulikit. This is an experiment of a lifetime.

Check your answers for  
2004 FACT or FUN.



### Volume 2 Issue 1

1. FUN

2. FUN

3. FUN

4. FACT

5. FACT

### Master Mind

1. New York

2. Los Angeles

3. Chicago

4. Houston

5. Philadelphia

6. San Diego

7. Phoenix

8. San Antonio

9. Dallas

10. Detroit

### Volume 2 Issue 2

1. FUN

2. FUN

3. FACT

4. FACT

5. FACT

6. FUN

7. FACT

8. FUN

9. FUN

10. FUN

## CARING FOR YOU

Although WTI encourages all of their drivers and staff members to provide a smoke-free atmosphere there are still some members of our team who still struggle with the smoking habit. Let us assist you with the ammunition to quit.

Did you know that by quitting you automatically reduce the risk of heart attack, stroke and other circulatory diseases. Your risk of developing lung, mouth, and esophagus cancer will also decrease. According to the American Cancer Society, smokers who quit before the age of 50 have half the risk of dying in the next 15 years compared to those who continue to smoke.



## 10 How To QUIT SMOKING TIPS

1. Consult with a physician or specialist for a routine check up.
2. Design a PQP, Personalized Quit Program, for yourself.
3. Set a quit date and keep track of your progress with a personalized calendar.
4. Identify your weak points. Write down the time you enjoy smoking the most .(i.e. mornings, afternoons, evenings). Cut out your most enjoyable smoke period first.
5. Substitute cigarettes with something else. (i.e. fruit, vegetables, sugarless candy or gum, sleep, etc.).
6. Exercise. People often gain weight as a result of not smoking. Exercising is a effective way to avoid gaining unwanted weight.
7. Access information regarding tobacco related issues.
8. Talk to people such as friends, family-members, and co-workers about quitting.
9. Consult with a counselor one-on-one for advice and support.
10. **DON'T GIVE UP.** It is likely to have several failed attempts before being successful.

### Organizations that can provide current information are:

- American Cancer Society: 1- 800-ACS-2345
- National Cancer Institute: 1-800-4-CANCER
- American Heart Association: 1-800-AHA-USA-1
- American Lung Association: 1-212-315-8700



**Western Transportation, Inc.**  
Local:(732)381-7500  
Toll:(888)459-1919  
Fax:(732)381-5496  
Visit us on the web @  
[www.westerntrans.com](http://www.westerntrans.com)

*The Personalized Reliable Transportation Specialist*

*"To accomplish great things , we must not only act, but also dream: not only plan, but also believe.*

*-Antaole France*

REMEMBER IT'S NOTHING PERSONAL IT'S JUST ..

"STRICKLY BUSINESS"

