

# HUB ADVISORY



## Safety Contest

Starting January 1, 2008, we will be kicking off a new **SAFETY CONTEST** for the first quarter of the year.

For a "Clean" D.O.T. inspection, you will earn a \$10.00 gift card. This is an inspection that says "NO VIOLATIONS". Any violation that is the fault of the driver, regardless of whether you receive a citation or not, will result in a \$10.00 deduction from your Safety Bonus in addition to any other discipline issued.

Keep your log book up-to-date and correct. Inspect your equipment at the beginning of each day and re-inspect it every time that you get out of the truck, and every time you pick up or drop a trailer. If something is wrong, write it up and get it fixed. Obey speed limits; speed is one of the primary reasons NTB Drivers are pulled over and inspected. Weigh your loads; make sure your gross weight and axle weights are within legal limits as well as the "bridge" requirements being legal.

**DRIVE PROFESSIONALLY, ACT PROFESSIONALLY, BE A PROFESSIONAL!**

## SLOW DOWN!

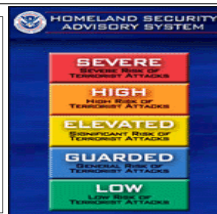
The weather is changing. We have to pay constant attention to adverse weather conditions and adjust our driving accordingly. Focusing, maintaining proper speed, and following distance are keys to safe driving.

Under good conditions we expect you to be **AT LEAST 6-7** seconds behind the vehicle in front of you. This is not always easy; you have to constantly work at maintaining a safe following distance. When driving in rain, sleet, snow or fog, **INCREASE YOUR FOLLOWING DISTANCE** and **REDUCE YOUR SPEED!**

Curves and ramps are an added danger. Remember, the posted limit on ramps is aimed at cars driving under ideal conditions. Driving a truck, you should be traveling **AT LEAST 10 MILES PER HOUR BELOW** that speed. With a 45 MPH limit, you should be going no faster than 35 MPH and that is again, under ideal conditions. In bad weather you should be going as slow as necessary to get around safely. **YOU CAN NOT GO TOO SLOW ON A POSTED CURVE OR RAMP!**



Coming in February...  
The Super Bowl Contest.



January 02, 2008

### Parking Trailers at NAGR

Please be aware when dropping trailers, make sure to drop the landing gear on the pad. In the past few weeks some trailers have been dropped with the dollies several feet behind the pad. Your assistance with this is appreciated.

### I WAS FORCED TO.....

How often do you hear a driver say, "I was forced to do this or I was forced to do that"? As the driver and having physical control of the equipment, how can anyone "force" you to do anything? These situations usually occur as a result of poor communication. NTB does not want you to do anything improper or illegal. Reporting your hours available against your 11, 14 and 70 hour rule ACCURATELY is extremely important! This lets dispatch know what you can or can't do. If you feel that you are being asked to do something you can't do legally because of available hours, distance or weight, let dispatch know. Have your facts together, give alternative delivery time where possible, and communicate issues clearly and calmly. Communicate as much as possible on the Peoplenet system. If you still feel you are being "forced" to do something illegal or improper contact Safety.

The current Nationwide Threat Level Remains:  
**Yellow-Elevated: There is a significant Risk of Terrorist Attacks**

## Anniversary Dates:

Name	Date	Yrs
Walter Van Rees	1-3	19
Tarik Halloum	1-5	1
Donald Petry	1-6	2
Christina Hershey	1-7	1
Tracy Sease	1-8	7
Dale Olsen	1-13	1
William Tuck	1-14	2

## Grapefruit Can Lower Cholesterol

According to a recent study published by the American Chemical Society's Journal of Agriculture and food chemistry, a grapefruit a day can significantly reduce cholesterol. Researchers also discovered that red grapefruit is even more beneficial than white grapefruit, likely because the red variety has more antioxidants. A full serving of grapefruit is defined as either a cup of fresh fruit or half a cup of grapefruit juice. People taking prescription medications should consult with their doctor before consuming grapefruit since it may interfere with some drugs.

## Check Your Trailer

Remember that every time you hook to a new trailer, you must complete a pre-trip. This includes checking the inside of the trailer for product. Empty pallets on a trailer makes the trailer loaded, not empty. It is always your responsibility to make sure the trailer you are picking up is clean and ready for your next assignment. This time of year, it's not uncommon to have someone get into a trailer at a lot to stay warm. Maybe that picture will help you remember to get in the trailer, or shine your flashlight to the front to ensure it's empty. Be careful and certain that you don't accept responsibility for transporting freight (or even human cargo), unnecessarily. With the weather getting colder, and more snow on the ground, it gets more difficult to do some of the basic tasks, but they continue to be absolutely essential steps in your routine.

Thanks, Dave

## Shoveling Snow

It's easy to throw out your back when shoveling snow. To avoid that fate, follow this advice from the American Chiropractic Association:

- ◆ Push the snow straight ahead rather than throwing it or walking it to the side of the path.
- ◆ Avoid twisting and turning motions.
- ◆ Bend your knees to lift when shoveling. Let your legs do the work not your back.
- ◆ Keep your back as erect as possible.
- ◆ Take frequent breaks to take the strain off your muscles.

## Timeless Truth...



Psalm 27:4

One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple.

## 2008 Driver Vacations

Driver Relations will be scheduling vacation requests for the year 2008, (**excluding 11/14 through 11/26**). Vacation request forms will be accepted January 1st through January 31st, 2008, and should be sent to Jason or Joel. You may obtain a Driver Vacation Request Form at any NTB terminal.

Vacation time for the next 12 months will be scheduled based upon seniority and availability. You will receive notification with your February 15th paycheck, **if** we are unable to grant the time off requested. After January 31, all vacation requests for 2008, will be granted on a first come, first serve basis.

Please see pages 16—17, in the Driver Pay and Benefit Book for a detailed description of the Driver Vacation Policy.

In addition, please contact Jason or Joel if you have questions or are unable to locate request forms.

Thank you, Jason & Joel



## Driver's Corner

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Please keep the following employees in your thoughts and prayers as they deal with personal or family health issues or the loss of family or friends:

James Blackburn	Richard McClemore
Leo Bryson	Gary Nickell
Shirley Drummond	Russ Phillips
Christina Hershey	Keven Pierce
John Hill	Norm Vernon

## NTB WELCOMES THE FOLLOWING NEW DRIVERS:

**Haywood Norfleet—NADC**  
**Ronald Smith—NATI**  
**Dale Wells—NAWA**

**CONGRATULATIONS AND WELCOME TO THE NTB FAMILY!**

## Winners of the Holiday Meijer Gift Card Giveaway are:



Howard Purdy, Driver Lansing  
 Ryan Spurlock, Driver Tipp City  
 Matt Tawney, NAGR Sales  
 David W. Taylor, Driver Tipp City

**Congratulations to all winners!**

## Riding with Pride Award



This month's Riding with Pride Award goes to outstanding driver **Jeff Shoemaker!** Thank you for the positive outlook, professional demeanor, caring attitude and NTB loyalty and dedication. Way to go **Jeff!**

*Jeff* was nominated for this Award by Matt Putmon, Dispatch.

## Dr. Martin Luther King Day, January 21

*“We now have an opportunity to break the trend of memorials to war and erect a monument which delivers a message of lifelong peace in our land”*

These words were spoken in testimony before the Senate subcommittee that oversees memorials in Washington, DC, regarding the proposed memorial to slain civil rights leader Dr. Martin Luther King. On November 13, 2006, the groundbreaking for the new memorial took place on a four acre site on the National Mall bordering the Tidal Basin. The memorial will be within sight of the Lincoln Memorial, where King gave his famous “I Have A Dream” speech in 1963. Its centerpiece will feature a sculpted figure of King emerging from a boulder amid a landscape of large stones, flowing water and cherry trees. The memorial will also contain 24 niches along the upper walkway to commemorate others involved in the civil rights movement. Several niches will be left open for future dedications as new events unfold. The memorial’s design incorporates underlying themes of justice, democracy, and hope. Construction is expected to be completed in 2009.

## TIME AND MONEY

We have all heard the expression “Time Is Money”. The other side of that is not taking time to do things right, safely, can cost a lot more than you think.

We continue to have problems with “high hooks”, dropped trailers, and bent cross members on tractors. We are pulling trailers away from docks before the trailer is ready to be pulled. We are hitting fixed objects while maneuvering in tight areas. We are making a lot, too many, foolish mistakes that are costing YOU and NTB both time and money. We are not taking the TIME to THINK about what we are doing. We are too much “in a hurry”.

Even a small accident can be very expensive. If a company has a 95% operating ratio, meaning that it costs them 95 cents to make one dollar of revenue, a \$300 tire replacement requires that company has to run 6000 miles to pay for that one \$300.00 tire. If you caused the replacement of that tire it would take you on average two and a half weeks to generate enough revenue to pay for it, not to mention the lost time and money you wasted while it was being replaced. A major accident, keep in mind we pay the first \$ 25,000, would take 500,000 miles to pay for.

Please take time for SAFETY. If you don’t it will cost YOU and NTB a lot more time, and money, than you saved.

Please drive as a true PROFESSIONAL, drive PROTECTIVELY!

## Defining Fat

It’s important to understand fat-related information on food labels. Here are the government’s definitions for three common categories:

- ◆ Fat Free—less than half a gram of fat per serving.
- ◆ Low Fat—Three grams of fat or less per serving.
- ◆ Reduced Fat—At least 25 percent less fat than its full fat counterpart.

## Eating Smaller Meals More Often

Dr. David Katz, Author of *The Way to Eat*, says the key to successful weight loss is to eat three small meals interspersed with healthy mid-morning, afternoon and evening snacks. This helps the body burn calories more efficiently and helps prevent overeating. One way to do this is to take a “half-now, half later” approach. So save half of your breakfast for a mid-morning snack; at lunch, put aside half of a sandwich for an afternoon snack; at dinner, save your dessert for the evening.

## YOU ARE THE PROFESSIONAL!

**You are a PROFESSIONAL DRIVER. As a PROFESSIONAL DRIVER you are held to a higher standard than the ordinary motorist. Why?**

1. **This is your chosen vocation; it is what you do for a living.**
2. **You drive more miles in a month than many others drive in a year.**

**This is what you have been trained for and receive continuing training for.**

**As a PROFESSIONAL DRIVER it is your job to insure that you arrive at your destination safely and on time AND that everyone else around you does as well. It is your job to PROTECT all of those around you. In many cases this means protecting others from their own errors in judgment. This is a big part of your job as a PROSESSIONAL. Have you ever made a mistake while driving a car, truck or even crossing a street? Did someone else protect you in those situations? When you PROTECT the other guy, look at it as saying “Thank you” for the times that someone PROTECTED you.**

**Be PROFESSIONAL at all times; in your driving, working with customers, working with dispatch, the shop, and people in general.**

**BE PROFESSIONAL, BE COURTEOUS, AND DRIVE PROTECTIVELY!**

## Happy New Year Jumble

B	O	D	E	T	K	F	A	R	B	L	E	S	S	I	N	G	S
D	E	L	B	F	M	J	N	P	G	A	Y	Q	S	A	C	T	H
O	Z	H	E	A	L	T	H	I	J	E	L	K	U	R	H	E	H
L	R	O	A	M	X	N	V	A	W	H	E	P	N	H	L	C	A
U	W	P	U	S	N	G	I	C	P	E	A	C	E	G	S	J	R
O	L	E	T	D	E	M	U	W	F	L	T	K	S	H	I	L	M
J	S	N	Y	O	A	G	T	E	R	U	S	E	P	L	T	U	O
C	E	H	A	P	P	Y	N	E	W	Y	E	A	R	X	B	S	N
H	N	I	R	C	T	H	V	U	D	P	O	L	O	U	C	I	Y
F	O	S	E	C	L	K	P	Y	E	K	T	M	S	E	S	L	D
K	H	V	S	I	P	O	B	W	F	R	A	L	P	A	G	R	O
R	O	B	E	K	A	S	G	O	P	D	C	R	E	I	T	L	R
L	J	A	N	O	S	M	O	N	L	E	T	L	R	O	T	V	E
O	Y	F	S	E	E	J	N	D	K	A	F	A	I	T	H	L	I
R	B	A	C	M	T	O	N	E	T	E	L	I	T	M	C	E	V
T	N	C	P	R	S	A	T	R	D	O	G	R	Y	H	C	L	E
C	U	R	Y	I	T	E	L	S	R	G	W	E	A	L	T	H	N
S	O	N	E	L	A	T	U	F	X	D	O	G	K	J	U	R	Z

## WORDS:

- ◆ Happy New Year
- ◆ Success
- ◆ Prosperity
- ◆ Health
- ◆ Wealth
- ◆ Harmony
- ◆ Wonder
- ◆ Beauty
- ◆ Blessings
- ◆ Hope
- ◆ Faith
- ◆ Love
- ◆ Peace

## This Month in History

**10 Years Ago (Jan 1998):** Iraq's Saddam Hussein threatens to expel all UN arms inspectors in six months unless the country is cleared of suspicions about weapons programs and sanctions are lifted.

**15 Years Ago (Jan 1993):** Bill Clinton is sworn in as the 42nd president of the United States; Al Gore is sworn in as vice-president.

**20 Years Ago (Jan 1988):** "Phantom of the Opera" debuts at the Majestic Theater in New York City. It is currently the longest-running Broadway show in history, with more than 8,000 performances.

**30 Years Ago (Jan 1978):** The federal hourly minimum wage is set at \$2.65 an hour.

**35 Years Ago (Jan 1973):** The U.S. Supreme Court issues its decision in Roe v. Wade, overturning most state and federal laws outlawing abortion.

**40 Years Ago (Jan 1968):** The Beatles' "Magical Mystery Tour" album hits number one on the Billboard charts and remains there for eight weeks.

**45 Years Ago (Jan 1963):** The first class postage is raised from four cents to five cents.

**50 Years Ago (Jan 1958):** The United States launches its first artificial satellite, Explorer 1.

**100 Years Ago (Jan 1908):** The ball signifying the new year is dropped in Times Square for the first time. It reaches the bottom at the stroke of midnight, ushering in 1908.

## Birthday Sampler

- ◆ Author **J.D. Salinger**, New York, NY Jan 1, 1919
- ◆ Actor **Dave Foley**, Toronto, ON, Canada, Jan 4, 1962
- ◆ Actor **Robert Duvall**, San Diego, CA, Jan 5, 1931
- ◆ Former Notre Dame football Coach **Lou Holtz**, Fonnalsbee, WV, Jan 6, 1937
- ◆ News Host, **Katie Couric**, Arlington, VA, Jan 7, 1957
- ◆ Singer **Joan Baez**, Staten Island, NY, Jan 9, 1941
- ◆ Hair Stylist **Vidal Sassoon**, London, England, Jan 17, 1928
- ◆ Singer **Dolly Parton**, Sevier County, TN, Jan 19, 1946
- ◆ Olympic Gymnast **Mary Lou Retton**, Fairmont, WV, Jan 24, 1968
- ◆ Singer **Alicia Keys**, Harlem, NY, Jan 25, 1981
- ◆ Hockey Hall of Famer **Wayne Gretzky**, Brantford, ON Canada, Jan 26, 1961
- ◆ Vice President **Dick Cheney**, Lincoln, NE, Jan 30, 1941