



HUB ADVISORY

Keep Ed McCarrick in your Thoughts and Prayers

NTB chaplain, Ed McCarrick, continues his long recovery from 3 back operations within the past 6 months.

Ed was in much pain the later portion of last year. He had trouble walking, sitting and sleeping due to his discomfort. He underwent surgery in December. Much to Ed's dismay, the operation did not solve his problems.

At the beginning of last month, Ed underwent surgery (again) to repaired his back and pinched nerves. Ed's optimism was short lived as he remained in the hospital for 2 weeks. His inability to heal was causing issues and unfortunately, they had to perform surgery one last time.

Ed is at his home in Florida recovering from this last procedure. We pray this is the end of his pain and that he's on his way to a speedy recovery. We look forward to your return to Grand Rapids ED!

Open Enrollment for 401K, July, 2007

Open enrollment for the 401(k) Plan is beginning in June for a July 1, 2007, effective date. This enrollment period is for employees who are eligible but not currently enrolled. It is also for employees currently participating who wish to make changes to their deferral percentages or to meet with our 401(k) representative. If you are newly eligible to the 401(k) or if you have any questions about your existing 401(k), we encourage you to contact Vic Aellen to learn about the program and options available to you. You can call Vic at 616-871-6538.

The deadline for enrolling in the plan or making deferral changes is June 30th, 2007. Human Resources must receive your enrollment form by this date to ensure you are setup for the first payroll in July, 2007. Changes in deferral (other than changing your amount to zero), received after June 30th, will not be processed until the beginning of the next quarter.

If you are a newly eligible employee, you will receive a separate letter notifying you of your eligibility status. If you are interested in enrolling and wish to receive 401(k) information listing your investment options, please call Human Resources at 800-832-6682.



June 6, 2007

Open Enrollment Period for Medical, AFLAC and Flex 125 Plans

The month of **June** is open enrollment for the medical, prescription, AFLAC and Flex 125 plans. During this time you may enroll for the first time or make changes to your existing plans by adding or dropping coverage. You may also add or drop dependents. All changes will be effective July 1, 2007.

Please also keep in mind that the plan year for the Flex 125 non-reimbursed medical and dependent care expenses ends June 30th. If you are currently enrolled, you will have 90 days beyond June 30th to submit receipts for claims incurred during the plan year (July 1, 2006 through June 30, 2007). Any money not used will be forfeited to the plan per IRS regulations.

If you wish to continue participation in the Flex Plan you MUST re-enroll in June for the new plan year beginning July 1, 2007. Please contact Human Resources for an enrollment form.

If you have any questions regarding this open enrollment period please contact Human Resources. Questions on your AFLAC policies should be directed to Karen at Lighthouse Insurance Group at 800-344-3531.

Thank you.

Anniversary Dates:

<u>Name</u>	<u>Date</u>	<u>Yrs</u>
Marty Mock	6-5	1
Tom Brock	6-6	4
Mark Wiseman	6-7	11
Robert Fiero	6-8	1
Paul Steensma	6-8	1
Lenny Farris	6-11	8
Joe Bowen	6-11	1
Julius Clay	6-11	1
Richard Purdin	6-12	1
Robert Legault	6-13	5
James McFarland	6-18	3
Howard Purdy	6-18	1
Billy Dover	6-19	17

Road construction has begun on Northbound and Southbound lanes of US131 in Grand Rapids between West River Drive and 10 Mile Road. Plans are to maintain one lane in both directions between the hours of 9am and 3pm.



This Month in History June

10 Years Ago—1997: The first book in the award-winning Harry Potter series by J.K. Rowling is published.

30 Years Ago—1977: The first Apple II computers go on sale.

35 Years Ago—1972: The Supreme Court of the United States rules that the death penalty is unconstitutional. The ruling stands for four years, but the death penalty is reinstated in 1976.

40 Years Ago—1967: The Beatles release the album "Sgt. Pepper's Lonely Hearts Club Band".

45 Years Ago—1962: Frank Morris and John and Clarence Anglin become the only prisoners to successfully escape from Alcatraz although there is no conclusive evidence that they survived the attempt.

100 Years Ago—1907: Participants in one of the world's first transcontinental automobile races leave Peking, China, for the final destination of Paris France. An Italian Prince wins the race, arriving on August 10th.

NTB WELCOMES THE FOLLOWING NEW DRIVERS:

Rick Adas—NALT
Lawrence Bowman—NAWA
Thomas David—NALT
David Kraiger—NALT
Steven Rial—NTGA

CONGRATULATIONS AND WELCOME TO THE NTB FAMILY!



The Shipping Department at **Nestle Purina PetCare**

has requested all drivers slide their tandems **ALL THE WAY BACK** upon arrival at the plant for a live load or drop trailer.

If you do not remember to slide your tandems, the guards at the gate have been instructed to remind you.

Trailers dropped or backed into the dock with tandems not moved will be rejected.

SERVICE WATCH

For the month of **June**, our Service Watch customer is:

Meijer Inbound
(Vendor freight into the Meijer Distribution Center)

Be aware that our integrity and ability to provide quality service has been called into question. Specifically our drivers are reporting that they do not know or understand the procedures. Several drivers have reported that they were not trained.

Actions:

- Every day, each individual in the department needs to be aware of that day's business for the customer, and watch the plans to ensure we are being successful.
- High levels of communication within the team, about the loads and the plans are essential.
- Any service concerns are to be brought to the Coordinator, and the Operations Manager immediately. In turn, these individuals are to communicate with the Customer Service Manager promptly.
- From an order of priority standpoint, these loads are to take #1 priority and planned to move when ready, **DO NOT WAIT UNTIL THE LAST MINUTE.**

Specific customer needs:

- Loads are to be planned to pickup on the scheduled day. Drop and hook loads, even if delivery is two days out, must pickup on the scheduled day.
- Any Service concerns, must be documented with a Late Load Report, and a call to the customer.

Service Watch is our way of making sure we are mistake free and providing 100% top quality service to this account. Let's focus this month on making sure this customer is given this top level service.


Father's Day Quiz

Match the actor to the character name and to the TV show:

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|---------------------|---------------------|--------------------------------|
| 1. Bill Cosby | A Charles Ingals | 1. The Waltons |
| 2. Tom Bosley | B Mike Brady | 2. All in the Family |
| 3. Hugh Beaumont | C John Walton Sr. | 3. Father Knows Best |
| 4. Robert Reed | D Ward Cleaver | 4. The Cosby Show |
| 5. Tim Allen | E Howard Cunningham | 5. Everybody Loves Raymond |
| 6. Carroll O'Connor | F Raymond Barone | 6. Home Improvement |
| 7. Ralph Waite | G Tim Taylor | 7. The Brady Bunch |
| 8. Michael Landon | H Jim Anderson | 8. Little House on the Prairie |
| 9. Robert Young | I Archie Bunker | 9. Happy Days |
| 10. Ray Romano | J Cliff Huxtable | 10. Leave it to Beaver |

Watch for our *new* driver game coming soon

We have been experiencing an increasing number of PeopleNet Keyboards missing the protective skins of the keyboard in the trucks. It is mandatory all keyboards have these protective skins on them. It protects the keyboard from grease, grime, food, normal wear, etc. If you do not have a protective cover on your keyboard, you must notify the shop ASAP. THESE covers ARE NOT TO BE REMOVED from the PeopleNet Keyboard. Thank you!

 The upcoming **July 4th holiday** is fast approaching. We are less than 4 weeks away with this being one of the busiest shipping periods for many of NTB customers. The week of June 24th, we will need all the extra help we can get. If you can volunteer hours, it would be greatly appreciated.

Reminder: There will be no other vacations given out for this week - all vacations have been allotted.

Thank you!

Jerry Subbs would like to express his sincere gratitude to all drivers (and employees) who remembered him and his family during the difficult time of his wife's passing. He thanks each and everyone of you who initiated the generous support, whether monetary or prayers and thoughts alone. Thank you to all!

DRIVERS:

When inputting an Odometer/ Hub reading at each fueling please make sure you are taking the numbers off the **ODOMETER ON THE DASHBOARD** and not off your Peoplenet or trip miles. The only exception to this at this time is Tractor 1072 which has special instructions taped to the dashboard on getting the correct reading to input. If you have any questions on how to get an accurate reading, have someone at the terminals show you next time you are in Lansing or Tipp City.

Thanks and be safe, Debbi-Fuel Desk.

Father's Day, June 17

The first Father's Day was observed in 1910. It was the inspiration of Sonora Dodd, who hit on the idea while listening to a Mother's Day sermon the previous year. Her own mother had died in childbirth when Sonora was 16. She helped her father, William Smart—a Civil War veteran who had moved his family to a farm in Washington State to raise the newborn, along with her and her four other brothers. Sonora had long held her own father in high esteem, but it was not until she was an adult with her own family that she realized the hardships and sacrifices he had made as a single parent. Sonora approached the Spokane Ministerial Alliance with the idea of creating a day to honor fathers. She suggested that the observance take place on June 5th, her father's birthday, but the alliance chose to make it the third Sunday in June. Today, Father's Day has become a day not only to honor fathers, but also all men who serve as father figures, such as stepfathers, uncles, grandfathers and male friends of the family.

Microwaving Plastics

The U.S. Food and Drug Administration offers these guidelines on using plastics in the microwave:

- ◆ Use plastic containers only if they are labeled for microwave use.
- ◆ Don't use plastic storage containers, such as margarine tubs, take-out containers, or whipped topping bowls and other one-time use containers. They can warp or melt, possibly causing harmful chemicals to migrate into the food.
- ◆ Microwave plastic wraps are safe to use, but don't let the plastic wrap touch the food during microwaving.
- ◆ Don't use thin plastic storage bags or plastic grocery bags in the microwave.

Timeless Truth...



And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."- Ephesians 3:18-19

Driver's Corner

Driver Tom McKenzie's brother, Ron McKenzie, passed away this past weekend from his struggle with cancer at the age of 34. Ron was being cared for by his parents, Tom Sr. and Neba, in Ashtin, KY. Please keep this family in your prayers during this difficult time.

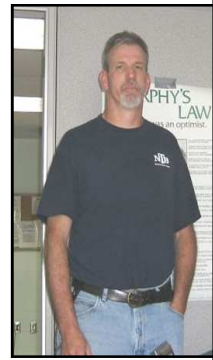
Driver Ross Renwick went to be with the Lord last Wednesday, May 30th. There will be a memorial held for him in August. The date and time will be announced. Please keep the Renwick family in your thoughts and prayers during this time.

Inspirational Story Our weight loss inspiration for this publication is Tipp City Supervisor, *Kevin McCoy*

Kevin McCoy is a third shift supervisor at the Tipp terminal. Here is Kevin's weight loss success story:

"A few years back, I like most people, had gained some weight over the winter months. When this normally happens, I usually lose the weight at the beginning of the Spring. This particular winter, the weight was not coming off and I did not have the normal "get up and go". After a Doctor's visit, I was diagnosed with a bad thyroid, which I was put on medication for (strike one). After switching Doctors, I was prescribed a 2nd medication for migraine headaches which I was informed, can caused weight gain (strike two). The last straw was last October while doing routine blood work my Doctor discovered I was diabetic (strike three). Working third shift, not eating correctly and not sleeping had taken it's toll; I had a very unhealthy lifestyle and my tests showed it.

Kevin Today



My Doctor and I (heavily influenced by my doctor), decided that instead of more medicine, I would learn how to eat healthy again. So I put my best foot forward and with the help of my loving wife and my Doctor, I started a diabetic diet. This was hard because all the food I disliked was on the menu. I have learned to like some and have found a new world in the sugarless lifestyle. With my diet regulated, I began losing the weight I had gained and started feeling better than I did in a very long time. I have lost 40 + pounds and intend to lose more through healthy eating habits (HOME RUN)." Kevin's advice: "Don't be afraid to talk with your doctor about anything, after all, it is your health and you are paying for their knowledge."

MARCH 2 SUCCESS

Do you have a high school (11th grade or higher) or college student who needs to prepare to take college entrance exams or an assessment examination? MARCH 2 SUCCESS is a training program developed by The Princeton Review and RCI help your student improve math and English skills and to learn strategies for taking standardized tests.

This is a free training on line program offered by the US ARMY. There is no obligation to join the ARMY. The course is being offered as a free service and is available 24 hours a day 7 days a week so students can log on at times that are convenient for them.

The course consists of 30 hours of instruction in approximately 50 separate lessons, drills and tests. The course material provides help with standardized test taking strategies. There is instruction on basic math, arithmetic, algebra, geometry, reading comprehension, vocabulary, word problems and verbal testing. Each lesson is independent, allowing for flexibility to meet individual needs. An individual can pick up where he or she left off or repeat lessons as required.

If you and or your student are interested in learning more about MARCH 2 SUCCESS, please contact your HR Department. They will share additional information and send or give you a brochure describing the program.

Drivers, When you are on a Target backhaul and you encounter a delay—it is important you contact DISPATCH immediately. All delays must be communicated when they happen. Thank you!



Driver's Corner

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| Please keep the following employees in your thoughts and prayers as they deal with health issues or the loss of family or friends: | Tom Johnson Family |
| | Jeff Kent |
| | James LaFave |
| | Jason Mayville, NATI |
| | Ed McCarrick |
| Lee Boerman & Family | Tom McKenzie and Family |
| | Jonathan Nowlin |
| | Keven Pierce |
| | Ross Renwick Family |
| | Johnnie Richardson |
| Stephan Bogaski | Jerry Subbs & Family |
| | Jerry Garver |
| | Jerry Hillard |
| Joe Dukersherer | Jeanine Stratton |
| | Terry Wilcox |
| | |

Tips for Maintaining a Healthy Lawn:

- ◆ Unless you have new sod on your lawn, water infrequently but deeply (about 1—1.5" per application) to promote deep root growth.
- ◆ Water early in the morning when the lawn is still covered in dew. Afternoon watering can often evaporated and nighttime watering can promote certain plant diseases.
- ◆ Don't let the lawn go totally brown before watering. Doing this repeatedly over the course of a summer, depletes the lawn's food reserves.
- ◆ Avoid flooding areas or missing other spots; aim for uniform coverage. Realize that heavy clay soils or slopes may need additional water due to runoff.