

Hub Advisory

Driver's Great-Grandfather received the FIRST (ever) Congressional Medal of Honor in 1864

November 13, *Driver Gordon Smith*, will attend a ceremony honoring his Great-grandfather, Jacob Parrott, as the first person in the history of the United States to receive a Congressional Medal of Honor.

During the Civil War, a Group of 18 volunteers from Ohio called the "Andrew Raiders", stole a train from Atlanta, Georgia, with a mission to cripple the Confederate Army of the south. As they proceeded north with the train, their objective was to destroy the 86 mile railroad behind them. They tried to burn the trestles, but they were too wet, so they tore the trestles up behind them, by hand. Eventually, the train ran out of fuel and all 18 members were captured by the Confederate Army who tortured the men and hung 4 of the men. Jacob Parrott was laid over a rock and badly beaten, but he refused to give the names of the others involved in the plot to cripple the south. He was jailed for 6 to 8 months.

In 1864, all 18 men (or their families) received the Congressional Medal of Honor for their heroic actions. Jacob was the youngest of the men in the "Andrew Raiders" and thus, the **VERY FIRST person** to ever have received a **Congressional Medal of Honor**. Attorney General Stratton, under President Lincoln in 1864, presented the Medal to Jacob Parrott.

In Annapolis, Maryland on November 13, 2008, Gordon Smith and his family will be at a ceremony presided by President Bush, to honor his great-grandfather as the **first** recipient of a Congressional Medal of Honor along with a recently slain soldier of the Iraq War, whose family will also received a Congressional Medal of Honor.

In 1908, at age 67, in Kenton, OH, Jacob Parrott died with the scars of his "whipping" still evident.

In a few weeks, the Fall business season will be upon us. From early November through Christmas Day, we expect our primary business to spike. Typically, these 6 weeks are the busiest time of year for NTB. During this time, we appreciate all the help you can give.

The past few years we have asked each driver if they would be willing to work 2 to 3 additional days during this season. The request is for each driver to return to work after 34 hours off (or so) at 3 separate times during the busy season.

Our business is affected by our customer's increase in demand for our service during the Holiday Season. Providing our customer with additional help when they need it eliminates the need for them to bring in additional help. It also allows drivers to maximize their earning potential for the Holiday season.

Driver Relations will be contacting each of you individually to ask if you are willing to help us out during this period. Your help this year and throughout the year is appreciated. Through teamwork, we continue to grow and prosper despite the economic conditions. We thank each and every one of you in advance for the generosity of your time as well as your willingness to help.



Higher Standards
meijer
Lower Prices

Drivers: The Newport Bullpen will be closed from October 16 to October 22, for asphalt resurfacing.

All personal vehicles and tractors must be removed from the Bullpen **prior** to October 16. Drivers may park both personal cars and tractors on the complex during this time period (only) near the quarantine area.

Breaks should be taken somewhere other than the Meijer Complex—possibly the Truck Stop across I-75.

If you have any questions, please call Driver Relations.

Thank you, Dave Birge



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

2 Anniversary Dates:

<u>Name</u>	<u>Date</u>	<u>Yrs</u>
Derrick Kallen	10-8	2
Jose Caudillo	10-13	7
Robert Gedritis	10-15	4
Jim Bruns	10-18	13
Edna Holdridge	10-18	12
Stephen DeBolt	10-20	2

GREAT PLACES TO EAT ON THE ROAD...

I'm looking for some **great places to eat on the road.** When you run across one, please forward to me! Thanks, Cheryl



Thanks for sending in the Great Places to Eat on the Road Postcards

Bargain Corner

FOR SALE:
New Ice Hockey Skates, Size 11. Never worn. \$25 OBO. Call Jonathan 616-901-9878

Riding with Pride Award



This week's Riding with Pride Award goes to outstanding driver, **Fred**

Holzwarth! Thank you for the positive outlook, professional demeanor, caring attitude and NTB loyalty and dedication.
Way to go **Fred!**

Fred was nominated for this Award by Dave Krout, Target Driver.

Driver's Corner

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:

Leo Bryson
Stephen DeBolt
Mark Ellsworth
Gary Holland
Tim Kreider
Richard McLemore
Russ Phillips
Keven Pierce
Johnnie Richardson
George Self
Norm Vernon

Congratulations.....

Driver Bruce Dykema and his wife Rebekah are first time Grandparents. Congratulations to their daughter, Ashley Brown, on the birth of her daughter, Jocelyne Jai, born on September 17th. Congratulations!

NTB WELCOMES THE FOLLOWING NEW DRIVERS:

Benjamin Matlock—
NALT
Timothy Thomas—
NALT

CONGRATULATIONS AND WELCOME TO THE NTB FAMILY!

Timeless Truth



“[A psalm of David. When he was in the Desert of Judah.] O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.”-
[Psalm 63:1](#)

The **Halloween Candy Guessing Contest** will be at terminals this week. Don't forget to enter your guess for a chance to win the jar of candy and **NEW** this year—gift cards inside the jar for Subway! Enter **ONLY** once at any terminal.



The Corner Store

Black hats— \$8.00
Tee shirts (navy, gray or black)
Med to 1XL - \$10.00
2XL to 3XL— \$11.00
Travel mugs—\$3.55
Polo shirts (navy or white)—\$25.00

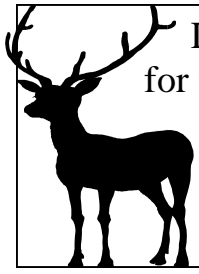
Paulette will also be taking orders for Winter Jackets. Prices are:

Winter Jackets
Small to XL—\$61.50
2XL—\$63.00
3XL—\$64.50
4XL—\$66.00

Prices listed above do not include tax. Questions, you may call Paulette at extension 1512. Thank you.

Service Watch Customer for **September and October:**
Absopure

For the next 30 days, we need to focus on providing a higher level of service to this long time customer.



Drivers, Any requests for time off during Deer Hunting Season, **must be submitted to Joel by October 17.**

Drivers/Employees: Please remember, inside terminal facilities, smoking is prohibited. Please extinguish **all** smoking materials outside the buildings before entering. Thank you

Driver Communication: Retired Driver, John Neiser would like to say “Hi” to friends, Billy Dover, Emery Phipps, Gordon Smith and Jim Bruns. John’s CB handle is “Poor Boy”.

Thank you driver Dean Turner for this information.



Drivers, Please verify you are inputting correct Odometer/Hub readings. There has been an increase in incorrect information being recorded when fueling the tractors. And THANK YOU to all who let me or dispatch know when there is an issue so it may be corrected timely—your diligence is greatly appreciated.

Fuel Desk Debbi

COMMENTARY: I began writing a commentary about the doom and gloom happening around us: the stock market crashing and possible recession/depression, the price of goods and services skyrocketing, companies going out of business, financial woes with lenders, home foreclosures, and job losses. Joel informed me there was enough doom and gloom going around and maybe it would be best if I wrote something on the positive side. So here goes:

- ◆ My husband puts up with me. This ranks very high. Nothing more to say about it other than I’m grateful.
- ◆ I am grateful my child is able to go to college. She was home this summer, and trust me, it was a long one! Now, she’s out on her own learning independence. Thank goodness!
- ◆ I’m grateful I sold my house last month. I won’t mention the fact I practically gave it away and that it took me 7 months to sell, the positive side—I SOLD IT! Those are huge words.
- ◆ I’m grateful I have a vehicle to drive to work each day. It would be difficult to walk the 30 miles one way. I would just get home and have to turn around and start walking again. I enjoy driving.
- ◆ I enjoy eating and am grateful I have money to purchase food with. Not that I couldn’t afford to lose weight, but I’m grateful I can purchase it. Eating gives me something to do.
- ◆ I’m grateful my furnace is still working. My house has a 30 year old furnace, and it cycles every 5 minutes or so, but it works. I have heat (most of the time) and I’m happy for it.
- ◆ Most importantly, I am so grateful to have a job. Under current economic conditions, I was amazed we received an incentive payout. It was a huge WOW!

Thank you NTB! Cheryl

Drivers: IT IS IMPORTANT THAT YOU check your bills against your Peoplenet unit. You are responsible for making sure the information matches. Any discrepancies need to be communicated to dispatch, IMMEDIATELY. We have had several issues recently where a driver didn’t confirm information and went to the wrong location or pulled a wrong trailer/load. This can be very costly for NTB and you. Thanks, Dave

Congratulations and Welcome!

Welcome **Michael Dussault** to NTB’s Customer Service Team. He will assume the responsibility of the Broker Desk Rep, which was formerly held by Dell Finney.

Dell will be assuming customer specific responsibilities on our Customer Service Team.

Michael comes to NTB with years of local service in the trucking industry. Michael is engaged to be married next fall.

Congratulations and **welcome** Michael!

10 Years Younger

Aerobic activities like jogging or swimming may help people maintain their independence and delay the signs of aging.

The typical aerobic power of a 60 year old man is only half what it was at age 20, making it more difficult to do any activity without tiring easily.

Researchers have found that regular aerobic activities can help maintain lung function and improve the body’s use of oxygen by as much as 10 to 12 biological years.

It's your Civic duty—Be sure to VOTE!

Democratic Ticket
Obama & Biden

Republican Ticket
McCain & Palin



Election Day is almost here. Now is the time to complete your absentee ballot, since we will not be able to route drivers home to vote. Get your absentee ballots now. Ballots are available at our terminals also.

Six tips to become a better listener

Let's face it: Being a good listener is not as easy as it sounds. We've all drifted off into our own thoughts when we're supposed to be paying attention to what someone else is saying. Maybe it's because the subject matter is boring or the person is speaking in a monotone; maybe we're distracted by some personal matter that worries us. Whatever it is, these tips can help us improve your listening skills:

1. Listen more than you talk.
2. Stay focused on what the other person is saying—not on what you're going to say next. Don't plan a story you want to tell while the person is still talking.
3. Never finish another person's sentences.
4. Resist the urge to dominate the conversation (Review tip no. 1)
5. Give appropriate feedback, but don't interrupt.
6. Occasionally mirror back short summations of what the other person is saying to keep your mind from moving on to other subjects and to assure the other person that you've understood what he or she has been saying.

More than 75 percent of banking Web sites hackable

The flawed designs of banking Web sites could give hackers access to your personal information and accounts, reports a University of Michigan study. In fact, more than 75 percent of the banking Web sites reviewed had at least one design flaw that could put their customers at risk for computer intrusions into their accounts or make them vulnerable to ID theft. The number of computer intrusions increased by 15 percent between the first quarter of 2007 and the second, according to a recent FDIC Technology Incident Report that banks must file quarterly. In 80 percent of the intrusion cases, the source of the intrusion was unknown but occurred during online banking activities. The report listed 536 computer intrusions, with an average loss per incident of \$30,000. During the second quarter of 2007, those losses totaled nearly \$16 million.

Cooking Oils

Olive oil isn't the only heart-healthy oil. Canola oil is also a mono-unsaturated fat that can help lower your cholesterol when you use it to replace saturated fats like butter or shortening.

6 things you can do to improve cholesterol and triglycerides

1. Stop smoking if you're a smoker
2. Eat less animal or saturated fat and more unsaturated fats like olive or canola oil.
3. Eat plenty of foods high in soluble fiber, like oats, apples and beans.
4. Restrict alcohol and foods and beverages with added sugars.
5. Get at least 30 minutes of brisk activity every day.
6. Take medication if diet and lifestyle measures aren't enough.

It's all about location, location, location

When planning a trip, it's easy to choose which landmarks and events you want to take in. But it can be difficult to find a nearby hotel in an affordable price range. Now there's a Web site that quickly searches for you.

HotelMapSearch.com uses Google maps with overlays of icons that show average prices and locations for 70,000 hotels worldwide. You can refine your search by brand, price range, star range, or pet friendliness. You can also find landmarks, restaurants and reviews, airports, and starbucks locations. So whether you're headed to the Trevi Fountain in Rome or Navy Pier in Chicago, you can zoom in on nearby streets to check out where the closest hotels are and immediately see how much a night's stay is going to cost you.