

HUB ADVISORY



November 8, 2006

Next week (November 12th), we expect to see very heavy shipping for our primary customers. If you haven't already volunteered to work extra, we can use your additional volunteer hours. Those that have already started working extra, THANK YOU!



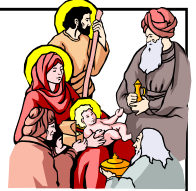
During the week of Thanksgiving, Sunday through Wednesday we will be extremely busy. Tuesday will see a full delivery schedule for perishables—there will be no perishable deliveries for Thursday pm/Friday am. Friday will be lighter than normal and Saturday will be normal for Meijer.

We expect to see Meijer and Target shipping heavy now through Christmas. Watch for more details on the Christmas Schedule. We anticipate everyone not previously scheduled off to work Christmas Eve, Sunday December 24th. As in the past, we will move the customer freight as early as possible and get all of our drivers home as soon as we can. We will close early on Christmas Eve and reopen for business around 0400 on December 26th.

Meijer is shipping slightly different this year with no produce loads on Christmas day. This is good for the drivers as drivers will be off until the day after Christmas, December 26th. We have a full load of work the day after Christmas for those starting back up.

For part-time or full-time drivers looking to earn a little extra for the holidays or holiday bills, the next six weeks are a great time to take advantage of extra income potential. If you have any questions or want to volunteer for extra work, please contact your Driver Relations Supervisor for more information.

Christmas Schedule



We are recruiting drivers to work on Christmas Eve day and the day after Christmas. Christmas Eve day, we are looking for those who might be willing to stay out later on the longer runs.

We would like to have all volunteers working which would allow those with families a longer down time over the Holiday. Please call Joel or Jason if you are able to volunteer.

Submitted by Rich Ingersoll from Kellogg's Security:

State of Michigan Warns of Fake Jury Duty Calls

Corporate Security has recently become aware of a new Identity Theft Scam. This one involves the use of a fake caller ID. Attorney General Mike Cox says people have been receiving what appears to be a call from the district court. Once on the phone, they're told they failed to appear for jury duty. These individuals ask to verify names and Social Security numbers, then ask for credit card numbers. If the request is refused, citizens are then threatened with fines. This information is used to steal their identity. So far, the scam has not reached Michigan.

The state wants to remind people to never give personal information over the phone.

Thanksgiving Day

If you have not previously scheduled to have Thanksgiving Day off, you must plan on working. IT IS a normal WORK DAY.



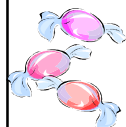
Timeless Truth...



Dear children, let us not love with words or tongue, but with actions and in truth
I John 3:18

Anniversary Dates:

<u>Name</u>	<u>Date</u>	<u>Yrs</u>
Corrin DeVries	11-14	1
James Carlo	11-15	16
David Ward	11-29	2
Gary Nickell	11-20	10
Ralph Kountz	11-21	3
David Farmer	11-21	1



Congratulations to the
Winners of the Halloween
Candy Guessing Contest:

NAGR: Chad Koster, Dispatch.

NALT: Vince Yarger, Shop.

NATI: Larry Harness, Shop.

Kids Explain It All:



HOW DO YOU DECIDE WHOM TO MARRY?

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

-- Kristen, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids.

-- Derrick, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

On the first date, they just tell each other lies and that Usually gets them interested enough to go for a second date.

-- Martin, age 10

WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns.

-- Craig, age 9

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich.

-- Pam, age 7

NO, NO, NO

No excuses, No call-ins, No tolerance, No plea, No apology, No explanation, No defense. Thanksgiving Day is a normal work day. If you do not have it planned off, you must work.

Dee's Pumpkin Goopy Butter Cake



Preheat oven to 350 degrees.

Cake:

- ◆ 1 (18-1/4 oz) pkg yellow cake mix
- ◆ 1 egg
- ◆ 8 T butter, melted

Filling:

- ◆ 1 (8 oz) pkg cream cheese, softened
- ◆ 1 (15 oz) can pumpkin
- ◆ 1 t vanilla
- ◆ 8 T butter, melted
- ◆ 1 (16 oz) box powdered sugar
- ◆ 1 t cinnamon
- ◆ 1 t nutmeg

Combine the cake mix, egg and butter and mix well with electric mixer. Put the mixture into the bottom of a lightly greased 13 x 9" baking pan.

To make filling: In a large bowl, beat the cream cheese and pumpkin until smooth. Add eggs, vanilla and butter and beat together. Next, add the powdered sugar, cinnamon, nutmeg and mix well. Spread pumpkin mixture over cake batter and bake for 40 to 50 minutes. Make sure not to over bake as the center should be a little goopy.

Serve with fresh whipped cream.

The Corner Store



Something Special:

Place your orders for *new* NTB Winter Jackets with our new logo and large Columbia series truck on the back, TODAY!

Other Items for Sale:

- ◆ 16 oz insulated mugs \$3.55
- ◆ Solid color tee shirts \$10.00, (\$11.00 for 3XLG)
- ◆ Hats \$8.00
- ◆ Polo shirts \$25.00 blue have a few medium and large

You may contact Paulette in Lansing to place your orders

NTB WOULD LIKE TO WELCOME THE FOLLOWING NEW DRIVERS:

Brian Cochran—NAGT
Michael Evers—NANE
Dale Heller—NATI
Terrence Irvin—NANE
Charles Jennings—NAGR
Wilbur Kelly—NAWA
Dennis Wagner—NANE

CONGRATULATIONS AND WELCOME TO THE NTB FAMILY!

Welcome



NTB would like to welcome Mike Mastrosimone to the NTB Safety Team. Mike will be working out of the Tipp City Terminal as the Safety Manager.

Mike comes to NTB with 20 years of Safety Experience including 4 years with NTB from 1998 to 2002.

Please congratulate Mike and give him a warm welcome!

Name that face

How many of these faces do you recognize?

Tips:

- #1 Grand Rapids Office
- #2 Grand Rapids Driver
- #3 Lansing Office
- #4 Tipp City Driver



Name that Face article was inspired by Matt Tawney. Thank you for the good idea!



Watch for the **Holiday Dinner Giveaway** entry forms coming with your November 10th pay check. Enter only once at any terminal. Four Christmas Dinners will be given away: Three drivers and one office/shop employee will be awarded a Turkey or Ham dinner and from Meijer's. Drawing will take place and the winner will be notified on December 8th.

Winner will choose either a

Ham Dinner

- Ham
- Amish Beans
- Potatoes
- Cranberry Relish
- Rolls
- Pumpkin or Apple Pie
- Serves 6 to 8*

OR

Turkey Dinner

- Turkey
- Dressing
- Potatoes
- Cranberry Relish
- Rolls
- Pumpkin or Apple Pie
- Serves 6 to 8*

Wk Ending	Total Miles	Loaded Miles	Efficiency %
November 4	456,615	395,823	86.7%
October 28	454,991	393,846	86.6%
October 21	458,657	397,593	86.7%
October 14	444,635	379,541	85.4%

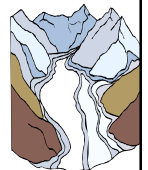


NTB would like to take this opportunity to recognize and honor Steve Duncan's daughter Paula J. Duncan. Paula joined the Navy in the fall of 2005 and graduated from the Great Lakes Navy basic training on December 5th, 2005 where she was awarded as the honor graduate in her Avionics training course. She, with the other avionic technicians are stationed with VP-45 in Jacksonville, Florida. Paula is continuing the Duncan family tradition of military service as Steve also served in the U.S. Army as a military policeman from 1972 – 1975. In the days ahead, please be praying for Paula and the Duncan family.

The Word Needs to Get Out

All Ice Mountain loads **must be scaled** before dropping off for the next driver. Loads need to be scaled to prevent an overweight load so it can be corrected in a timely manner.

You can scale at the Howard City Cat Scale or on Piedmont Street behind the Grand Rapids drop lot. Remember to record the weights for the next driver.



Prevent Illness this winter:

One of the best ways to prevent a cold or flu is to **wash your hands frequently** and to keep your hands away from your eyes, nose and mouth. Also, avoid crowded places as much as possible.



Remember to fill out your Driver Handle form and submit it to Cheryl. We will be republishing the list soon. If your handle was previously on the list, it will be republished unless you submit a request to have it deleted from the list or changed.



Nutrition Tips by the insurance and healthcare specialists at Cottingham & Butler

Keeping your cholesterol in check

Cholesterol is a type of fat that is produced by the liver. It is essential to proper functioning of the body—it aids in hormone production, is essential for nerve and brain development, helps the liver digest fats and is the key substance in the walls of every cell in the body.

While cholesterol is important to your health, you can have too much of a good thing! Cholesterol travels to your cells through your bloodstream. Because it is a fat, it does not mix well with water or blood and must be wrapped in protein. This combination of cholesterol and protein is called lipoprotein cholesterol. Lipoprotein cholesterol is categorized into two forms: “bad” LDL (low density lipoprotein) and “good” HDL (high density lipoprotein).

Get your Cholesterol Checked. Getting your cholesterol checked regularly is important to warding off heart disease. Start having your cholesterol checked every 5 years beginning at age twenty. If you have an elevated cholesterol level, you may have to have it checked more often. Children over the age of two should also be checked regularly if there is a family history of high cholesterol or heart disease earlier than age fifty-five.

Self—care tips

The primary sources of cholesterol in our diets are eggs, dairy products and red meat. You can keep your cholesterol in check by balancing the amount of these foods that you eat, along with the following healthy eating habits:

- ◆ Consume more fish, poultry, lean beef, pork and lamb instead of sausage or other organ meats.
- ◆ Drink skim or low-fat milk
- ◆ Eat sherbet, sorbet or ice milk in place of ice cream.
- ◆ Eat only egg whites, not the yolks.
- ◆ Eat steamed vegetables instead of buttered or fried vegetables.
- ◆ Choose baked potatoes over French fries.
- ◆ Eat clear soups rather than creamed soups.
- ◆ Use unsaturated vegetable oils.
- ◆ Choose pretzels or air-popped popcorn instead of potato chips as your snack.
- ◆ Stay away from pastries or doughnuts.
- ◆ Eat pancakes or cereal with low fat milk for breakfast, rather than eggs and bacon.
- ◆ Eat more fruit!

Did you know....

It is important to keep your “bad” and “good” cholesterol levels in check to ward off certain diseases and remain healthy because high cholesterol is only one risk factor for developing heart disease.

Acceptable Cholesterol Levels

Your cholesterol level can be measured in three ways: your total cholesterol level, your LDL level and your HDL level.

The optimum levels for each should be:

- ◆ Total Cholesterol level—200 or less
- ◆ LDL level—130 or less
- ◆ HDL level—60 or more reduces the risk of heart disease

Answers to Name That Face

1. Brad Backus, NAGR Cust Svc
2. Terry Wilcox, NAGR Driver
3. Rich Ingersoll, NALT Safety
4. Leo Bryson, NATI Driver