



**“The power of imagination makes us infinite.” John Muir**

## Signs of Stroke

According to the American Stroke Association, about “795,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs every 40 seconds.” Strokes are the number 3 cause of death behind heart attacks and cancer. Strokes occur when the arteries leading to the brain either burst or a clot blocks the blood and oxygen flow to the brain and therefore the brain become depleted and begins to die. Some indicators of a stroke are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known causes.

If you find one or more of these diagnoses occurring within yourself, call 911 immediately. The quicker you receive medical treatment, the lower your risk is to long term problems and issues.



If someone you are with displays stroke symptoms, just remember FAST. FAST is an acronym for testing if someone is or has suffered a stroke. FAST stands for:

**Face** Ask the individual to smile. Is one side drooping?

**Arms** Ask the individual to raise their arms. Is one side lower than the other or do they have a difficult time raising both sides equally?

**Speech** Ask the person to repeat a simple sentence. Can they repeat it or do they repeat words or leave them out? Is their speech slurred?

**Time** If they displayed one or more of these problems, call 911 immediately!

## Vanguard Services Group Anniversaries

### 5 Year

Carmen Bell  
Tanya Wilson  
James Shaw  
Keith Swearingen  
Josephus Payton  
Timothy Styers  
Charles Spadie  
Timothy Jackson Sr.  
Mark Noble  
Walter Bryant  
Paula Hurtado  
Jeffrey Gibson  
Richard Greene  
Franklin Feliz

Efrain Rios  
James Outlaw  
Raymond Lee  
James Wilson  
William Clements Jr.  
Marty Winter  
Fred Ryneer Jr.  
Todd Merrick  
Roy Henson  
Timothy Jackson Jr.  
Rhonda Smith  
Lynette Heisel  
Felicia Bass  
Warren Stutelberg  
Donald Pannell

Donald Vierra  
Ramon Winter  
Terry Roberds  
Ramon Gonzalez  
Nancy Schmidt  
Edgar Moreno  
Donald Adams  
**10 Year**  
Larry Stanley  
Patrick Sutton  
Renee J. Decker  
Stephen Cobb  
Paul Mcrae  
Larry Eick  
William Cummings

Robert Starr Jr.  
Jimmie Allen  
Catherine Wilberding  
**15 Year**  
Anthony Prickel  
Jeffrey Stallard  
Frank Smith  
Ronald Reed  
Michael Stolte  
Paul Beck  
Chris Schmac  
Michael Rogers  
Christopher Zurzola

### 20 Year

Barbara Delk  
Charles Sadler  
John Dean  
Shara Fukuda  
Joseph Arnone Jr.  
Randy Pickering  
Scott Kissinger  
Mark Adair  
Raymond Keith  
**25 Year**  
Edward Ives  
**35 Year**  
Homer McGee

## Pre and Post Trip Inspections



If prior to boarding an airplane for a vacation, you notice that the pilot does not do a pre-trip inspection of the aircraft, check fluid and fuel levels, check the wings and tires: would you still get on and fly with them? Most likely

you would say no because there is a chance of an accident or problem up in the air. The same rules apply to a professional truck driver. A driver should never operate a commercial motor vehicle without performing a pre trip and post trip inspection of a vehicle they are operating. Not only are you endangering the general public, but your own well being. It is not only a company requirement, but a Department of Transportation requirement as well, which means that your job and livelihood could be jeopardized. For a complete list of what is expected during a pre and post trip inspection, please review the Federal Motor Carrier Safety Regulations sections 392.7 and 396. Here is an overview of what needs to be reviewed prior to operating a commercial motor vehicle:

- Walk around the tractor and trailer looking for pools of oil or other liquids under the vehicle. Pay special attention to areas under the engine
- Look under the vehicle for any hanging pieces, cords or hoses that may have come loose
- Check the condition of the tires and rims. Look for bulges, cuts or retreads on the tires. Make sure the rims are not bent, cracked or welded areas
- Check for loose or broken springs or hangers
- Check the coupling system for any cracks or breaks and that the king pin is in good condition and adequately lubed without being bent or damaged

- Check the brake system. Listen for any air leaks. Look at the drums and make sure they are not cracked, broken or dented
- Make sure you have your company issued accident kits, emergency devices are in place, contact numbers in case of emergency and a working and charged fire extinguisher
- Make sure the fuel tank is mounted securely and not leaking
- Check the air and electric lines. Make sure they are not cracked, frayed, cut or nicked
- Check all lights reflectors that they are working and the proper color and not cracked, broken or missing. Turn on the lights and walk around the unit again to make sure they are all working
- Start the engine and check all of the gauges and fuel levels. Check the air horn, windshield wipers, turn signals, mirrors and seat belt
- Make sure the vehicle has the appropriate signage on the tractor including the ICC sticker, properly placard, registration
- Keep the engine running and check under the engine for any leaking fluids
- Check under the hood for leaking fluids, proper fluid levels, worn out belts or cracked hoses

Proper pre and post trip inspections will prevent not only problems with any DOT inspections, but will help keep you safe. As a reminder the annual CVSA Roadcheck will be held June 7th through June 9th. Last year 65,327 inspections were performed during this 72 hour period resulting in roughly 20% of equipment and 4.4% of the drivers being placed out of service.

**Open enrollment for the 401k is  
July 1, 2011. Please contact Miranda Kremer  
@ 800-323-3410 ext 6336 to make changes to your deduction  
or to enroll.**