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Summer 2005

Vanguard Views

VANGUARD An Industry Leader Since 1958

From the Safety Department - CONSTRUCTION ZONE DRIVING

The following letter is written by Michael R. Humm, CDS, National Chairman.

It was printed in the Safety & Human Resource Division of the American Trucking Association "Dear Driver" Letter.



Dear Driver:

It's summertime and that means road construction – and lots of it in 2005, say Departments of Transportation across the United States.

There is probably not a day that passes when you, as a professional driver, do not encounter one of these construction zones whether you are on an interstate, city

throughway, or rural road. If you have never been involved in a work zone accident, you no doubt have witnessed or seen the aftermath of one, and they almost always involve serious injury or fatalities. That is why highway safety officials are telling us that this summer law enforcement will be investing considerable manpower in construction zones.

Beware. Patience, Courtesy and Caution Must Rule the Day. As you drive through construction zones, the traffic usually becomes congested, speed limits are reduced, and construction workers are present. Many passenger car drivers exhibit impatience and erratic behavior in work zones, particularly around tractor-trailers whose drivers are acting responsibly and safely. Be ready. Be alert. Observe and follow zone posted restrictions – they are there for a reason and have been proven to effectively reduce accidents. Drive cautiously. The types of accidents that happen most frequently are rear end collisions and lane change impacts. As a professional driver with superior training and

instincts, we ask that you set the example and do all you can to prevent such accidents. The following are reminders of the tried and true in accident avoidance.

Rear End Collisions. Rear end collisions generally occur when the driver is tailgating or the vehicle ahead makes an abrupt stop. Here are some things to remember to avoid such collisions:

- Do not have an aggressive or reckless attitude
- Do not follow too closely
- Do not aggressively brake on slippery roads/surfaces
- Have brakes adjusted properly

Lane Change Impacts. Blind spots around your truck are a major contributing factor in these types of accidents, as you know. Following are some tips to avoid lane change collisions:

- Make sure your truck's mirrors are in working order and adjusted properly
- Check your truck's brakes, brake lights and turn signals are working properly
- Maintain a safe following distance to allow for necessary lane changes due to traffic conditions
- Be aware of what vehicles are around you at all times and on all sides in case of emergency
- Make sure you scan to the right and left thoroughly before steering into the next lane
- If you are not given the right-of-way, don't take it.

VANGUARD SERVICES WEIGHS IN ON OBESITY

Obesity is having a severe effect on our worker's comp program, as well as our group medical costs. The condition inevitably causes significant lost time for our customers due to related injuries and illnesses, and absences reduce earnings. *The following information was found in the Indiana Employment Letter...*

OBESITY FACTS

- Employees miss a total of 39 million days per year because of obesity related illnesses.
- Obesity causes serious health problems, such as heart conditions, high blood pressure, type 2 diabetes, kidney disease, and back and joint problems.
- Obesity related illnesses represent a large portion of the country's skyrocketing health care costs.
- Estimates place the total cost of obesity to the U.S. economy at \$75 billion to \$92.6 billion per year.
- Morbid obesity is defined as being at least 50 percent above your ideal body weight or having more than 39 percent body fat.

From a practical standpoint, obesity makes getting in and out of the truck more dangerous than it has to be. Any mishaps or falls are inevitably aggravated as far as an injury is concerned.

So, slim down and stay at a reasonable weight, live longer and make the job easier.

Below are suggestions from United HealthCare on how to overcome obesity.

- Dietary Changes – Your doctor or nutritionist can help you modify your diet. Learn to reduce calories and fat, and make healthful food choices.
- Physical Activity – Exercise is one of the most effective ways to lose weight. Your doctor can help you develop a workout plan. It may seem challenging at first, but even small steps help.
- Behavioral Therapy – Work with a counselor to find out what triggers your overeating, so you can learn to manage your response. A support group may offer additional reassurance.
- Medications – There are drugs that may help you lose weight. Be sure to ask about side effects.

You may access the United HealthCare web site for more information at www.myuhc.com.



PLEASE PRESS THE SNOOZE BUTTON!!!!!!

I know we have all wanted to press the snooze button at one time or another. Here are some helpful suggestions on how to sleep like a log.

This information was found in the Sunpress of Castleton.

- Don't eat a heavy meal or sugary food, or drink alcohol or caffeinated beverages within three hours of going to bed.
- Quit smoking. Nicotine withdrawal symptoms can keep you awake, or wake you up.
- Try to go to bed and get up at the same time every day, including weekends.
- Develop a quiet pre-bed ritual that gets you into the "mind-frame" of going to sleep.
- Make sure the sleeper is both clean and comfortable.
- Fatigue is a "killer" for professional truck drivers. Make sure you get your proper rest.



FROM THE PAYROLL DEPARTMENT

SEPTEMBER 5 – 9, 2005 IS NATIONAL PAYROLL WEEK

This is a time to thank the ladies and gentlemen in the payroll department for their efforts. The payroll process includes making sure all the pay rates are correct, entering W-4 information, updating deduction information, and address changes. Driver payroll is composed of miles, drops, stops, hours and other pay codes. It's not the usual "40 hours" type of entry. Vacations are computed and pay cards are marked.

The payroll process doesn't end when your check is printed. Within a day or two, the 401k deductions must be transferred to your investment account, any child support is sent to the Courts, Federal and FICA is paid to the IRS. State and local withholdings are paid shortly afterwards.

All this is done every week including holiday weeks. They maintain high level for accuracy and timeliness. The American Payroll Association has the slogan "America Works" and we work to pay them.



front row Left to Right: Martha Nommay, Carol Sanchez, Dianne Carpenter back row Left to Right: Devon Cummings and Levase Vaughn

SAFETY AWARDS



The following awards were earned from November 2004 through April 2005.

1 YEAR SAFETY

Francisco Alvarado
Danny Ashburn
Norman Ashley
Eric Bailey
Jeffrey Bartch
Richard Brown
Danny Canipe
John Casella
Joseph Chapman
Albert Conley
Darrell Cooper
Judy Cowan
Larry Daigle
James Davidson
Loren Delk
Charles Dixon
Kenneth Fontaine
Jerry Fosgate
Troy Gladstone
Alfred Graziano
Andrew Grubbs
Sean Hamilton
Michael Heck
Fred Hegwood
William Hoffman, Jr.
Ronnie Holder
Russell Hurd
John Ickes
Angie James
Michael Johnson
Errol Lassere
Brian Lopes
Patrick Loveall
Edson Lucia
LaMar Madtes
William Manroe
Bryan Martin
Alvin Monroe
Thomas Montellanico
Jean-Guy Moreau
Kevin Myers
Mark Nelson
Jerry Perkins
Jeffrey Pierce
Thomas Poole
Andy Porter
Gary Prater
Timothy Roberts
Richard Scharber
Jerome Schneider
Thomas Schreiner
Jackie Smith
Chester Smith
Frank Smith

John Staples
David Stewart
Eric Sunden
Gary Swarz
Larry Thompson
Stephen Triplett
Manuel Velasquez, Jr.
Adam Vaughn
Michael Vrensen
Stevan Wiebenga
Stephen Wilson
Loyde Wimberly

2 YEARS SAFETY

Michael Ashley
Brian Barcroft
Bryan Byrd
Luiz Camargo
Ronnie Carpenter
Henry Coggins
Steve Cornelius
Salvador Cortes
Donald Davis
Keith Emrich
Lloyd Farmer
Talmadge Fuqua
James Glancy
Johny Gooch
Russell Grish
Florencia Hernandez
William Hetherington
Neil Johnston
Charles Kleinhans
Carl Marlowe
Perron Matherne
Rudy McGowan
Michael Montoya
Richard Myslive
David Newberry
Steward Robert
Antonio Sanchez
Clarence Schmig
Larry Stanley
Timothy Thetford
Charles Touchton
Robert Wadsworth
Richard Wise
Eugene Wyatt

3 YEARS SAFETY

Shaun Barbare
Charles Clark
Bradley Diehl
Robert Dover
Anthony Elkins
Timothy First
Gerald Flock
Michael Garrison
Joseph Jewett
Carl Jones
Jerry Long

Correction: The following drivers were incorrectly recognized in the previous Vanguard Views Safety Award Listing.

Incorrectly recognized for receiving an 8 year safety award. They actually received a 9 year safety award: John Cain, Gary Kirschenman, Franklin Moravits, David Roberts, Edward Schurevich, Ronnie Smith, William Smith. Incorrectly recognized for receiving an 8 year safety award. They actually received a 10 year safety award. Milton Grimes, Thomas Hunter, Jr. and Larry Rosenbrock. We sincerely apologize for the error.

Paul Pounders
Scott Presswood
Juan Ribot
Christopher Stanley
Richard Wise

4 YEARS SAFETY

Jimmie Allen
Valis Block
Walter Booth
Stephen Brown, Sr.
Richard Burns
Stephen Cobb
Jack Edgins
David Futrell
Andy Gambrell, Sr.
Eric Gilbert
David Hatcher
Donald Kirk
Anthony Lackey
Larry McClour
Jose McCoy
Douglas McKenzie
Ricky Moreno
Dennis Peeler
Richard Ramirez
Larry Reep
Ed Rudy
David Salinas
Richard Schmig
James Urban
Byron Voltz
Robert Wallace
Lawrence Weiss
Robert White
James Wilson

5 YEARS SAFETY

Robert Bridgers III
Gary Brown
Donald Carroll
Rex Cotter
Ronald DelVisco
Craig Hoffman
Clarence Jackson
Dennis Kleitz
James Markham
Rita Markham
Robert Radke
Jay Schloo
Emmet Seward
Wayne Woodruff

6 YEARS SAFETY

James Andrews
Richard Appel
Robert Avant, Jr.
Glen Ellison
Randall Evans
Richard Glover
Dean Husen
Daniel Jania

Terry Menefee
Warren Mull
Thomas Newton
Scott Riggelman
Anthony Sanna
James Tomlinson

7 YEARS SAFETY

Kenny Barefoot
Paris Bentley
Robert Buckner
Randall Hurley
Boris Kozlenko
David Leister
Mary Martin
George McNeely
Morris Schrum
Matthew Spencer
Michael Stancell
Angela Stancell
Lew Whiteley

8 YEARS SAFETY

Michael Ambrose
Samuel Burriss
Tracy Hunter
Norman Johnson
Robert Legg
Joseph Mack
Robert Messer
Michael Mitchell
James Shell, Jr.
John Troxell, Jr.
James Vollrath

9 YEARS SAFETY

Greg Carey
Wayne Dockery
Ron Gindhart
Robert Landers
Edward Petts
Luke Pizzuto
Owen Raines
Michael Stolle
Edmund Zayas, Jr.

10 YEARS SAFETY

Billy Anderson
Timothy Grove
Percy Morgan
Brian Smith

11 YEARS SAFETY

Freddie Boggs
William Hawkins
Thomas Huffman
Glen Murphy, Sr.
Ernest Pelfrey
Robert Starr, Jr.
Ray Surman
David Walker

12 YEARS SAFETY

Joseph Arnone, Jr.
Tally Bright
Joseph Edge, Jr.
John Lindahl
Charles Rogers
Tim Wadding

13 YEARS SAFETY

John Dean
Joel Dixon
Steven Kissick
Gerald Loftis
Joe Upton

14 YEARS SAFETY

Larry Horton
Randy Pickering
Joseph Pierson
Edward Snyder
Robert Weliever

15 YEARS SAFETY

Morris Baldwin
Wilton Davenport
Mitchell Fislser
Robert Hall
Gary Puckett

16 YEARS SAFETY

Billy Dobbs
Sylvester Oliver
Sammie Striplin
Lonnie Williams

20 YEARS SAFETY

Sam Thompson

21 YEARS SAFETY

John Capps
Earl Keller

22 YEARS SAFETY

Richard Barnhart

23 YEARS SAFETY

Jerry Whaley

24 YEARS SAFETY

Daniel Munroe

25 YEARS SAFETY

Manford Barron

28 YEARS SAFETY

Manford Barron
Homer McGee
James Widener

30 YEARS SAFETY

Charles Sutton
Gene Vaughn

SOMETHING TO THINK ABOUT...

Children learn what they live:

If children live with encouragement, they learn confidence.

If children live with tolerance, they learn to be patient.

If children live with praise, they learn to appreciate.

If children live with acceptance, they learn to love.

If children live with approval, they learn to like themselves.

If children live with honesty, they learn truthfulness.

If children live with friendliness, they learn the world is a nice place in which to live.

ATTENTION DRIVERS:

If you would like to receive an electronic copy of "Vanguard Views", please send your e-mail address to mcloud@vanguardservices.net.

FROM THE BENEFITS DEPARTMENT

By Jennifer Creager

Finding the right physician for you and your family is an important task and you might not know where to start. There are thousands of physicians in this country. How do you know who would work best for you? Here are some tips to help you answer that question.

Begin your search by deciding on a few qualities you would like your new physician to have. Do you prefer a female or male physician? Would you want a physician who shares a similar cultural background? Do you need a physician who speaks Spanish? Asking yourself these questions, and other questions like these, can help you narrow down your search.

Sometimes family and friends can be a great source of information when finding a physician. Ask them about the physicians they see and the experiences they have had. Find out what their criteria in a physician is and if you agree. You may find that by talking to someone with first-hand knowledge it is easier to make a decision.

Your new physician should be willing to listen to you and take your complaints seriously. They should be able to explain the diagnosis and respect your needs. Ultimately, you owe it to yourself and your family to find a physician you can talk to and trust.

To search for a physician in your area that participates in the United HealthCare network (or to find out more information on a network physician), go to www.myuhc.com and click on "Find a Physician" or call Member Services toll-free at 1-866-633-2446 (use 1-866-314-0335 if you are enrolled in the H.S.A. plan).



Left to Right: Beverly Johnson, Tammie True, Valerie Coy and Jennifer Creager.