



The Dashboard

FEBRUARY



2014 and Still Trucking

This year we celebrate our 20th year in business, and oh, how time flies!

In 1994 the business was begun as a necessity to support the manufacturing business, Phoenix Metals, in Lexington. We really became a true trucking company in 1995 as we entered in to the "steel haul" and "container yard" business with Vascor. Additionally we started adding automotive team and single business for the Toyota Plant here in Georgetown. In 1996 we placed an office trailer across the street from Pilot in a gravel parking lot, and within the year we upgraded our facilities by adding a porta-potty next to the trailer. We soon realized that the gravel parking lot would not suffice, and the plan was made to build our own facility at the end of Triport Road. While this seemed to be the Hyatt Regency compared to the office trailer and porta-potty, explosive growth created a need to once again build a larger facility. We purchased the land we now occupy on East Yusen and built a larger building that would provide ample space for the future, and we have been here since March of 2000.

Along the way during our early years we were recognized in two national publications. In 1997 we were named as the "11th Fastest Growing Small Business" in the United States by Entrepreneur Magazine and subsequently recognized in 1999 as #24 in the Inc. 500 of America's Fastest Growing Private Companies.

While we really appreciated the external recognition we understand that it was based solely upon statistics. Those statistics are in the form of revenue and employee growth and to a small degree, profitability. We stand firmly on the belief that our true identity and value as a company cannot be defined by statistics alone. Long after news articles turn yellow and podium medals are dispensed the character of any company is found in the way we nurture one another. In our 20 years we have seen a lot of employees come and go. We have experienced the death of employees, and have suffered through the loss of employees family members. We have rejoiced in the birth of employee's children, and we have watched employee's children spring to adulthood and marriage. We have seen hair turn gray, and in some cases, we have witnessed the hair disappear. In these times we have laughed and cried with equal sincerity, and with God's help we will continue to do so in the coming years. 20 Years-Oh, How Time Flies!

Statistics That Do Matter:

20 Year Employees- 1, 19 Year Employees-4, 18 Year Employees -5, 17 Year Employees-2,
16 Year Employees-6, 15 Year Employees-3, 10 ~ 15 Year Employees-43, 5 ~ 10 Year Employees-55
119 Employees with greater than 5 years (54%) 64 Employees with greater than 10 years (29%)

*"There are two kinds of people, those who do the work and those who take the credit.
Try to be in the first group; there is less competition there."*

"Be Careful Out There."

NIOSH Study Points to Significant Health Risks for Long-Haul Drivers

Long-haul drivers are plagued by significant health risks, according to a new study by the National Institute of Occupational Safety and Health.

Almost 70% of these drivers are obese, compared to 31% of other workers, and the prevalence of morbid obesity is twice as high, 17% versus 7%.

Adding to their challenges, more than half of these drivers (51%) are cigarette smokers, compared to 19% of other workers.

And a significant percentage of them do not have health insurance or a health care plan: 38% versus 17% of others.

Karl Sieber of NIOSH laid out these details Tuesday in a presentation at the Transportation Research Board meeting in Washington, D.C.

NIOSH is the federal agency responsible for research and recommendations to prevent work-related injury.

The information was gathered in interviews with 1,670 long-haul drivers at 32 truck stops in 20 states.

The drivers were selected on the basis of four considerations. Truck driving had to be their main occupation. Their vehicle had to have three or more axles. They had to have at least a year of experience. And they had to take at least one mandatory 10-hour rest period away from home during each run.

The results of these interviews were compared to a statistical sample of working adults collected annually by the National Center for Health Statistics.

Besides the propensity toward obesity and smoking, the survey found a high incidence of self-reported diabetes, 14% versus 7% among other workers. And fewer long-haul drivers described themselves as healthy: 84% said their health was excellent, very good or good, compared to 94% of other workers.

The drivers offered varying reports on the amount of sleep they get.

- 27% said they get 6 or less hours in a day, compared to 30% of others.
- 51% said they get 6-8 hours, compared to 64%.
- 22% said they get more than 8 hours, compared to 5%.

In a preliminary look at sleepiness, the study found 15% of the drivers showed signs of sleep apnea, and 59% probably had some respiratory disturbance.

The study also looked at the effect of sleepiness, finding that 34% of drivers either nod off or fall asleep while driving. Seven percent of the drivers said they feel very drowsy almost every day.

Eighty-eight percent of the drivers had one or more of the three risk factors of hypertension, smoking or obesity, compared to 54% of other workers.

Nine percent of the drivers had all three factors, compared to 2% of others.

Fewer drivers, 4% compared to 7%, reported having heart disease. But twice as many, 14% compared to 7%, reported having diabetes. That may have something to do with truck drivers with diabetes having to obtain medical clearance to work, Sieber said.

Almost twice as many truck drivers, 18% compared to 10%, reported delaying or not getting health care in the previous year.

The drivers work long: 61 hours a week is the mean. Most, 78%, drive alone. Eighteen percent had not slept at home in the last month. Forty-five percent had slept 1 to 6 times at home in the month, and 37% had slept at home 7 or more days.



Daryl Zumwalt

IN THE KNOW

How long have you been working for Phoenix Transportation?..almost 18 years
What do you do at Phoenix Transportation?.....Yard Truck Operator
What is your favorite music?.....Rock and Motown
What is your favorite movie?.....Tombstone
What is your favorite drink?.....Budweiser
If possible, who would you most like to meet whether they are living or not?.
.....John F. Kennedy
What is your favorite car?.....Mustang
What place would you dream of going to?.....Hawaii

February Birthdays

- James Wilson 01
- Thomas Brieske 03
- Jason Browning 03
- Don Ross 05
- Stephen Abner 07
- Roy McHargue 09
- Christopher Lee 10
- Billy Works 11
- Clinton Cox 12
- Ronnie Raglin 12
- Robert Moore 15
- Theodore Torrey 16
- Ritchie Deitz 17
- Steven Purdon 17
- Dustin Sellers 21
- James Hall 23
- Diana Colalella 24



A new employee was hired during the month of January. Please introduce yourself and make him feel welcome.

Cecil Tipton

52 WEEK MONEY SAVING CHALLENGE

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,225.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00



Steve Elswick

IN THE KNOW

How long have you been working for Phoenix Transportation?.....3 years
 What do you do at Phoenix Transportation?.....OTR going to Local
 What is your favorite music?.....All Kinds
 What is your favorite movie?.....The Game
 What is your favorite drink?.....Iced Tea
 If possible, who would you most like to meet whether they are living or not?...
Voltaire
 What is your favorite car?.....Jaguar XKE
 What place would you dream of going to?..... Home

FEBRUARY DAYS TRIVIA

February 10th is Clean Out Your Computer Day

February 14th is Ferris Wheel Day

February 16th is Do a Grouch a Favor Day

February 22nd is Walking the Dog Day

February 26th is National Pistachio Day

February 28th is National Tooth Fairy Day



2014 WINTER OLYMPIC GAMES

FEBRUARY 7 – 23, 2014

The 2014 Olympic Winter Games will be the first time the Russian Federation has hosted The Winter Games; the Soviet Union hosted the 1980 Summer Olympic Games in Moscow. The host city Sochi has a population of 400,000 people and is situated in Krasdonar, which is the third largest region in Russia.

The Games will be organized in two clusters: a coastal cluster for ice events in Sochi, and a mountain cluster in the Krasnaya Polyana Mountains. This will make it one of the most compact Games ever, with around 30 minutes travel time from the coastal to mountain cluster.

NLT Ecclesiastes 3:11

Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

ATTENTION ALL DRIVERS

All pay sheets for the week of

February 2nd thru February 8th

MUST be turned in by SUNDAY, February 9th

Because of Presidents Day

No, this is NOT a holiday for us!

Any pay sheets not turned in by Sunday

will NOT be paid until the next week.

NO EXCEPTIONS!

Monthly Health Tip

If you can't afford a doctor, go to the airport – you'll get a free x-ray and a breast exam, and; if you mention Al Qaeda, you'll get a free colonoscopy.

Drivers Risk Losing Their CDL for Synthetic Marijuana Use

Truck drivers who use synthetic marijuana or are caught possessing it, risk losing their Commercial Drivers License for one at least one year.

New temporary regulations from the U.S. Drug Enforcement Administration taking effect Feb. 10 will classify synthetic cannabis as a Schedule 1 drug, according to Landline.com. This rule is expected to be made permanent once it goes through the usual federal rulemaking process.

Currently, Federal Motor Carrier Safety Regulations prohibit the use of Schedule 1 drugs while behind the wheel of a commercial motor vehicle. Schedule 1 drugs are those classified by the federal government as having no current medical use but have a high potential for abuse.

First time trucking offenders face up to a one-year loss of their CDL for a first time conviction, while hazardous materials haulers face a three-year suspension for a first time conviction. Second offenses can result in a lifetime trucking ban.

You can read more from [Landline](#).