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A QUICK CHECK WITH THE PAYROLL DEPARTMENT

Your paycheck is important ... make sure it's correct! If your name is misspelled or your address or social security number is incorrect, please bring it to your terminal manager's attention or Barbara (x203) in the Kearny office.

“THE SIGNIFICANT PROBLEMS WE FACE CANNOT BE SOLVED AT THE SAME LEVEL OF THINKING WE WERE AT WHEN WE CREATED THEM.”

-Albert Einstein

WHAT TO DO WHEN YOU BELIEVE YOU'LL BE LATE FOR A PICKUP OR DELIVERY

When you will be late for a pick-up or delivery, you should first estimate your time of arrival. Be honest; do not give an unreasonable time you think you can there by. Next, either Qualcomm or phone dispatch with this information. Have your bills available so dispatch can ask you for any pertinent information they need such as phone number, type of product, exact address and the reason you will be late. Let dispatch call the customer for you. Although the customer won't be happy with your late arrival, at least he will know what time to expect you and can go about his business accordingly. Then, most importantly, do the best you can to safely honor your estimated time of arrival. Communicating with dispatch is the most important thing to do, when you will be late for a pick-up or delivery.

-Rick Baker
Kearny/Bristol Terminal Manager

RECRUITMENT-REFERRAL BONUS LEAGUE STANDINGS

WESTERN DIVISION

Wade Cobb	\$ 500.00
Duane Hansman	\$ 500.00
Roger Metz	\$ 500.00
Edgar Polley	\$ 250.00
Gary Sidwell	\$ 250.00
David Scales	\$ 250.00
Glen Wacker	\$ 250.00

EASTERN DIVISION

Bill Folland	\$ 600.00
Patrick Leveille	\$ 600.00
Ray Blinn	\$ 500.00
Dave Milligan	\$ 500.00
Franklin Paige	\$ 500.00
Eugene Hoogstad	\$ 250.00
Kevin Goulet	\$ 100.00

L.J. KENNEDY NEWS XPRESS

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DRIVER-OF-THE-QUARTER

The recipient of the L.J. Kennedy Driver-of-the-Quarter Award for the first quarter is:

AUBURN: CLAUDE OUIMETTE

A twelve-year veteran at L.J. Kennedy, Claude is a model of consistency and reliability. His terminal manager, Don Gensure, describes Claude as “a model driver”. “His extraordinary conscientiousness is respected by everyone who knows him”.

Claude will receive a \$100.00 Savings Bond --- to share with his long-time bride, Pauline. Congratulations!

SPECIAL DATES TO REMEMBER

JANUARY BIRTHDATES

Steven Csonka	01/02	Walt Dembeck	01/12
Philip Hubbard	01/03	Mark Davis	01/17
Steven Crawford	01/04	David Spivey	01/17
James Lantane	01/04	Bob Anderson	01/20
Loren Mains	01/04	Earnest Levy	01/21
William McKinney	01/04	Warren Fahrenfeld	01/25
Sam DeGennaro	01/06	Glen Voris	01/28
Jim West	01/08	Gary Nagy	01/31
James Whigham	01/08	Jessie Newton	01/31
Wilfredo Cintron	01/09		

FEBRUARY BIRTHDATES

Jeff Gould	02/02	Charles Moore	02/12
Charlie Jones	02/02	Henry Solano	02/13
William Roth	02/02	Ted Gauntt	02/20
John Macchio	02/04	Randy Clark	02/21
Vincent Supenia	02/05	Timothy Cox	02/21
Don Gensure	02/06	George Savasta	02/26
Mike Langevin	02/07	Gary Harless	02/28
Stuart McCarthy	02/07	Jerald Pensy	02/28
David Meyers	02/11		

MARCH BIRTHDATES

William Miller	03/04	Bob Paul	03/19
Bob Chatman	03/05	Joe Brophy	03/20
William Long	03/09	Carl Hunt	03/20
Tom Giannone	03/11	James Gadsden	03/21
Byron Speer	03/11	George Kubacki	03/21
Larry Marks	03/15	Lenny Williams	03/23
Al Boris	03/17	Frank DiMondi	03/28
David Scales	03/17	Charlie Campbell	03/30
Richard Giannone	03/18	Joe Provenzano	03/30
Udraka Bey	03/19	Roger Roberts	03/31

“EVERY ACTIVITY IS A PROCESS AND CAN BE IMPROVED.”

-W. Edwards Deming

AN OPPORTUNITY TO SAVE A LIFE

My name is Tracy Beroth. My husband Michael is a driver at L.J. Kennedy. We have four children ranging in age from 3 to 13. I have recently been diagnosed with MDS (Myelodysplasia Syndrome). This is often referred to as pre-Leukemia or Smoldering Leukemia. My understanding of MDS is that your bone marrow no longer makes mature red and white blood cells or platelets. Without mature red and white blood cells and platelets, your body cannot produce usable blood. Almost every two weeks I have a blood transfusion and about once a month I am given a platelet transfusion. The doctors at Dana Farber Cancer Institute have informed me the only treatment that can give me a chance in life is a Bone Marrow Transplant. After a donor match is found, I will go in the Hospital for approximately one month. During this time I will have high doses of chemotherapy for two days and radiation for four days, two times a day. This treatment is necessary to kill my bone marrow. At this point they will give me a bone marrow transplant. The transplant will give me new stem cells (bone marrow) that will hopefully produce healthy new cells and platelets. If a donor is not found, my MDS will turn into AML (Acute Myeloid Leukemia). If this happens, my chances of survival become very small. The AML after MDS is almost impossible to treat.

I would like to ask as many people as possible to please have a simple blood test to see if you are a match. There are two types of ways you can donate. The first is to become a national donor and be put on a national donor list. This would be available to Doctors across the country for anyone who may need a donor. The second is to be tested only for me. This would mean you would not be on the national donor list and would only be donating to me if you were found to be a match. You can be any blood type. A donor is found by matching tissue type. Race and ethnic background do play a part in whether you will be a match. Someone of similar background would more likely be a match with me. I am Caucasian. My nationalities are German, English, Scottish and Cherokee Indian. Anyone can get on the national donor list. There is a great need for donors, especially African Americans and mixed races. Leukemia and other blood diseases can strike any age. Please pay attention to your body and get yearly physicals. My only symptoms were fatigue and dizziness. My initial findings were anemia found by a single blood test.

Thank you for taking the time to read my letter and hopefully you and your families will see this as an opportunity to save someone's life.

If you are interested and would like further information, you may contact Mitch Bookbinder @ LJ Kennedy 877-622-4142 extension 219.

-Tracy Beroth

TERMINAL CASES: NEWS FROM THE CARROLLTON OUTPOST

Carrollton driver, Carl Hunt, returning to the yard Wednesday, October 29th, stopped by the local coffee spot for a cup to go and a lottery ticket to scratch. Carl fixed his cup of coffee and stood just a second to scratch his lottery ticket. As he scratched his ticket, there it was, it was the big one! He was having trouble catching his breath and maintained his composure. Carl scratched off and won \$35,000. Congratulations Carl!

Note: Carl did work the next day.

-Tommy Flynn

THE TWENTY SAFETY COMMANDMENTS

1. Always buckle your seat belt.
2. Never tailgate.
3. Expect the unexpected.
4. Don't be afraid to ask for help.
5. Slow down at job sites & yards.
6. Approach intersections cautiously.
7. Don't take shortcuts; if it isn't safe, don't do it. Understand the level of risk you take.
8. Plan ahead for turns & take them slowly.
9. Get out & look before you back up.
10. Use caution when securing loads & getting on/off trailers & tractors. Always use protectors under chains & straps and check load securement often.
11. Lift with your legs, not your back.
12. If tired, pull over and take a nap.
13. Give yourself room to maneuver & get the big picture.
14. Signal your intentions to turn at least 200' before you actually turn.
15. Don't park on shoulders.
16. Know your vehicle, its capabilities and its limitations.
17. Never jump from tractors or trailers.
18. Keep windows & mirrors clean.
19. Control your temper: drive courteously.
20. Adjust speed to prevailing traffic & weather conditions.

THE COMPUTER GURU SPEAKS – MATT KENNEDY

CHECKING HARD DRIVE SPACE

How to Check the Available Space on Your Hard Drive

When you are about to save a file on a hard drive, or install a new program for the first time, it always helps to know how much available space you have on your disk for storing the new file or program. Windows 98 has two different ways you can view the available disk space on your drive.

Method #1

1. Double left-click the “My Computer” icon
2. Right click on any hard drive icon and select “Properties” from the drop down name
3. You will see a pie charge graph that represents the used and free space on your drive

Method #2

1. Double left-click the “My Computer” icon
2. Select “Details” from the view menu
3. You will see a columnar list. The last two columns are “Total Disk Size” and “Free Space”

HOW TO CUT, COPY & PASTE

How do I move text from my email program to a word processor?

The easiest way is to copy and paste. Here’s how. (All clicks are LEFT clicks unless stated otherwise).

1. In your email program, move the cursor to the beginning of the text you want to copy and click to set it.
2. Click and hold down the mouse button while moving the mouse to drag the cursor over the text. See how it changes color? This is called “selecting the text.”
3. Right click the selected text
4. On the popup menu that appears, click “Copy”. The text is copied to the invisible Windows clipboard.
5. Move to your word processor and click the mouse where you want to insert the text.
6. Right click, and select “Paste”. The text will appear.

You can substitute the keyboard shortcuts for this if you want to. To copy, highlight the text, then press the Ctrl key and the C key together. Move the cursor, then press the Ctrl key and the V key together.

If you want to copy all of the text immediately, click once to set the cursor. Then press Ctrl and the A key together. This copies “All” the text.

SAFETY FIRST: THE VALUE OF STRETCHING BY DENNIS PLUCINIK

Stretching has been recommended by physical therapists and others to reduce the potential for injuries. The type of stretching, how frequent stretching should occur and the duration of each stretch are still being studied. Basic stretching helps relieve stiffness that can occur after driving or sitting and may help prevent injuries when jobs are performed along the guidelines outlined on this page.



These stretches should be done slowly to avoid bouncing motions. It is best if stretches are done on a regular basis, not just prior to working or exercise. Hold each stretch for a short time and repeat.

HAPPY ANNIVERSARY (WITH L.J. KENNEDY)!!!

NOTE: Our apologies to Brian Traver who was inadvertently not listed in the Happy Anniversary section of Issue #1: **October, 1992 (12 years).**

NAME	HIRE DATE	# OF YEARS
Francis Kennedy	Jan. 1951	53
Guy DiDomenico	Jan. 1982	22
John Roulett	Jan. 1989	15
Wayne Poyer	Jan. 1992	8
John Bellerby	Jan. 2000	4
Norman O'Dell	Jan. 2000	4
Kyle Rauscher	Jan. 2000	4
Joseph Newton	Jan. 2001	3
Mitch Bookbinder	Jan. 2002	2
Laurentino Branco	Jan. 2002	2
Steven Csonka	Jan. 2002	2
David Hearn	Jan. 2002	2
Philip Hubbard	Jan. 2002	2
Elmer James	Jan. 2002	2
Willie Perkins	Jan. 2003	1
Pete Wisniewski	Feb. 1959	45
Richard Kolessar	Feb. 1990	14
Bob Stoner	Feb. 1997	7
Luis Felix	Feb. 2000	4
Dale Hatfield	Feb. 2000	4
John Hogan	Feb. 2000	4
Ted Gauntt	Feb. 2001	3
William Long	Feb. 2002	2
George McEntire	Feb. 2002	2
Marvin Mitchell	Feb. 2002	2
Don Pease	Feb. 2002	2
Miguel Quinones	Feb. 2002	2
Henry Solano	Feb. 2002	2
Luis Vasquez	Feb. 2002	2
James West	Feb. 2002	2
Jean Stuart	Feb. 2003	1
Gina Valle	Feb. 2003	1
Craig McDonough	Mar. 1988	16
Tom Chaney	Mar. 1990	14
Mary Ann Hanlon	Mar. 1990	14
Lenny Williams	Mar. 1990	14
Chuck Geoghan	Mar. 1996	8
Eleanor Ferriero	Mar. 1997	7
Ed Ebert	Mar. 1998	6
Denise Martone	Mar. 1998	6
John O'Malley	Mar. 1998	6
Udraka Bey	Mar. 2001	3
Paul Blankenship	Mar. 2002	2
Tim Connor	Mar. 2002	2
John Davis	Mar. 2002	2
Charles Johnson	Mar. 2002	2
Facundo Marcelino	Mar. 2002	2
Patrick O'Neill	Mar. 2002	2
Ed Snider	Mar. 2002	2
Thomas Nice	Mar. 2003	1

KIDDIE CORNER

Congratulations to Jacklyn & Luke McDannell, the children of Randy McDannell, one of Aliquippa's finest! Jacklyn & Luke are the winners of \$100.00 U.S. Savings Bonds, thanks to their artistic talents.

Check for the artwork of Jacklyn & Luke in the driver's rooms of our various terminals and the cover page of the newsletter.

P.S. Jacklyn & Luke also receive LJK hats & jackets, to wear with pride!

FROM THE SPIRITUAL CORNER, FOR OUR DRIVERS

Prayer before Starting on a Journey

My Holy Guardian Angel, ask the Lord to bless the journey which I undertake, that it may profit the health of my soul and body; that I may reach its end, and that, returning safe and sound, I may find my family in good health. Do thou guard, guide and preserve us. Amen.

---Catholic Prayer #1

A Driver's Prayer

Oh, God, you are my creator and protector, grant me a steady hand and watchful eye, that none be hurt as I pass by. You gave life. I pray no act of mine take away or mar that gift divine. Protect those, Lord, who travel from highway dangers and all anxiety. Teach me to use my vehicle for others' needs and never miss the beauty of Your world through excessive speed. I pledge to drive with loving concern to my every destination offering each travel hour in praise of Your name. Amen.

---Catholic Prayer #2

"TRUTH EMERGES MORE READILY FROM ERROR THAN FROM CONFUSION."

-Francis Bacon