

THE L.J. KENNEDY EXPRESS - DISPATCH

ISSUE #3

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OUR CORE VALUES: *Dependability, Efficiency, Integrity, Safety, Service, Stability and Teamwork that complete our Circles of Excellence.*

OUR MISSION: *"To deliver dependable, on-time service to our business partners in a safe & cost-effective manner".*

RECRUITMENT-REFERRAL STATEMENT

Now you can earn \$1,000 by referring a potential new driver to our recruiters

Mitch Bookbinder: (866) RUN-4-LJK **or**
Harold Wilson: (888) 922-0184.

Join the growing ranks of L.J. Kennedy drivers that are receiving our new and improved recruiting bonus!

You will receive \$500 after the new hires first 30-days with LJK **and** another \$500 after the new hires 6-months of employment.

It's easy and it pays to join the program. (Don't forget to call Harold or Mitch whenever you refer a driver).

Twenty LJK drivers have received a referral-bonus and that number is growing. Join the growing ranks of our drivers that are benefiting from this exciting new program!

-Fred Kennedy

TOP MPG DRIVERS: FIRST QUARTER REPORT

1.	Elbridge McBreairty	7.74 mpg
2.	Walter Tomlins	7.47 mpg
3.	Martin Collins	7.45 mpg
4.	Wilfredo Cintron	7.44 mpg
5.	George McEntire	7.43 mpg
6.	Phillip Hubbard	7.37 mpg
7.	Franklin Paige	7.35 mpg
8.	Michael Willard	7.31 mpg

Saving fuel makes us more profitable as a company and stronger as a nation. Don't let the OPEC nations "pick our pockets" - - - save fuel!

**"BIRTHDAYS ARE GOOD FOR YOU ---
THE MORE YOU HAVE, THE LONGER
YOU LIVE."**

-Bob Paul

L.J. KENNEDY NEWS XPRESS

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DRIVER-OF-THE-QUARTER

The third winner of the "Driver-of-the-Quarter" award is:

-Glen Voris
(Carrollton Terminal)

One of Carrollton's first driver's, Glen is "a model of reliability and a pleasure to work with; you can always count on him", says Dale Hatfield, Carrollton Terminal Manager.

As a token of our appreciation, Glen will receive a \$100.00 U.S. Savings Bond and an L.J. Kennedy jacket. Congratulations!

**THIRTEEN L.J. KENNEDY
FUN FACTS ...**

1	There is a Democratic Party U.S. Representative from Tennessee with the same name as our Stony Point Terminal Manager: Bart Gordon.
2	Number of Kennedy employees with Presidential last names: (18) <ul style="list-style-type: none"> • (1) Jackson: Linda • (2) Johnson: Charles/Jeffrey • (3) Wilson: Gregory/Harold/Mark • (1) Reagan: Randall • (1) Washington: Louis • (1) Carter: James • (9) Kennedy: Frank, etc.
3	Did you know that Harold Wilson, our Driver Recruiter, has a daughter who is a cheerleader for the Jacksonville Jaguars?
4	Number of countries LJK employees and independent contractors were born in: (12) United States-Romania-Ireland-Bosnia-Portugal-Scotland-Norway-Haiti-Costa Rica-Jamaica-Dominican Republic-Ecuador.
5	Percentage of Americans eligible for a company pension plan 18%. Percentage of LJK employees eligible for a pension plan: 100%.
6	Average family income in America: \$44,761. Percentage of LJK drivers earning less than the average income in the USA: 0%.
7	Percentage of LJK loads that are either pre-tarped or do not require tarping: 82%.
8	Percentage of LJK loads that deliver in the five boroughs of NYC & Long Island, excluding Stony Point loads: 5%.
9	Percentage of LJK drivers that pay more than \$40 per week for family medical benefits: 0%.
10	Percentage of LJK applicants that are hired: 3%. "100 men, we'll test today, but only 3 ..."
11	Percentage of LJK drivers hired in the months of February, March, April = 39%.
12	Percentage of LJK drivers hired in the months of November, December, January = 12%.
13	# of LJK drivers born in Mar. & Nov. = 55. # of LJK drivers born in Dec. & Jan. = 26.

**BUNGEE 101 ... SAFETY FACTS
BY LOUIS KENNEDY**

BUNGEE SAFETY

Well, it didn't take long. We just started using bungee cords and we've already had our first injury. (The driver required six stitches).

To prevent bungee injuries from happening to you, please take the following precautions:

- Stand at least 18-24" away from the bungee cord when loosening or tightening it. It will dramatically reduce the likelihood of being struck by a bungee cord.
- Use safety glasses when working with bungees.
- Watch your footing! A slip could lead to injury from a fall or a bungee cord.
- Check bungee cords for dry-rot & cracks; cracked bungees are more likely to cause injuries.
- Don't overstretch bungee cords.
- Protect bungees from sharp edges.

"LEARN FROM THE MISTAKES OF OTHERS. YOU CAN'T LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF."

-Eleanor Roosevelt

TERMINAL CASES: NEWS FROM THE CARROLLTON TERMINAL

SHELBYNEWS.COM

Teenager killed in collision

Tuesday, March 16, 2004

NEWS Staff Report

Officers from the Shelby County Sheriff's Department on Monday evening responded to a fatal traffic accident on State Road 9, north of Mill Road.

Upon their arrival at about 8:14 p.m., officers discovered that a blue 1984 Toyota, driven by a 19-year-old man, had crossed the center line headed northbound and struck a black late-model Chevrolet pickup truck that was southbound at the time of the crash.

The 19-year-old man was trapped in his vehicle and was pronounced dead at the scene of the accident.

The driver of the pickup, a 51-year-old man, was unable to exit his burning vehicle on his own.

The driver of the pickup was transported to Major Hospital by medics and later was flown to Methodist Hospital in Indianapolis by Lifeline Helicopter.

The names of the victims have been withheld pending notification of their families.

The investigation by the Shelby County Sheriff's Department and the Shelby County Coroner's office will continue to determine what caused the driver of the Toyota to drive left of center.

The Shelbyville Police Department, Fountaintown, Shelbyville, and Fairland fire departments, Shelby County Coroner's office and the Morristown Marshal's office assisted at the scene.

EDITOR'S NOTE: This report was published in the Shelbyville News. The hero who pulled the 51-year-old man from the burning vehicle was **Gary Harless**, one of Carrollton's top drivers.

"BE THE MASTER OF YOUR WILL AND THE SERVANT OF YOUR CONSCIENCE."

-Maria Van-Ebner Schenbach

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. Get proper rest to prevent fatigue.
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.

FROM THE SPIRITUAL CORNER, FOR OUR DRIVERS

Orthodox Christian Prayer for the Safety of Travelers

Be mindful, O Lord, of those who travel by land, by sea and by air; of the old and young, the sick, the suffering, the sorrowing, the afflicted, the captives, the needy and the poor; and upon them all send forth thy mercies, for thou art the Giver of all good things.

FROM THE COMPUTER GURU: TWO SIMPLE TIPS FOR COMPUTER USERS

1. Use Google to find solutions to error messages. Google (www.google.com) is a popular & powerful search engine. You type in a word or phrase and the site will show you "matches" for your search. In most cases, typing in an error message from a computer program will bring up matches to message boards where somebody has asked for help because they have run into the same error you are experiencing. In this case, you might not even need to ask for help! See what kind of responses they got. In many cases, you will find the answers to your troubles on these sites.
2. Use a diagnostic utility to check your computer for errors. Most of our workstations have a program called Norton System Works installed. This program is a collection (or "suite") of smaller programs that can be used to keep your workstation running smoothly & quickly. The "one button checkup" will scan your computer for a series of common troubles, and will offer to fix these problems for you. Speed Disk (located within the Norton Utilities tab) will take the files on your computer, and reorganize them so that the computer boots up quicker and loads programs and files faster.

-Matt Kennedy

**"CURIOSITY KILLED THE CAT. BUT IT
ALSO INVENTED THE LIGHT BULB,
THE AIRPLANE AND THE TRANSITOR
RADIO."**

-S. Lee Ritter

401K PLAN NEWS ENROLL TODAY

Now is the time to enroll in your company sponsored 401K Plan! Our open enrollment period ends July 1st. It's simple! Complete the Plan enrollment form and return to your terminal manager and your in. You can contribute as little as \$1.00 per week. Enrollment forms and plan literature are available at all Kennedy terminals.

At no time has it been more important to invest in your future than it is today. With Social Security representing less and less of your retirement income, along with the fact that we are living longer, means you as an individual are going to be increasingly responsible for funding your retirement. The company is as concerned about your financial future as you are. Your company sponsored retirement plan can help you reach your financial goals. In addition to being an important way to help you, your 401K Plan offers many additional advantages. Some of these include:

- Your contributions are made on a pre-tax basis, thereby lowering your taxable income and in turn lowering your taxes.
- Investment earnings grow on a tax-deferred basis.
- Once you have chosen how much to contribute, your contributions are made by simple, systematic payroll deductions.
- You have the ability to invest in a diversified, high quality menu of options.
- A 24-hour toll-free number (800-770-2182) as well as internet access (www.nationwidefinancial.com) to your investments to check your balance or make investment changes.

**The best time to start participating in our
company retirement plan is now! No
contribution is too small!**

-John Roulett

**"ROME WASN'T BUILT IN A DAY, BUT
NEITHER WAS CLYDE."**

-Shemp Howard

ANOTHER DRIVER SURVEY: IMPROVING EFFICIENCY & EFFECTIVENESS

Tell me what we should do to make LJK stronger, more efficient, more profitable and a better place to work. Be open. Your opinion won't offend us!

We need your responses as quickly as possible; your advice matters, but you must voice it!

You can e-mail me your responses: suggestionbox@kennedytrucking.com. If you don't have access to e-mail or prefer to put your suggestion in writing, mail to:

L.J. Kennedy Trucking
Attn: Suggestion Box
342 Schuyler Avenue
Kearny, NJ 07032

I'm looking forward to hearing from you!

EXAMPLES

1. What are we doing where costs exceed benefits?
2. What takes up an excessive amount of your time & effort when compared with the benefits received by LJK?
3. What frustrates you and limits your effectiveness?
4. What could the company do to improve your performance?
5. Where do you see opportunities to make or save the company money and reduce waste?