

THE L.J. KENNEDY EXPRESS - DISPATCH

ISSUE #5

AUTUMN 2004 EDITION
(SPECIAL COLLECTOR'S EDITION)

TABLE OF CONTENTS

<u>SUBJECT</u>	<u>PAGE #</u>
MILEAGE CHAMPS	1
DRIVER-OF-THE-QUARTER	1
SURVEY #4	1
A COMMUNIQUE FROM PRESIDENT KENNEDY	2
WINTER DRIVING TIPS	2
ADVANCED QUERIES IN LOADMASTER	3
SEPARATED AT BIRTH	3
THE TWENTY SAFETY COMMANDMENTS	3
MY OLD KENTUCKY HOME	4
A FLASH FROM BART GORDON	4
OUR MAN IN AFGHANISTAN	5
FAMILY VALUES	6
PROFILE OF A BUDDING GRIDIRON STAR	6
PICTURE THIS	6
MY PRIDE & JOY	7
WEDDINGS & ENGAGEMENTS	7
WACHOVIA-AT-WORK	7-8

THOUGHT-OF-THE-MONTH

“THE DEEPEST PRINCIPLE IN HUMAN NATURE IS THE CRAVING TO BE APPRECIATED.”

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”.*



DRIVER-OF-THE-QUARTER

**JAMES CARTER
FLORENCE, NJ**

This month, Pat Lowrie, Florence Terminal Manager, sings the praises of James Carter, Florence driver. "James is a go-to guy. He is an excellent driver-trainer and has a positive attitude. His contribution to our success cannot be overstated."

James will receive a \$100 U.S. Savings Bond, L.J. Kennedy jacket and hat in recognition of his superior performance!

SURVEY #4 SUGGESTION BOX.com

This month we have a few questions for you.

Which truckstop chain is your favorite?

- A. Travelcenters of America
- B. Pilot
- C. Flying J

Do you prefer tarps with bungees or rope?

- A. Bungee Cords
- B. Rope

Register your preference by sending an e-mail to: suggestionbox.com. Fred Kennedy, our President, is anxiously awaiting your response!

***"ONLY THE SHALLOW KNOW
THEMSELVES."***

“A COMMUNIQUE FROM PRESIDENT KENNEDY”

I hope you enjoy the latest edition of the Kennedy Express. There are many exciting things happening at our company and I'd like to share some with you, our company.

- By April, 2005, our state-of-the-art terminal in Aliquippa will be operational. Terminal fuel will be available. (The corporate theatre, theme park, hotel & bowling alley are still in the planning stages).
- Mike Beckett is our new Manager of Brokerage with Kennedy Logistics. Mike is a transportation veteran who worked for 8 years at Ace-Doran Hauling & Rigging of Cincinnati, Ohio. We're expecting great things from Mike...
- Speaking of great things, our Driver Recruiter, Harold Wilson, has done an impressive job! Since he was hired in March, our driver count has jumped by **45%**! Quite amazing, when you remember that we could never stay above sixty drivers in Carrollton before the arrival of Harold. We now have more than eighty drivers and continue to grow!
- John Roulett, our V.P. Finance, has a new reason to smile. Her name is Csilla Banyai, our new Staff Accountant. Csilla will help John keep up with our unprecedented growth. Note: Csilla is a native of Hungary, and a graduate of Rutgers University, with a master's degree from Montclair State University.

Keep up the great work --- it's starting to pay off!

WINTER DRIVING SAFETY TIPS

Prepare your vehicle.

- ⇒ Always perform a thorough pre-trip inspection of your vehicle before every trip.
- ⇒ Always take a flashlight, snow scraper, shovel and extra fuel filter.
- ⇒ Keep your windows, mirrors and lights clean.
- ⇒ Drive with your lights on in poor visibility conditions.
- ⇒ Keep fuel tanks full.
- ⇒ Check chains often for tightness.
- ⇒ Follow company procedures to prevent air line and brake freezing.

Prepare yourself and plan to stay warm.

- ⇒ Always take survival supplies (warm clothes, blankets, hat, gloves, non-perishable food and drinks, first-aid kit, etc.)
- ⇒ Always wear your seatbelt.
- ⇒ Get plenty of rest before you start your trip.
- ⇒ Watch for slippery conditions in parking lots and truck stops.

Watch for changing conditions.

- ⇒ Stay constantly alert for changing road conditions.
- ⇒ Use common sense and adjust your driving to conditions.
- ⇒ Watch for melting or hard-packed snow and strong side winds.
- ⇒ Watch for "black ice". Especially on bridges and overpasses.
- ⇒ Listen to the radio and CB for current information about weather and road conditions.

Always expect the unexpected.

- ⇒ Watch for other vehicles having problems with conditions. Give them plenty of room.
- ⇒ Give snowplows plenty of room and don't pass near a bridge.
- ⇒ Keep your attention far ahead of your vehicle and try to ride alone, not in a pack of traffic.
- ⇒ Start a jackknife correction promptly, before the jackknife reaches the danger point of 15 degrees.
- ⇒ If you don't feel comfortable driving, park at the first safe place.

REMEMBER:

The primary cause of winter driving truck collisions is.....

“Driving too Fast for Conditions”

DRIVE RESPONSIBLY THIS WINTER

Your family, your friends and company depend on you.

“PLEASE HAVE A SAFE TRIP!”

-Brian Libby
Training Manager

“THE VOICE IS A SECOND FACE.”

“ADVANCED QUERIES IN LOADMASTER”

-Matt Kennedy

Try using the following tips to help you search our database quicker:

= Use the equal sign to search for a blank field. (Example: to find loads where the B/L number is blank, you would enter an = in the “B/L Number” field and press (ESC) to execute the command.

* Use the asterisk when you know only part of the information. (If you knew the first 3 letters of a name you wanted to find were “MIT”, you could enter “MIT* in the name field and press (ESC) to find all the records with the name starting with “MIT”.

> and < Use the greater than and less than sign before numbers or dates to find number or dates greater than or less than the number you enter. (Example: to find all loads in the system that were picked up after October 17, 2004, you could enter > 101704 in the pickup date field and press (ESC).

“SEPARATED AT BIRTH DEPARTMENT”

Charlie Campbell	&	Jack Lemmon
John Munroe	&	David Wells
Tommie Flynn	&	John Goodman
Fred Kennedy	&	Bill Clinton
Harold Wilson	&	Ross Perot
Jim Francis	&	The Members of ZZ Top

If you think an LJK employee looks like someone famous, call or e-mail me with your submission.

Winning entries will receive an incredibly wonderful prize! Thanks.

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.

“IN AMERICA, YOU ARE WHAT YOU DO.”

-Daniel Patrick Moynihan

“MY OLD KENTUCKY HOME”

-Dale Hatfield

As we approach the year 2005, I would like to take a few minutes and reflect back on 2004. There has been a lot of change at our terminal in Carrollton, KY. This was not an easy transition so I would like to take a few moments to thank everyone for working so hard to make this as smooth as possible. I would like to thank our drivers, tarpers, yard jockeys, office employees, mechanics and everyone else involved in making this a successful transition. I would also like to thank our corporate office for helping us. This has truly been a team effort. We should be proud of what we have accomplished and should look forward to the future with optimism.

We had a special visitor in the month of October and I would also like to thank him for taking time out of his schedule to stop by and share his leadership with the rest of us. From everyone at the Carrollton terminal, thank you Frank Kennedy.

I would also like to welcome Mike Beckett our new Brokerage Manager. Good luck with your future at L.J. Kennedy Trucking!

Jeanne Beatty and her significant other, David Scales, as well as Richard Ware & Scott Meyers, recently embarked upon an excursion to Sturgis, South Dakota.

Jeanne wants everyone to know that their gang of motorcycle toughs evaded arrest. Additionally, no filming of the trip by the “Girls Gone Wild” folks will appear at your local Blockbuster.

However, Jeanne did report that “she’s never seen skies that color blue.” The trip was “amazing.” (She rode her Suzuki GZ250 rice-rocket approximately 800 miles, at a top speed of 72 mph).

The trip through the badlands was a memory she will always treasure, as was the trip to Mt. Rushmore.

Jeanne and her posse drove for twenty-two hours, along with her teacher, David.

“A FLASH FROM BART GORDON...”

Bart is recovering from a hip replacement operation. Here are his last instructions to drivers before he received anesthesia.

- All drivers are to message dispatch BEFORE allowing customers to change a bill-of-lading.
- All drivers must be told that all SNOW and ICE must be removed from empty or loaded trailers before moving them.
- All drivers MUST do an “ARRIVE AT DESTINATION” on Qualcomm, as well as a “LOAD EMPTY” on Qualcomm on every load. Owner Operators should use IVR for both arrive and depart.
- Drivers should contact dispatch with ANY DELAYS at deliveries, and to continue to contact dispatch until the loading problem has been resolved.
- Now is the time to begin “WRITING UP” tarps that may need repair. The WINTER MONTHS are coming, so help us keep our tarp repairs up-to-date.

“EVERY COURAGEOUS ACT WE COMMIT IN LIFE TRANSFORMS US IN SOME WAY.”

“OUR MAN IN AFGHANISTAN: A COMMUNIQUE FROM CAPTAIN CHRIS KENNEDY”

Chris Kennedy, son of Fred Kennedy and brother of Matt Kennedy, is a Captain in the U.S. Army, based in Herat, Afghanistan. He recently took time out from his daily responsibilities to answer a few questions about life in Afghanistan.

Q1: What is the weather like in Afghanistan?

A1: I am in Western Afghanistan in a city called Herat. The summers are hot as hell and the winters are cold. But not too cold, yet. It has been in the 60's during the day and in the 30's at night. But it will get colder as we get further into winter

Q2: Do Afghan women knit afghans, to keep their families toasty?

A2: I can't tell you much about the knitting habits of the women here, but they all wear the same outfit ... blue burkahs.

Q3: Have you seen any Afghan dogs in Afghanistan?

A3: Yes, they are called Afghan Kutchi dogs, and they are very big and mean. They are sheep herding dogs that the locals use all over the country. I am told that they are beginning to turn on the locals. They have found that the American soldiers treat them better than the Afghan people. At one of the Special Forces compounds, they have to lock up the Kutchi dogs in the morning when the local laborers come in to work.

Q4: Do Afghan women appear at local USO dances?

A4: Afghan ladies aren't showing any more skin than the occasional hand from under a burkah to buy something at a store. Sorry, no USO either, the best we have seen was when the actor Emery Lee (the drill Sgt. From full metal jacket) came to visit. Also, Vince Vaughn from Dodge Ball came by ... did I mention the Hooter girls were here too!

Q5: Do you think Osama is still alive?

A5: Osama is alive & kicking as far as we can tell from his latest video. The only reason we have not found him ... he is not in Afghanistan and the world is not ready to open its borders to let us get him.

Q6: Can you receive American tv via satellite?

A6: American TV. Yes and no. We have the Armed Forces Network. It is the Department of Defense's way of trying to give us all the TV you can get on cable jammed into 3 channels and with safety messages from the Generals instead of commercials. Believe it or not, I have seen more Giants games in Afghanistan than I have seen in Hawaii. There are some real satellite receivers that we have purchased, and for such a religious

country, no one seems to be complaining about the French adult movies that play.

Q7: Do you think freedom is a concept that is truly universal?

A7: The concept of freedom is what is helping us win over the people here. Let me tell you, they are a lot freer in some ways than you and I are in the states. For example, there does not seem to be any laws when it comes to driving, and you can bet all the little vendors you see selling bootleg DVDs are not paying any tax or royalties to Hollywood.

Q8: Have you gotten to know any Afghan people well?

A8: I have not spent too much time with any one Afghan, but I did spend about four days trying to get an interpreter to buy a 220 to 110 volt converter. First he bought a 220-voltage regulator, then he got a 110 to 220 step up. He finally got it right on the third try after I paid his cab ride for all three trips, but I now have coffee.

Q9: Are Afghan children friendly towards American troops?

A9: The Afghan kids seem to like us. But I learned not to give them anything. We generally can get away with throwing candy to the kids, but one-day my driver, PFC Guill, (GREAT AMERICAN) handed a young boy a dollar. He then got beaten by some bigger boys who took the dollar. We don't do that any more. At least we make sure no one sees us give the kids stuff. Soccer balls have set off small riots from what I hear.

“BEING A GENERAL CALLS FOR DIFFERENT TALENTS THAN BEING A SOLDIER.”

“FAMILY VALUES”

-Mitch Bookbinder

The “Family Values” section is your opportunity, as a LJK employee, to tell everyone at LJK about achievements & accomplishments or your family members. If you have something of interest to report, please call our Minister of Information, Mitch Bookbinder.

The sons of James Couch (tater), driver at the Carrollton plant, were invited to the Kentucky Prep Middle School Showcase, which was held October 23, 2004, at the Kentucky Basketball Academy (KBA) in Lexington.

The Kentucky Prep Showcase hosted this “BY INVITATION ONLY” one-day camp for the Top 50 players in KY & OH at the 5th, 6th, & 7th grade levels.

The instruction portion of the camp was provided by local AAU coaches and consisted of station work involving several aspects of the game. Players were grouped according to skill level, grade and position.

Jeff Couch ranked 8th as a shooting guard in the sixth grade level and Josh Couch ranked 8th as a point guard in the fifth grade level.

To visit the website for the KBA and to see more of the state rankings, please visit www.eteamz.com/kypatriots, click on KY Prep Showcase to the left.

PROFILE OF A BUDDING GRIDIRON STAR: JUSTIN HEARN

David “Goose” Hearn, one of Carrollton’s top drivers, is pleased to report that his son, Justin “Little Hacksaw” Hearn, propelled his Carroll County, PA Middle School football team into the championship game against long time rival Frankfort.

At first glance, Justin’s statistics defy comprehension. How could a 125#, 5’8”, fourteen year old average an astounding twenty-two tackles a game? How could he lug the pigskin an additional twenty times a game, as a wingback, and gain almost eighty yards per carry? It’s amazing ...

Justin, who labors at defensive end, as well as wingback, scored the winning touchdown in the big

playoff game against Trimble County, to lead his Carroll County Panther squad to the championship.

Justin resides in Worthville, KY with his family. He plans to start weightlifting this year and hopes to join the Marines when he reaches adulthood.

David Hearn wants everyone to know how much he appreciated Jim Brophy’s attendance at one of Justin’s games. Also, David was insistent that everyone at Carrollton be thanked for working so diligently to get him home to see his son play.

Justin’s favorite NFL players are Mike Alstott & Payton Manning. Judging from the comment of his coach. Justin’s running style is remarkably similar to Mike Alstott’s. “Justin carried the ball with purpose,” said the coach.

We’ll be monitoring Justin’s progress in the coming years and will be reporting on his achievements.

Again, congratulations to Justin, David, sister Amanda and mother Denise.

PICTURE THIS: PORTRAIT OF LISA PIXLEY

On the artistic front, Steve Pixley, one of the Bristol terminals newer hires, let slip that is daughter Lisa is an artist. (His pride was readily apparent).

Lisa, who has lived in Maine for six years, is pursuing her Bachelor of Fine Arts degree from the Maine College of Art, Portland, ME. (Lisa is now in her junior year).

Lisa grew up in Goshen, CT, a somewhat isolated area of the Northeast Connecticut. She got into art as a child and her passion has grown with the passing years.

Teaching is an option for Lisa, as is living in Italy & Quebec, at sometime in the future.

Lisa’s first show recently closed, but you may be able to view her works at www.haygallery.com. (Sorry, no pictures of trucks are anywhere to be found on the site).

“The coast of Maine is a gorgeous, lovely place, and I feel in love with it”, reported Lisa, and anyone who has traveled through America’s Vacationland would have to agree.

Congratulations to Lisa on her artistic breakthrough, and best wishes in all your endeavors.

MY PRIDE & JOY: PAM & MELISSA

Finally, I want everyone to know that my daughter, Pamela Bookbinder, was chosen from more than six hundred students, to help organize the Presidential debate held at Washington University in St. Louis.

Pam got to meet and take pictures with Tim Russert, Tom Brokaw, Andrea Brokaw & Andrea Mitchell when she was named an intern for NBC News.

"It was the best week of my life", said Pam, and there is little to debate about when considering her assertion. (Pun intended).

Pam is the twenty-year-old daughter of my bride Nancy, and the sister of Melissa, a junior at Jonathan Dayton High School, Springfield, NJ, who was recently named a National Honors student.

"WEDDINGS & ENGAGEMENTS"

Congratulations to Denise Martone, Kearny's A/P czar, and her husband, Emil, Sr., upon the announcement of their son Emil, Jr's, engagement to Ms. Sara Weinstein, of the Miramax Film Corporation dynasty. Emil is an architect and Sara works for a family-planning organization. The couple will reside in New York City.

"THERE IS A ROAD FROM THE EYE TO THE HEART THAT DOES NOT GO THROUGH THE INTELLECT."

WACHOVIA AT WORK A NEW L.J. KENNEDY EMPLOYEE BENEFIT

Who knew working together could be so rewarding? Introducing Wachovia At Work, your newest employee benefit.

By offering you Wachovia At Work, your company is saying it cares about your financial health. Wachovia At Work is an employee benefits program that gives you preferred pricing on a whole range of financial services, as well as the convenience of being able to access your money and account information, whenever you want.

But that's not all you get. Wachovia At Work is ultimately about partnership. That means financial specialists who have years of expertise to help you get where you want to go.

Why are you being offered this? For a simple reason. You work at a company where employee benefits go beyond just salaries and health insurance. A company that thinks about all your needs.

PREFERRED PRICING

Make your money go further. Belonging to an organization like LJK feels good. Especially when membership gives you something that sets you apart. Wachovia At Work doesn't have a secret handshake. Instead, Wachovia offer you discounts that are only available to Wachovia At Work members. Look to Wachovia for preferred pricing on:

- Select checking accounts
- Brokerage services**
- Loans* and mortgages
- Financial planning services

CONVENIENCE

Make your money stay closer.

Your money can't do you much good unless you can get to it. As a Wachovia At Work member, you'll have convenient access. Whether you're at home, at the office, or on the go, your money and our advice are around the corner or a phone call away.

- 2,800 Financial Centers
- Wachovia.com
- 4,600 ATMs
- 1-800-353-7375

FINANCIAL PARTNERSHIP

Make your money work smarter.

When it comes to financial management, few people want to just tread water. They want to get ahead. That's why Wachovia At Work partners you with experienced specialists who will use their expertise to help you plan for the future as well as make those big purchases today. We can help you:

- Manage your money
- Save for college
- Plan for retirement
- Save for a house

WACHOVIA AT WORK – EXCLUSIVE FINANCIAL BENEFITS FOR EMPLOYEES

Wachovia At Work is not just here for you today but down the road as well. We understand that your financial needs change as you do. That's why Wachovia offers you a wide range of banking and financial services. And makes it easy to get to them. And are always available to provide advice and listen.

So talk to Wachovia. Call 1-888-353-7375, go to wachovia.com/wachoviaatwork, or visit any Wachovia Financial Center. You'll discover that Wachovia At Work really does work for you.

Wachovia At Work: Your Benefits at a Glance **Daily Money Management**

- At Work Regular Checking account with no minimum balance requirement, no monthly service fee, free Check Card; free Online Banking; free safe deposit box for one year; and free first order of checks with payroll Direct Deposit.
- Crown Banking and Crown Classic Banking, our premier banking packages; include higher tiered interest and free Online Banking with BillPay.
- Premium Savings and High Performance Money Market accounts with monthly maintenance fee waived for 18 months with Direct Deposit.
- Certificates of Deposit special rates.

- 0.25 percent rate reduction on a new fixed or variable-rate installment loan or Home Equity Loan for the life of the loan.
- 0.15 percent rate reduction on a Prime Equity Line for the life of the line.
- Up to a \$500 rebate at closing on any Wachovia Mortgage product, based on a loan amount*
- Wachovia Platinum Plus credit card with a low introductory promotional rate, plus a preferred ongoing interest rate discount**
- Educaid, the student loan division of Wachovia, provides government and alternative loans for both students and parents with fast and friendly service.
- 10 percent discount on all broker-assisted trades when you contact Wachovia Securities Direct at 800-326-4434***
- Individual Retirement Account***
- Discounts on Financial Planning Tools.
- Free access to Internet Investor Tool Macro World with Wachovia Brokerage***

Call the dedicated Wachovia At Work line 888-353-7375 or visit any Wachovia Financial Center to take advantage of this offer. For additional information, please visit wachovia.com/wachoviaatwork.

“A MAN IS NOT NECESSARILY INTELLIGENT BECAUSE HE HAS PLENTY OF IDEAS, ANY MORE THAN HE IS A GOOD GENERAL BECAUSE HE HAS PLENTY OF SOLDIERS.”