

# *Special Summer Beach Issue!*

**SUMMER, 2005**

**EDITION #7**

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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”.

# **L.J. KENNEDY NEWS XPRESS**

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## **DEPARTMENT OF CORRECTIONS**

- My apologies to Mr. McCollum for not listing his 29 years of service. (Hey, I'm only HUMON).
- I am "MANN" enough to apologize to Clarence for not noting his 29 years of service.
- Q: What kind of fool misspells the name of the owner's daughter?  
A: Me. It's "Patty", not "Pattie".
- Regretfully, I failed to mention that Bill Cairns has toiled for LJK for 22 years.  
- Mitch

## **DRIVER OF THE QUARTER**

### **Bob Paul, SYSTEM DRIVER**

Bob Paul, the driver with two first names, is the winner of the seventh "Driver-of-the-Quarter" award.

Bob has worked tirelessly on behalf of his fellow system drivers. That's why we think of him as unofficial representative for system drivers.

Bob is a goodwill ambassador extraordinaire for LJK; he has spread the good word about LJK throughout the Southern Tier, where he is a legendary figure, particularly at Woodhull Raceway. (Each Saturday night during racing season, Bob can be found singing the praises of LJK at Woodhull).

Bob is the consummate professional: reliable, safe, pleasant & driven to perform at the highest levels.

For all of his fine work, Bob Paul is the winner of the LJK Driver-of-the-Quarter award. He will have a \$100 U.S. Savings Bond bestowed upon him, so he can lavish his partner Carol with a gift that will forever remind her of L.J. Kennedy.

**P.S.** Bob is the ringleader of the incredible Southern Tier Open House, which will be held on July 16th at Woodhull Raceway. He'll answer any questions about his friendship with Barney Oldfield, at that time...

## MPG KINGS (INDIVIDUAL DRIVERS)

Stony Point	Walter Tomlins .....	7.15 mpg
Florence	George Mihalek .....	6.98 mpg
Florence	Chuck Geoghan .....	6.97 mpg
Carrollton	Gardallen Smith .....	6.97 mpg
Kearny	Andrius Sirotavicius .....	6.64 mpg
Bristol	Gary Nagy .....	6.48 mpg
Auburn	Pleam Jewett .....	6.31 mpg
Aliquippa	Ed Janicki .....	6.08 mpg
System	Steve Dickson .....	5.82 mpg
System	Ed Smith .....	5.81 mpg
System	Bob Paul .....	5.79 mpg

## MPG TERMINAL STANDINGS (YTD)

1ST Place	Florence .....	6.16 mpg
2nd Place	Stony Point .....	5.98 mpg*
3rd Place	Bristol .....	5.95 mpg
4th Place	Auburn .....	5.86 mpg
5th Place	Kearny .....	5.84 mpg
6th Place	Carrollton .....	5.74 mpg
7th Place	Aliquippa .....	5.56 mpg
8th Place	System .....	5.52 mpg

\*local drivers only; no road-operation

Congratulations to these drivers for their admirable efforts to conserve fuel.  
(A \$100 U.S. Savings Bond is enroute to the winners).

**“HOW CAN WE TELL WHEN A SIN WE HAVE  
COMMITTED HAS BEEN PARDONED?  
BY THE FACT THAT WE NO LONGER  
COMMIT THAT SIN.”**

-John Davis

## MEDICAL SERVICES

-JOHN ROULETT

When you visit the Emergency Room (ER) for non-emergency care, you are paying for all of the high-tech equipment and life-saving services that are essential in a true emergency – but not for treatment of less serious conditions.

For example, did you know that a personalized treatment that cost \$60 in your doctor’s office could cost as much as \$383 in the ER? And the ER co-payment you make is typically three to four times the cost of a physician office visit co-payment?

It may seem more convenient to not have to wait to make a physician appointment, but is it really? Keep in mind that on average time spent at an ER visit is close to 3 ½ hours. And you lose the chance to develop a relationship and get more consistent care from your personal physician.

Unnecessary visits to the ER can raise your insurance premiums, co-payments and deductibles.

So before going to the Emergency Room, ask yourself:

- Is immediate medical attention required? If NO, then make an appointment with a physician during office hours.
- Is the situation life threatening? If NO, then ask.
- Will the situation result in serious impairment to the body or bodily functions? If NO, then go to an urgent care center in your plan’s network.

If you answer YES to any of these questions, then you should call 911 or go directly to the nearest Emergency Room.

When it comes to the cost of health care and staying healthy, your choices make a difference.

# FUEL SAVING

-BRIAN Libby

## THINGS I CAN DO AS A PROFESSIONAL DRIVER TO SAVE FUEL

Fuel Efficiency: Conserve Energy/Save \$\$\$\$\$\$\$\$

With the cost of fuel at or near record levels, it is important that drivers operate as efficiently as possible. Factors drivers can control when it comes to efficient operations include:

- Preventive Maintenance
- Idling
- Driving Practices

Simple maintenance steps can make a difference in fuel consumption. This includes making sure that vehicle's axles and wheels are properly aligned, tires are properly inflated, and the engine is tuned up on a regular basis.

### **Idling**

On average, an idling truck uses about one gallon of diesel fuel per hour. Trucks that idle at a lower rpm burn less fuel than trucks that idle at a higher rpm. Engine idling also has an impact on maintenance costs. According to Department of Transportation (DOT) statistics, idling-related maintenance costs are about \$2,000 per truck annually. As well as fuel and maintenance costs, in some areas of the county, idling is illegal and can lead to fines and penalties. Most of the idling prohibitions are state or municipal law/regulation/ordinance and include exceptions in certain cases.

### **DRIVING PRACTICES**

Another way to cut fuel consumption is by following some common sense driving practices.

#### **STARTING THE ENGINE**

Long periods of cranking waste fuel. If after 30 seconds of cranking the engine doesn't start, stop and wait a couple of minutes before trying again. Don't pump the accelerator and never unnecessarily rev the engine after starting.

#### **SMOOTH ACCELERATION**

Accelerate smoothly. Uneven acceleration wastes fuel.

#### **STEADY SPEED**

Maintain a steady speed. Braking unnecessarily causes a vehicle to lose momentum. The only way to regain that momentum is by accelerating, which means burning more fuel. Use cruise control when possible, as it helps maintain an even speed.

#### **SPEED LIMITS**

Tests have shown that every mile per hour of additional speed over 55 mph costs an additional 2 to 2.2 percent in fuel. The faster speed also increases air resistance. This causes the engine to work harder at 65 mph than it would on the same stretch of road at 55 mph.

#### **PROGRESSIVE SHIFTING**

Shifting before running the engine up to the governor saves fuel. Today's engines are designed, to be shifted between 1100 and 1700 rpm. By not relying on the governor to limit the engine's power you can save fuel and for yourself "Fatigue"...

**"FORTUNE SOON TIRES OF CARRYING ANYONE LONG ON HER SHOULDERS."**

**-Andrius Sirotavicius**

## **EMAIL ETIQUETTE**

**-MATT KENNEDY**

Here are some email facts to consider before sending an e-mail.

- Email is never secure. Management can read your messages. Smoking gun emails can trigger workplace lawsuits. Email abuse & misuse can get you fired.
- Never reply to Spam --- just delete it. Email messages can be subject to subpoena.
- If confidentiality is an issue, don't use email.
- Do not send any message you would be embarrassed to have your boss read.
- Do not write anything to or about another person that you wouldn't say face-to-face.
- Don't send emails when angry ... calm down first.
- Do not use obscenities or racial slur in emails.
- Do not use email to let off steam.

This advice could spare you from much grief ...

## **INJURY PREVENTION**

**-CHRISTINE ANDREWS**

The Injury Prevention Campaign was kicked off on Monday, June 13, 2005 beginning with our drivers. This campaign will be promoted company-wide by the use of Qualcomm, payroll stuffers, injury prevention posters, charts, graphs, training, and power point presentations. Our goal is to reduce the number of injuries that occur each month along with the costs that are attached to each injury.

To make this campaign a successful one, along with promoting awareness through use of these training tools, we need EVERYONE'S help. Office staff including senior management, terminal managers, and dispatch have several opportunities each day to convey a safety message like "Work Safe" rather than "Goodbye". We can provide a feeling of a safe atmosphere throughout the company to our workers.

Safety is a company wide responsibility, as we succeed in our goal, we all benefit.

Suggestions and ideas are welcome.

If you would like more details on this campaign, please call Safety.

## **DRIVERS CORNER**

**-GARY NAGY, BRISTOL TERMINAL**

I just picked up a load from Newington and six of the straps had deep cuts in them. Obviously someone didn't use edge protectors under the straps of a prior load which was probably a shipment of structure steal. (All the straps were cut in the same place). This upset me because it is a waste of money and it is a danger to others.

**Lives depend on our straps---use edge protectors under straps...**

# **"My Thank You LETTER To CHRISTINE ANDREWS"**

**By JOE NEWTON**

My name is Joe Newton. I am a driver out of Carrollton, KY terminal. I have been with the company going on 5 years now. I was asked to tell you a little about my back injury I received on February 17th, this year.

One morning I stepped out of the truck, my right foot down first, then my left. It felt like I had stepped on a "live wire" and had been electrocuted. Pain ran up both legs to my lower back, I could not stand for a minute or two. After that happened it took me ten times longer than normal to fold my tarps and get ready to go.

I dropped by my house before returning to the terminal to rest my back for a few minutes and when I tried to get up I couldn't walk. I had to go to the emergency room and follow up with my family doctor. What I thought would be two weeks off work turned into four months. A lot of phone calls were made back and forth between me and Christine (Kearny, NJ office), to get medicines, doctor appointments, physical therapy and all the other things I needed to get.

I ended up going to physical therapy forty times, ten visits to my family doctor and five visits to an orthopedic specialist for a service of cortisone injections in my spine. I was also on 3-4 different medications.

I would like to thank Christine for all of the help and phone calls she made for me to speed things up. She was GREAT!

It's now June 13th and I'm finally going back to work. After all that my back is starting to get better but it will never be the way it was prior to that "one step". This is just a little insight on what can happen if you injure yourself.

## **THE TWENTY-FIVE 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.
21. Don't speed.
22. Plan your trip.
23. Pay attention.
24. Drive courteously.
25. Check your load securement regularly and often

**"THE SUCCESS OF TRAINING DEPENDS MOST UPON THE MOTIVATION OF THE TRAINEE."**

**-Dave Brown**

## **MEET SEAD TUPKUSIC BRISTOL DRIVER**

It must be frightening to be 18 years old and have to leave your country because of an impending war and religious persecution. But, that is what Sead Tupkusic had to do.

After graduating from high school in Bosnia, Sead headed to Germany, although he didn't speak German. He did construction work and drove box truck. Worked as a bartender & bouncer. (The Red Cross helped him with food, a place to sleep, German lessons and work). Labored as a roofer, which turned out to be helpful.

The seafood restaurant he worked at had an owner who was a great help to Sead. Although he could've stayed in Germany, he wanted to move to the USA, which he did in 1999.

Sead arrived in Connecticut in 1999 and moved in with his Uncle Mohammed, who came to the USA in 1992 (Mohammed is now our switcher in Bristol). They worked in a factory making macaroni & cheese. Then, he got a job as a forklift operator for a grocery wholesaler. Advanced to machine operator. Headed to driving school in Indiana and obtained his CDL.

While in Connecticut, Sead met his wife, Sanela, who also emigrated from Bosnia. They got married 18 months later. They are the proud parents of Melisa, age 6, and Dalmre, age 1 ½.

Sead then drove for a food company for several years, as well as an owner-operator.

Sead came to LJK without any prior flatbed experience. His trainer was Gary Nagy, who made Sead feel very comfortable, very quickly. Sead discovered that he liked the challenge of securement & tarping very much. There are not as many problems continuously backing into docks at LJK as there are with box trucks.

Sead volunteered that "Bob C. is the best dispatcher I ever had". Bob C. says "Sead's an excellent driver who does everything asked of him" Sead is living proof that the American dream is alive & well. We're proud to have him at LJK!

### **EFFECTIVE LISTENING**

**-DAVE SCUREMAN**

It is very important that we listen carefully & with respect when others speak to us. Consider the following listening tips to improve your listening skills.

- Give five compliments for each criticism
- Build self-esteem in others you meet
- Be interested in what others are interested in
- Don't interrupt!
- Listen for something of value in what others are saying
- Make people feel important
- Reflect back what the speaker is saying
- Listen to pitch, rate & voice tone
- Don't change the subject
- Match the speakers gestures
- When you don't understand, get clarification
- Integrity is a key determinant of successful communications.

**"CURIOSITY IS ONE OF THE  
PERMANENT AND CERTAIN  
CHARACTERISTICS OF A  
VIGOROUS INTELLECT."**

**- James Joyce**

You show respect when you listen to others with an open-mind..

# **MY FALL FROM THE TOP OF A SHEETROCK LOAD**

## **-By Tom Chaney, Stony Point driver, as told to Christine Andrews**

It was a day like any other day. A load like any other load, and I've delivered thousands of sheetrock loads for L.J. Kennedy.

Look, I wasn't rushing. The weather was fine. I took my time. But, I got my feet tangled in the plastic on the edge of the load. Plastic is slippery, especially when wet or icy.

I knew I was falling. So I jumped. Didn't want to fall headfirst. Landed on my feet, but got a broken hip & arm. Passed out from the intensity of the pain. It's better now. I'm back to work. But, I missed 8-9 months of driving, with 3 months of light duty. Have some arthritis now.

Guys, I've been with LJK since 1983. I know flatbedding. If it happened to me, it could happen to you. Take my advice...be extra careful when working at heights. Your life may depend on it!!!

### **DRIVER SUGGESTIONS**

**-Fred Kennedy**

Many drivers have responded to Qualcomm requests for sales leads and ways to improve our profitability. I am thankful that we have drivers who care enough to take the time to make suggestions that will help us to continuously improve.

**Therefore, a special "shout out" goes to:**

Vince Bistransky	Bob Paul
Scott Conklin	Dave Brown
Lance Pandolf	Vance Absher
Todd Lucas	Scott Seymour
Mike Gibson	Jeff Gould
Larry Booska	Gary Nagy
Dave Milligan	Roger Frankenstein

**Keep 'em coming!** We appreciate them and we will let each of you know the outcome.

**P.S.** If I left anyone out, please remind me at [suggestionbox@kennedytrucking.com](mailto:suggestionbox@kennedytrucking.com).

### **STONY "POINTERS"**

**-By Bart Gordon**

Safety is the foremost concern of both the L.J. Kennedy Trucking Company and United States Gypsum Company. In an effort to maintain a safe and accident free plant, there are several regulations all drivers need to adhere to when they are dispatched into the Stony Point Terminal.

Be considerate of our neighbors. Please avoid using air horns and jake brakes if possible. Respect speed limits and traffic control devices in our town.

When dispatched to USG Stony Point, do not enter the plant property; go directly to the L.J. Kennedy truck terminal.

Upon arrival, L.J. Kennedy maintenance will inspect your tractor and trailer. Please provide a signed V.C.R. to maintenance with any problems or with no repairs needed, and present a copy of the signed V.C.R. to dispatch.

All outside drivers are encouraged to use terminal fuel, whenever possible. We will fuel and inspect your tractor when you arrive and will do any repairs we can.

Please respect our yard drivers. Drop your empty or load where directed by either maintenance or yard personnel.

If your load is inside the USG gate, you must follow the following rules:

1. Upon entry through the gate, you must have your seat belt fastened.
2. You must shut off your engine and set your brakes before you dismount your tractor.
3. Plant speed limit is 5 m.p.h. – do not speed.
4. Drivers are now allowed inside the plant. Do not enter the plant for any reason.
5. Drivers must abide by all posted signage. Do not park in front of first hose houses or in front of man doors or on the ramps leading to the loading doors.

**Thanks for your cooperation!**



# Nutrition Tips

**Need a snack and the vending machine is the only thing in sight?  
Rather than choosing a chocolate candy bar or chips, try pretzels or a fruit or grain bar.**

**With the hot weather upon us, remember to keep hydrated.  
The benefits of water are crystal clear. H<sub>2</sub>O has no calories, fat or cholesterol.  
Keep a bottle of water with you and make a habit of staying hydrated.**



## HIGHLIGHTS

**Fluid**, often an overlooked nutrient, is essential for maintaining the body's functions. It transports nutrients and oxygen to cells and carries waste products away. Most people need 8 to 12 cups of water daily from drinking water, other beverages, and water in solid foods. In moderation, soft drinks can fit with an overall diet. However, avoid replacing more nutritious beverages, such as milk and real juices with sugary soft drinks; except that water and carbohydrate soft drinks don't supply significant amounts of nutrients. A 12 ounce can of cola, for example supplies about 150 calories, but little else.

**Canned Fruit**, provided the convenience of non-perishable, high quality fruit is not available all year round. When buying canned fruit, check the label for valuable information. You'll find descriptions like packed in its own juice, packed in fruit juice, unsweetened, in light syrup, or in heavy syrup. Fruit packed in juices have less sugar than fruit packed in syrup, hence fewer calories.



## **PRIDE & POLISH**

**-Mike DERRIG**

Do you ever look at other trucks when you're running down the road? Which ones shine, which ones look like they are on the way to the garbage dump? When you get out of your truck and walk away do you look over your shoulder at your truck and smile with pride as your truck glistens back at you?

The Kennedy's have spared no expense when it comes to equipment. They spec the best truck they can for you. It is a reflection of our company and of you the driver. We have vehicle-washing services that come into our terminals to wash our equipment and we also have accounts with Blue Beacon to keep your equipment looking its best on the road. But how does the interior look?

You spend seventy hours a week in your truck; it is your home away from home. If Aunt Tilly showed up unexpectedly would you hesitate to let her in the door? Or would you welcome her in with pride? I am greatly impressed with the condition of most of your trucks. When I open the door and climb inside, most of these units look better than the day they came out of the factory. The appearance of the truck both inside and out is a reflection of driver attitude and safety consciousness.

It is hard to maneuver in today's traffic and congestion when you have a Snapple bottle or a coffee cup rolling around your cab.

Are your windows clean, are the dashboards clear of debris that may hinder defroster operation on those humid nights? Can you slip out of your seat and slide into the bunk without calling a moving company?

These are things that have a direct relationship to how well you can safely perform your job. We want you to have the best work environment possible with the cleanest safest equipment in the industry. It is all about YOU and we are here to support and help in every manner we can, from air fresheners to seat maintenance to mattresses. Don't hesitate to ask.

**HAVE A GREAT 4TH OF JULY AND DON'T FORGET OUR BRAVE MEN & WOMEN IN THE SERVICE...**

### **OVER-~~T~~H~~E~~-R~~O~~A~~D~~** **IN NETWORK FUEL** **UTILIZATION LEAGUE STANDINGS**

<b>Aliquippa .....</b>	<b>98%</b>
<b>SYSTEM (SOUTH) .....</b>	<b>94%</b>
<b>SYSTEM (NORTH) .....</b>	<b>92%</b>
<b>CARROLLTON .....</b>	<b>90%</b>
<b>BRISTOL .....</b>	<b>88%</b>
<b>FLORENCE .....</b>	<b>86%</b>
<b>AUBURN .....</b>	<b>85%</b>

**GOAL: 99%**

**CORPORATE AVERAGE: 94%**

## Aliquippa Open House -Dayle Kelley

On June 23rd and June 24th the Aliquippa terminal held their open house at their grand new facility. As you can see from the pictures and for any of you that had been to our “humble beginnings” at the little green building just down the road and the separate maintenance facility on Route 51, we have come a long way. Everyone seemed very impressed by our new digs. I know the staff and drivers are enjoying the new building and grounds. For those who came out to Aliquippa for a “look around” we enjoyed the company and for those who could not come to Aliquippa on those days we look forward to you stopping in for your own “look around” at a later date.

The food was superb. A selection of ribs chicken, assorted sandwiches, potato-salad, cole-slaw, baked-beans & cookies were devoured by the hungry mob that flocked from Kearny and various other locales. The new gas-grill was fired up, so our chairman, Frank Kennedy, enjoyed hot dogs. John Munroe and the Aliquippa team want everyone to know that we hope everyone enjoyed their time in Aliquippa as much as we enjoyed sharing this joyous occasion with them!



Before



After