



O Come All Ye Faithful

The Wise Men brought valuable gifts to the baby Jesus. The Little Drummer Boy only had his drum to play. What gifts will you give this holiday season? We have a hurting world.....a world in need. Our friends & customers to the North have been devastated by Hurricane Sandy. We have colleagues in our own industry battling illness and sorrow. School children & senior citizens alike are going hungry right here in Davidson County. And let's not forget those without jobs. It has been a difficult year for many. Give what you can this season. Make a donation to the American Red Cross or the Salvation Army. One can of food, a good used coat or a heater will go a long way in helping someone in need. The best gift of all is a simple prayer. It is powerful. Count your blessings. Do what you can.

Another way to give
Make a donation
In MEMORY of those we've lost



Always in our thoughts
Forever in our hearts

An Easy Gift Idea Sweet & Salty A Simple Christmas Treat



Ingredients:

- Bugles
- Christmas M&Ms
- White almond bark

Melt almond bark according to directions. Dip open end of bugle into almond bark. Insert M&M. Put on wax paper to cool. That simple!

And for those who fight to give us
the GIFT of freedom
Merry Christmas Soldiers!



For most of us December is anything but a "holiday." Here are four simple gifts you can give yourself to de-stress this season.

A CUP OF CHEER Have a cup of hot cocoa. Hot beverages raise our body temperature and provide a sense of comfort. Cornell University research found hot cocoa contains more antioxidants than red wine. A 40-gram bar of chocolate contains about 8 grams of saturated fat, compared to only 0.3 grams in the average cup of hot cocoa.

CHESTNUTS ROASTING - Perhaps chestnuts are not at the top of your grocery list, but your body needs the right fuel to be healthy. Raw, unsalted nuts provide protein and fiber. Eating delicious foods is part of the holiday season – enjoy! One strategy to maintain body weight is to taper down the day before and the day after a big holiday meal day.

GOD REST YE MERRY GENTLEMEN - Studies on military pilots show that a 45-minute nap is ideal....fits into REM cycle sleep...and you will wake up feeling rested.

LAUGHING ALL THE WAY - Recent studies show laughter releases oxytocin, a powerful feel-good hormone. A good laugh can positively affect our circulation, immune response, blood sugar levels and sleep patterns. Laughter stretches facial muscles, expands lungs, and increases pulse rate. More oxygen flows to tissues giving our bodies something of a mini-workout.

TRUX TRAX

Company Newsletter

Rolling out.....



Our New Logo!

Winter 2012



Rolling Out Our New Logo!

Yes, we have a new logo. Some of you have wondered why we chose the name **SHELBA** versus the name **JOHNSON** to be the main part of the logo. It's simple. **SHELBA** is a unique name. Google the word **SHELBA** and what comes up first? Shelba Johnson Trucking, of course! And it's the only Shelba Johnson Trucking to come up. Google Johnson Trucking and you'll see just how many Johnson Trucking Companies there are across the country. **SHELBA** is a unique name. We can make it ours! We're the one and only! It's a recognized name in the furniture transport industry. Many times at the fall furniture market, we heard customers and market-goers say "Oh we use Shelba all the time". No, we're not losing the Johnson part of our name. It's just as important. We're just enhancing the **SHELBA**. And we think if Shelba were here, she would like it too!

S - superior service

H - here to stay

E - express tracking online

L - loyalty to customers

B - best in furniture transportation

A - amazing employees



Gifts Come In all Shapes & Sizes

A compliment is a gift, not to be thrown away carelessly, unless you want to hurt the giver.

.....Eleanor Hamilton

At this past Fall Furniture Market, we received lots of special "gifts" in the form of compliments on our service and the great people we have working for us. What a pleasure it was to hear the nice things said about our employees. Many of our customers took the time to come by our counter at the market and personally thank us. Here's what they had to say:

From Wieser & Cawley Furniture – "Clyde Cody & Teri Morgan are doing a great job for us!"

From Bedroom Gallery – "Terry Todd recruited us 13 years ago and we've been with you guys every since".

From Charlotte Furniture in El Paso – "Elmer Watkins is our driver and we just love him! We even invited him inside last year to attend our Christmas Party!"

From The Nest Egg in Fairfax, VA – "We can't say enough about the great job Barry Billings is doing for us!"

From Carol Grude Litt Interiors, Bradley NJ – "Good delivery service, good customer service, no problems, no hassels."



Here's a gift that appeared in Joe's email on October 23, 2012

Dear Mr. Wade -

I just used Express Tracking to check on an order, something I do on a regular basis. Freight information 24-7... it's badly needed and in most cases unavailable. I'd like to thank you for providing that capability to your customers; it's an enormous help to us.

While I'm at it, allow me to thank EVERYONE at Shelba D. Johnson - you, Mrs. Wade, Richard Tucker, the wonderful ladies in the office, your warehouse staff and those terrific drivers who bring our freight - for providing the most pleasant and trouble-free interaction with a carrier that a customer could ever hope for.

I've been with Bowen for over 32 years and have seen a lot of carriers come and go, but Shelba D. Johnson is head and shoulders above the rest.

Thank you for all you do for us.

Best regards,

Keith H. Joyce
VP / Merchandise Operations
Bowen Town & Country Furniture Co.
Winston-Salem, NC 27103



From our **FACEBOOK** page:

Shelba D ROCKS!!! Special shout-outs to **Nathan Puckett and Angie Woody @ customer service. They are always nothing short of stellar. Super special shout-out to our driver, Mr. Sam Reid. He is above & beyond customer service unparalleled. Cheers, SDJ!**



And, here's one more.....

Fran from Motif Designs called to say that Jason Powell (owner operator) was the best driver she has ever had. He goes above and beyond his service for her and she thought we needed to know how wonderful he is. She said he was polite and courteous always and we should be proud to have him as a driver for this company.

Look who stopped by to kick off the Holiday Season. Why none other than **Tuxedo Joe & Freddy Kruger. An unlikely pair, but they get the job done!**



What's the worst Christmas gift ever.....the one you can't return or exchange for something better? **THE FLU BUG!** It's the office gift that keeps on giving. You can share it without even trying. It's the one gift this season that we absolutely do not want!!!!!! So please don't come to work with the flu. Keep it to yourself. It's the one gift you do not have to share. Better yet.....GO GET A FLU SHOT and you won't have to worry about it.