

TRUX TRAX

Company Newsletter



shelbajohnson

Spring 2012

SPRING CLEAN YOUR SOUL

Spring is a time to clean not only your house, but your spirit....let go of things that no longer serve a positive function. Here are 10 steps to help you "spring clean" your soul:

Renew your senses, enhance your perceptions. Listen to beautiful music, meditate, take a walk, cut fresh flowers or savor a gourmet meal.

Dust off your relationships. Analyze relationships that cause stress. Repair issues of concern. Renew your commitment & clean up old baggage. If repairs are not possible, muster up strength to let go.

Kill the weeds in your spiritual garden. Analyze your own attitudes and behaviors. Pull out negative thoughts and discard. Pluck out pettiness, cultivate generosity, grow a positive outlook.

Take out the trash. Look carefully at what activities occupy your time. Do you or others receive strength from what you do, or do you waste time? Pare down your schedule, make time to nurture yourself.

A new broom sweeps clean. Open your heart, mind, and spirit. Sweep out guilt, resentment, criticism, and intolerance.

Remodel your physical well being. Consider the things you put into your body—Allow no poisons...smoke, alcohol, chemicals.

Air out grievances. Evaluate long-standing issues between you and others. Mend fences. Let go of grievances.

Recognize your capabilities. Instead of putting pressure on yourself to excel at everything, let go of those expectations that cannot be met. Strive for your personal best, and let others shine where you can't.

Forgive yourself and others. Make peace with the past and seek joy in the future. Forgive, let go and move on.

Cast away fear. Reach inside yourself for the strength to live each day to its fullest. Clear the cobwebs of old habits and be open to new people and experiences.

THINGS WE LEARN FROM OUR DOGS

Never pass up the opportunity to go for a joy ride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When loved ones come home, always run to greet them.

When someone is having a bad day – be silent, sit close by and nuzzle them gently.

Let others know when they've invaded your territory.

Take naps, and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you're not.



Elly Wade likes Facebook



Disney Inspirational Quotes

The past can hurt. You can either run from it or learn from it. *The Lion King*

The flower that blooms in adversity is the most rare and beautiful of all. *Mulan*

OHANA means family, family means nobody gets left behind. *Lilo and Stitch*

Reach for the sky! *Toy Story*

Remember: Always let your conscience be your guide. *Pinocchio*

A lie keeps growing and growing until it's as plain as the nose on your face. *Pinnocchio*

Keep your chin up, someday there will be happiness again. *Robin Hood*

Things will look better in the morning. *The Jungle Book*

Sometimes the right path is not the easiest one. *Pocahontas*

Nothing's impossible. *Alice In Wonderland*

If you can't say something nice, don't say nothing at all. *Bambi*

All it takes is Faith and Trust. *Peter Pan*

You are braver than you believe, stronger than you seem, and smarter than you think. *Winnie the Pooh*



Federal Motor Carrier Safety Administration: New Hours-of-Service Rule for Commercial Drivers:

On December 22, 2011, U.S. Transportation Secretary Ray LaHood announced a final rule that revises the hours-of-service (HOS) safety requirements for commercial truck drivers. FMCSA's new HOS final rule reduces by 12 hours the maximum number of hours a truck driver can work within a week. Under the old rule, truck drivers could work on average up to 82 hours within a seven-day period. The new HOS final rule limits a driver's work week to 70 hours. In addition, truck drivers cannot drive after working eight hours without first taking a break of at least 30 minutes. Drivers can take the 30-minute break whenever they need rest during the eight-hour window. Trucking companies that allow drivers to exceed the 11-hour driving limit by 3 or more hours could be fined \$11,000 per offense, and the drivers themselves could face civil penalties of up to \$2,750 for each offense. Commercial truck drivers and companies must comply with the HOS final rule by July 1, 2013.

Staying awake means staying alive. Sleep apnea is a major contributor to daytime drowsiness—a condition that could prove deadly for commercial truck drivers and everyone sharing the road with them. It is a condition where, during sleep, a narrowing or closure of the upper airway causes repeated sleep disturbances leading to poor sleep quality and excessive daytime sleepiness. Since excessive sleepiness can impact a driver's ability to safely operate the commercial vehicle, it is important that drivers with sleep apnea are aware of the warning signs.

Visit FMCSA's website <http://www.fmcsa.dot.gov> for more information on the new HOS ruling and sleep apnea.



ANGELS AMONG US

Sung by Alabama

*Oh, I believe there are angels among us
Sent down to us from somewhere up above
They come to you and me in our darkest hours
To show us how to live, to teach us how to give
To guide us with the light of love.*

*They wear so many faces,
Show up in the strangest places
To grace us with their mercy,
In our time of need.*

We dedicate this song to **Dan Hillanbrand**, one of our Turnpike employees:

On February 21st, Dan selflessly donated one of his kidneys to a fellow church member in need. Both Dan and the recipient, Jerry Lassiter, are doing great! In our eyes, Dan, you're an angel. I'm sure Jerry, along with his family, feels the same. We're so proud of you Dan, and grateful to have you among us.

Dan Hillanbrand & Jerry Lassiter



Prayers Go Up; Blessings Come Down

**I've always liked the words to this song.
Each day, whether perfect or not, is a
gift. Don't waste it.**

I Get To

Sung by Blue Country

They used to make me go to church
Clip-on tie, starchy shirt
I never heard the preacher's words
All slouched down in that pew.
These days goin' to church
Is somethin' I don't have to do
I get to

I used to have to hang with dad
Wash his car and cut the grass
It took all day and I hated that
Till his heart attack last June
These days helpin' dad
Is something I don't have to do
I get to

I get to wake up early
I get to go to work
I get to make an honest living
Put my hands down in the dirt
I get to hear grandma complain
About all her little aches and pains
I get to rock my baby girl to sleep
Spend my weekends coaching little league
There's a lot of things I don't have to do
I get to



Got lots of old coffee mugs you don't know what to do with? How about boxing them up and donating them to a worthy cause. We're collecting gently used coffee mugs, pots & pans, kitchen items, clothing for women & children, toys etc. for Battered Women's Shelters across the area. For more details, please call Diane Prim or Marie Wade.

And we say Happy Retirement to.....

Dick Lewin



We Will Miss You &
We Wish You All The Best!

Let's Celebrate!

March 17 – St. Patrick's Day



Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

April 8 – Easter Sunday



From very early times, the egg has been considered the most important symbol of rebirth.

May 13 – Mother's Day



82.8 million – Estimated number of mothers of all ages in the United States.

May 28 – Memorial Day



We remember those who have died serving our country.