

TRUX TRAX

Company Newsletter

Where will the summer take you?



To the Lake



Down by the Shore



Camping in the Mountains



Your own backyard

shelbajohnson
Summer 2012

REFLECTIONS.....

Throughout the past year, many of our SDJ family members have suffered loss....fathers, mothers, brothers, sisters, wives, nieces, nephews, grandparents and friends. This is dedicated to each of you. May our loved ones rest in peace.

Their Journey's Just Begun

Don't think of them as gone away,
their journey has just begun.
Life holds so many facets,
this earth is only one.

Just think of them as resting
from the sorrows and the tears,
in a place of warmth and comfort,
where there are no days and years.

Think of how they must be wishing
that we could know, today,
how nothing but our sadness
can really pass away.

And think of them as living
in the hearts of those they touched
for nothing loved is ever lost
and they were loved so much.

Anonymous



When you are sorrowful, look again in your heart and you shall see that, in truth, you are weeping for that which has been your delight. ~Kahlil Gibran

Compliments from the Market

We had several customers stop by our counter at the market just to tell us what a great job our employees do for them. Listen to what they had to say.

Martha Hampshire of Associated Services & Design had high praise for Kenny Brice, Crystal Rose and Doug Hunt. She said they were "so kind and very helpful".

Connie Stamp with Dinettes by Design says *Rodney Lambeth does a fantastic job!*

Travis Sims with Main Street Furniture says *Rico Duren and Sam Reid are "super nice guys and they do a great job"!*

Travis Heinlen with Morgan House says "Clyde Cody does a super job and if he ever retires - I'm screwed!"

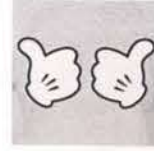
Bruce Davis with Paradise Furniture - "Randy Morgan, Cindy Huskey, Katrina Jones and all of Customer Service do a great job! No Problems!"

Thanks for the hard work each of you put into this company to make us look good. Help us keep those compliments coming!



A **D.O.T** on-site audit evaluates a company's safety performance and confirms proper and complete recordkeeping. The review also determines if the company has adequate management controls in place to ensure FMCSR compliance.

We had our on-site audit in April. We passed with flying colors! There were a few very minor issues noted, but all in all, SDJ received a good report!!!



Our Safety Department deserves **2 THUMBS UP** for their excellent work in preparing for this audit. Kevin, Rustina, Margie and Sam worked long and hard making sure all paperwork, documents and drivers logs were in order.

It takes each employee doing their job to the best of their ability to achieve results like this. Each job here at SDJ is an important one.

NEW STUFF AT BLAIR STREET

This past spring brought new and exciting things to Blair Street. Check it out!



Our New Tank for Diesel Fuel



A new family of geese!

Where Will Summer Take You? Vacation? Staycation? Daycation?

Studies have shown that there are very positive effects when people take the time to vacation (this includes those who take long-distance trips and those who stick around their own backyards). Consider the following benefits of vacations:

- Increased creativity
- Increased productivity and efficiency on the job
- Less likely to burn out on the job
- Regular vacations keep stress levels lower and energy levels high
- Improved mood
- Better relationships with family and friends
- Less stress overall

Will you take a week-long **VACATION** to the beach? Will you take a short **DAYCATION** to the mountains for a hike, go berry-pickin' or visit a NC winery? Or will you just enjoy some much needed rest and relaxation during your **STAYCATION** at home? Wherever summer takes you, enjoy your time off and rejuvenate yourself. Who knows? Maybe we'll have a busy October like we did last year!



Happy Birthday, America

BLACKBERRY PICKIN'

Remember blackberry pickin' as a child? I know some of you are too young to have that memory. I personally didn't enjoy it that much.....the hot sun, thorn pricks, briar scratches, and watching out for snakes.....not my idea of fun. Oh, but the berries were so good! Nothing beats picking your own berries.....strawberry, blueberry and blackberry. And, it's the season. Go out and pick some berries (or buy them at a stand like I do). Then make yourself a great cobbler. Blackberry cobbler will always be my favorite. What's yours?

Old Fashioned Berry Cobbler

Ingredients

- 2 C Berries, frozen or fresh
- 1/2 cup sugar
- 1 cup milk
- 1 cup self rising flour
- 1 cup sugar
- 1 stick butter or margarine

Instructions

1. Preheat oven to 350 degrees. Melt stick of butter in oven proof casserole dish in oven while mixing ingredients. Place 1 T margarine on top of berries in a small bowl. Pour 1/2 cup sugar over berries. Stir. Heat in microwave for 1 minute so that sugar begins to melt.
2. Mix together 1 cup flour and 1 cup sugar until blended. Pour in 1 cup milk and mix until blended.
3. After butter is melted, take casserole out of oven and pour batter on top of melted butter. Pour berries on top of batter. DO NOT STIR! Sprinkle a tablespoon of sugar over cobbler. Place in 350 oven and cook for 55 minutes or until golden.



July is National Hot Dog Month, and according to the National Hot Dog and Sausage Council, Americans will eat more than 7 billion hot dogs between Memorial Day and Labor Day. During the July 4th weekend alone (the biggest hot-dog holiday of the year), 155 million will be downed. What could be better than watching fireworks on July 4th and eating a delicious hot dog!

FLIP FLOP FUN FACTS

Flip Flops are the oldest form of footwear. There are images from rock paintings of prehistoric man wearing a type of toe thong! They were known as **FLIP FLAPS** until the 1960's. Flip Flops first started to appear after World War II as soldiers brought Japanese '**ZORI**' (their word for flip-flops) back from the war, as souvenirs.



Father's Day Trivia

In 1966, President Lyndon Johnson signed a proclamation declaring the 3rd Sunday of June as Father's Day. Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, and a white rose is worn if your father is deceased. Neck ties, according to the U.S. Census Bureau, are the number one gift for Father's Day. Father's Day is June 17. Take time to honor the father, grandfather or special father-figure in your life on this special day.



Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. No wonder these are such a summertime favorite!

Cucumbers were believed to have originated in India and spread through Greece and Italy. They made their way into North America agriculture by the mid-16th century. Cool and moist due to their high water content, "Cukes" belong to the same family as pumpkins, zucchini, watermelon and other squashes.

Simple Cucumber and Onion Salad

Ingredients

- 5 or 6 small pickling cucumbers (you can use 2 or 3 English cucumbers if that's all you can get your hands on)
- half of a medium-sized Vidalia onion
- 1/2 cup white vinegar
- 1/2 cup water
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 garlic clove, finely minced

Instructions

1. Peel cucumbers and slice to your liking. Peel and slice onion. Combine in a large bowl.
2. Combine vinegar, water, sugar, salt, and garlic and pour over cucumbers and onions.
3. Allow to sit at least an hour before serving.