

Monthly News letter

February 2017

The Year is already MOVIN on!

February is here but there is still time to get some tickets! Keep working hard and get more chances to win!

FEW UPDATES OF POLICIES

SHOP: Please remember that only mechanics are allowed in the shop. When you are here for repairs or maintenance please stay in the

breakroom,
parts room,
and outside of
all of the bays.

This is for your safety as well as to keep repairs done in a timely manner.



WINTER WEATHER: Winter weather is rapidly approaching, so please try to keep a full tank of fuel over the weekends. By doing this if weather looks to be turning freezing we have the opportunity to leave truck idling through these times to prevent

the truck from freezing up. This can save everyone delays when leaving out after the weekend.

NEW HIRES

Jack Elam #59

Roger Parish #43

If you see them around make sure to say Hi!

~~~~~HAPPY BIRTHDAY~~~~~

Patrick Painter 1st

David Massey 6th

Alan Harris 17th

Make sure to come see us in the office for your Gift Certificate!

VACATION GIVEAWAY

WEEKEND GET AWAY!
FORT WORTH STOCKYARDS!
March 24th to 26th or May 21st to 23rd
You choose!

Included: (2 people)

- Train ride from OKC to FT Worth (roundtrip)
- Shuttle to and from the Stockyards from the Depot
- Lodging in the Stockyard event area
- Tickets to the concert at Billy Bob's
 > TBA once the schedule is put up
- Gift Certificate to H3 Steakhouse
- \$100.00 cash to spend as you please.

You will be able to walk to all the local entertainment and restaurants
Everything you need for a perfect relaxing get away!

DRAWING FEB 21st
LIVE ON FACEBOOK

February 21st is the next Vacation Giveaway!

LIVE ON FACEBOOK

PLEASE STOP IN OFFICE AND SEE HELEN TO GIVE YOUR IDEAS OF FUTURE VACATIONS. WE WANT TO HEAR FROM YOU!!

***If you do not wish to take the Vacation prize, we will redraw another ticket for that prize and you will receive one of the Secondary Prizes!**

We still have the \$500 referral program

The way it works... You send an applicant in, if they are hired, after 30 days you will get \$100 a month for up to 5 months as long they continue to work.
PLEASE TELL THEM TO TELL US YOU SENT THEM IN!

Advances are not given after 5pm each day. If you call after hours for advances,

1. **You will not be given the advance**
2. **You will be fined \$25 dollars**

We have to pay someone to be on call and it costs us each call in, therefor to cut costs we need to get this under control. If you have breakdowns this does not apply. Thanks for your help and understanding.

Want to give a BIG THANKS to the following drivers for receiving a PERFECT DOT!

Richard Davis
Johnny Riggs

Remember guys he earned \$100 Bonus as well as 10 TICKETS!

HEALTHY YOU!

Valentines is around the corner

Remember candy eaten today can be a hassle tomorrow! 1 box of chocolates runs over 600 calories, it takes 2 hours of walking briskly to burn them back off. Being a professional driver that is difficult to do being behind the wheel all day. Instead try to enjoy strawberries or other fruit. Still sweet and tasty just less guilt.

Eating healthy is very important, but just important is STRESS Levels

Put it into practice

Let's say you're sitting in traffic, and you know you have to be at your next delivery by a certain time. Rather than sit and stress about all the things that may be going wrong, try taking a few deep breaths and call the person that's expecting you and let them know you're stuck in traffic. Turn on your favorite music, or talk radio and focus on enjoying what you're listening to, rather than stressing about something that's not within your control.

It's important to manage your stress to maintain overall health. The next time you feel stressed, try using these tips.

- Deep breathing (Take deep, long breaths.)
- Progressive muscle relaxation (Relax your muscles by tensing a muscle group, like your neck and shoulders, and then releasing it.)
- Visualizing something you enjoy
- Doing something you enjoy (i.e. music, talk radio)
- Meditation (Focus on your breath as you inhale and exhale.)
- Positive self-talk ("I'll be ok. Things aren't as bad as they seem.")
- Focusing on what is in your control (Concentrate on your attitude and actions. Don't waste energy on the past or other's opinions and actions.)
- Awareness or mindfulness (Pay attention to what you are thinking and how you are feeling.)

****LIGHTS****

Please check them often and replace on the road if needed. Lights are important for safety but can get you shut down by DOT also. A small fix can go a long way. We have been getting many afterhours calls about lights please check them frequently.