



The Dashboard

MAY



Allow Time for the Good Stuff

Here we are getting ready to hit the midpoint of 2015 already. Time sure does fly by, did we take time to smell the roses as they say?

Just because time flies by does not mean we have to always be in hurry. We need to take the time to do things the correct way, the safe way. When we find ourselves not taking time to do things the correct way in trucking we find ourselves climbing out of trucks incorrectly, not pre-tripping our equipment, not wearing proper equipment in the shop, not securing a load correctly, and the list goes on and on. It is our core responsibility not only as employees but as members of our family to do the right thing and to take time in doing it so that we all go home the same way we came to work.

Speaking of taking the time to do things correctly and taking time to enjoy those things and individuals that we hold close to ourselves; Phoenix has started a new program this year that almost everybody should be aware of now. This new program is an online safety training tool. If you have not logged on yet, please do so. You can find instructions how to do so at the end of this article. This online program is taking the place of safety meetings and countermeasures this year; this should allow more time for you to enjoy those things that you hold dear. The online training only takes about 5 to 10 minutes each month. If you need further assistance, please see Linda, Todd, or myself for help. We have also set up two computer workstations in the training room should you need help here. Please feel free to stop by my office anytime and I will be more than happy to show you how to get logged on should you have any trouble.

I love quotes and my mother gave me a great one the other day. I think this speaks true of everything we do everyday. "Lord, please tell my brain to tell my hands what my heart means to do!"

Step 1: Go to the Training Website

Enter <http://phoenix.infinet-i.net> in your website browser. Once the website loads, use point and left click on the "Training Center" link.

Step 2: Enter the Training Center

Type in your username and password, then click on "Sign In".

Example: John Doe

Username: First 3 letters of last name (DOE) First 2 letters of First name (JOE) DOEJO

Password: ?

Step 3: Select Topic in the Classroom Section

Choose a topic and open by clicking on the + symbols on the left hand side.

Step 4: Start the Video

Clicking on the  symbol will start the video. The video will play automatically until completion.

Step 5: Take the Test

Test questions will appear automatically following the video.

Answer all questions to complete training. Once you have passed the test, this training will be removed from your classroom.

For additional information or questions contact 877-792-3866 ext. 300

"Be Careful Out There."

GETTING TO KNOW OUR CUSTOMER



FRAM Filtration manufactures and markets a variety of quality oil, air and fuel filters, as well as many automotive accessories such as PCV valves, crankcase filters and transmission modulators.

With North American research and development, manufacturing, and marketing locations in Greenville, Ohio; Perrysburg, Ohio; Albion, Illinois; Shelby Township, Michigan; Lake Forest, Illinois; Hebron, Kentucky; Fernley, Nevada; Riverside, California; and York, South Carolina; **FRAM** Filtration employs state-of-the-art process control and automated inspection equipment to assure that products are made on time and meet rigorous internal and customer requirements. Some plants have also earned a number of quality certifications including ISO 14001 and ISO/QS 9000. Today FRAM is known as America's number one oil filter brand, and the **FRAM** team continues to manufacture and market a variety of quality oil, air and fuel filters, as well as many automotive accessories such as PCV valves, crankcase filters and transmission modulators.

Headquartered in Lake Forest, IL, **FRAM** Filtration is a leading consumer choice for oil filters in the United States.

1932 FOUNDED:

- Introduction of the first **FRAM** Oil Filter with an easily replaceable cartridge – the **FRAM** F1.
- FRAM is born when the original chemists, Frederick Franklin and T. Edward Aldam, invented an easily-replaceable oil filtering element in their Providence, R.I. laboratory.
- The name **FRAM** was coined from the first two letters for **FR**anklin and the last two letters of **Al**dAM.
- FRAM begins hand assembly of oil filters

FRAM GROUP
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David Godley

IN THE KNOW

How long have you been working for Phoenix Transportation?..... 1-1/2 years.
 What do you do at Phoenix Transportation?.....South Carolina Driver.
 What is your favorite music?.....Headbanger.
 What is your favorite movie?.....Braveheart.
 What is your favorite drink?.....Scottish Ale.
 If possible, who would you most like to meet whether they are living or not? ...
Sir William Wallace.
 What is your favorite car?.....Bugatti Veyron.
 What place would you dream of going to?.....Bora Bora.



In Loving Memory of
Larry Wagoner

Larry T. Wagoner of Paris, KY, husband of Sharon Ledford, died on April 10, 2015. A native of Bourbon County and graduate of Paris High School, he was the son of the late Elwood and Betty Wagoner. In addition to his wife, he is survived by his sister-in-law, Carol (Jarvis) Long of Lexington, KY, and his brother-in-law, J.D. Ledford of Dallas, TX.

Larry had many interests and loved restoring antique farm machinery. He was a charter member of the Central Kentucky Antique Machinery Association formed in 1971 and served as director, secretary, and treasurer. He also loved motorcycles, Cadillacs, gardening, Norman Rockwell paintings, traveling, flying kites, and all things related to FDR. His quick wit and great mind will be missed by everyone who knew him.

Larry was a Phoenix driver for over twelve years. He will be missed by all.



HAPPY STAR WARS DAY ~ MAY 4TH 2015

FMCSA Still Seeking Drivers for 34-Hour Restart Study

The Federal Motor Carrier Safety Administration is still seeking volunteer truck drivers for its 34-hour restart study.

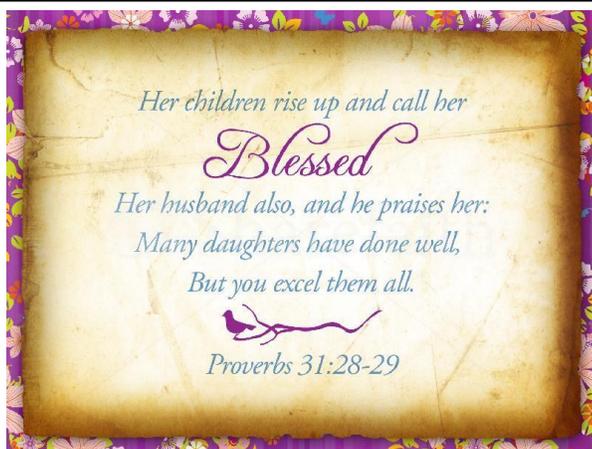
The agency is looking for drivers who typically use a 34-hour restart period to study the operational, safety, health and fatigue impacts of the federal hours-of-service restart provisions.

Drivers who have already volunteered to participate in the study are currently receiving updates from the study team by phone or email regarding their status as potential participants.

The study is required to include drivers from different fleet sizes, types of operations, and sectors of the industry.

Drivers who are chosen will be paid for their participation in the five-month study. All personally identifiable information from the research will remain with the independent study team and will not be shared with the government, said FMCSA.

Drivers interested in volunteering for the study should visit www.RestartStudy.com.



MAY DAYS TRIVIA

May 8th is Military Spouses Day

May 11th is Twilight Zone Day

May 15th is National Chocolate Chip Day

May 16th is National Sea Monkey Day

May 21st is National Waiters & Waitress Day

May 23rd is Lucky Penny Day

May 31st is National Macaroon Day

May Birthdays

Jody Bach	01
Jan Mills	05
Chuck Towles	07
Michael Stubbs	08
Kevin Caulk	09
Jesse Wilson	10
Keith Morgan	16
Paul Wade	16
Mark Vernborg	17
Dallas Osborne	18
George Stamper	19
Roger Shouse	20
Kenneth Stokley	21
James Raley	21
James Hollingsworth	22
James Wade	24



Several new employees were hired during the month of April. Please introduce yourself and make them feel welcome.

- Jordan Marlowe
- Donald Priddy
- Kenneth Kidder
- Elden Passmore
- Benjamin Wilson
- Jeffrey Guillory

Monthly Health Tip

Drink coffee to have a better nap

In a Japanese study that examined how to make the most of a nap, people who took a "coffee nap"—consuming about 200 milligrams of caffeine (the amount in one to two cups of coffee) and then immediately taking a 20-minute rest—felt **more alert** and performed better on computer tests than those who only took a nap.

Why does this work? A 20-minute nap ends just as the caffeine kicks in and clears the brain of a molecule called adenosine, maximizing alertness. "Adenosine is a byproduct of wakefulness and activity," says Allen Towfigh, MD, medical director of New York Neurology & Sleep Medicine. "As adenosine levels increase, we become more fatigued. Napping clears out the adenosine and, when combined with caffeine, an adenosine-blocker, further reduces its effects and amplifies the effects of the nap."

Care Corner

Please feel free to submit any prayer request, special need or celebration to the HR Department for inclusion in the Care Corner. We also have developed an email address (care@phoenix-transportation.net) that will help support the communication process. If you would like to be included in the Care Mail Group please contact Mark Barnes.

The people listed here have experienced sickness or loss of family members. Kindly keep them in your thoughts and prayers.

- Mark Vernborg's son Wyatt lost his five year battle with Leukemia. He passed away on April 14th. Please keep the Vernborg family in your prayers.
- Fred and Z.B. Brock's mother passed away. Keep them in your thoughts and prayers.
- Dallas Osborne is back to work after a heart attack and having stents put in.
- Tim Duning is recovering from knee replacement surgery.
- David Courtney is back to work after a medical scare.
- Debbie Farrow's husband had triple bypass heart surgery. Please pray for his recovery.
- Tommy Hall was off for medical reasons, and is back to work.

Please continue to lift up those co-workers with unrequested prayer needs!



Trons Bell

IN THE KNOW

How long have you been working for Phoenix Transportation?.....7 months.
 What do you do at Phoenix Transportation?.....South Carolina Driver.
 What is your favorite music?.....Gospel Music.
 What is your favorite movie?.....Action Movies.
 What is your favorite drink?.....Pepsi.
 If possible, who would you most like to meet whether they are living or not?...
Sahan Lincoln.
 What is your favorite car?.....Ford Mustang.
 What place would you dream of going to?.....Canada.