

B J Transport's Driver of the Year — Deb Muller

In this day and age it's no easy feat to be driver of the year, which means all the more credit goes to the 1st, 2nd, and 3rd place winners.

With great pride we announce Deb Muller as the 2004 Driver of the year. Second place winner is Dallas Shawback, and Third place goes to is Jim Larson. The three of you have worked very hard to earn this honor and we believe you are wonderful representatives of our company and of the industry.

B J Transport applauds the Driver of the Year and both runner-ups for their professionalism, dedication and positive attitudes. You have truly earned the title of Ambassadors of the Highway.



*Deb Muller, 2004 Driver of the Year
with Willie Williquett (Fleet Mgr)*



*2nd Place: Dallas Shawback with
Willie Williquett (Fleet Mgr)*



*3rd Place: Jim Larson with
Mary Hanson (Fleet Mgr)*

*Congratulations
to
everyone!*

Thanks Expressed For Violation Free Inspections

This is the kind of report that Jane Stewart, B J Transport's Safety Director, enjoys putting in. It's a list of independent contractors who passed through roadside inspections without any driver or equipment violations.

Getting "passes" in the 4th quarter 2004 were Franco Torres, Terry Brinker and Alan BJORHUS

All of these drivers deserve to be commended for their efforts. We congratulate and thank them for their great job.

Anniversaries Of Service

Eleven independent contractors and twelve staff members have reached anniversaries of service with B J Transport in January, February, March, April and May. We acknowledge their continuing contributions to our success in serving customers. Their roles in the B J Transport tradition of longevity is important for establishing rapport with customers and earning their confidence. Congratulations to the following:



JANUARY - Independent contractors

GENE WATSON 4 YRS

FEBRUARY- Independent contractors

ALAN BJORHUS 13 YRS
BRUCE DIONNE 7 YRS
JIM HALEY 4 YRS
JEFF RUNDQUIST 1 YR
RICK SATHER 1 YR
JANE SATHER 1 YR

MARCH- Independent contractors

PATRICK MCDONNELL 1 YR

APRIL- Independent contractors

TERRY BRINKER 2 YRS
DRAGO PERISIC 2 YRS

MAY- Independent contractors

ANDY SCHOMMER 1 YR

JANUARY- STAFF

TODD RUNDQUIST 1 YR

FEBRUARY- STAFF

TERESA TURCOTTE 21 YRS
JANE STEWART 16 YRS
SUE BANNIE 1 YR

MARCH-STAFF

DALE BENJAMINSON 3 YRS

APRIL-STAFF

MIKE HEDSTROM 18 YRS
JAY BRAUN 16 YRS
JANELLE JOHNSON 3 YRS

MAY-STAFF

DONNA PETERSON 9 YRS
KATIE HACKEN 2 YRS
MARY HANSON 1 YR
CYNDI CROWE 1 YR

Don't cry because it's over;
smile because it happened.

DRIVERS OF THE MONTH

Becoming a “Driver of the Month” is no easy task. A driver must have driven a minimum of 8,500 miles in the month, paperwork must be complete, neat and on time, and he/she must demonstrate a positive attitude. They must also be free of chargeable accidents, cargo claims, moving violations, probation, incident reports from customers, road incidents, DOT write-ups for logs, drug/alcohol violations or OOS violations.

We applaud the following contractors for their commitment and dedication to high standards.

Congratulate the following drivers of the month.



Justin Banitt – November



Rick & Jane Sather – December



Carolyn Cleveland – January



Drago Perisic – February

The two hardest things to handle in life are?
FAILURE and SUCCESS

Reducing Stress

By, Great West Casualty Company-Safety Management Accident Reduction Targeting

All drivers are subject to stress on a daily basis. This includes stress at home, stress at work, and especially stress on the road. Regardless of the source, stress can significantly impact a driver's physical and mental well being. When drivers become too stressed out, they may lose control of their emotions, causing them to drive in an unprotective manner. When this happens, aggressive driving and road rage can occur.

Drivers can put themselves in stressful situations if they push themselves trying to beat the clock. When drivers do this, things that may interfere with their time goals may become objects of frustration. The following tips are provided to help drivers reduce stress when on the road:

Allow adequate time for a trip. There are various factors to take into consideration, such as route, weather, and hours-of-service regulations. Drivers should plan for these and other factors, before beginning a trip.

Create a comfortable environment. Drivers should try to keep their cab clean and organized. They should also try playing enjoyable music. Both will help to relieve stress and allow drivers to focus on driving protectively.

Always drive using Protective Driving Technique. Traffic is a cooperative activity. If drivers use protective driving technique, they should be able to move through traffic much easier. When drivers operate their vehicles in a professional manner, they may find driving much less stressful and more enjoyable.

Exercising Protective Driving Technique.

- Do not block lanes
- Never tailgate
- Always use signals
- Use horn only when needed
- Limit lane changes
- Always merge properly
- Drive with a professional attitude.

A truly happy person is one who can enjoy the scenery on a detour.



Happy Birthday To:

JANUARY

JANELLE JOHNSON 01/09
LYNN WOLANDER 01/15
ERIC MAHLE 01/19
RICK SATHER 01/19
CYNDI CROWE 01/22
TOM ANDERSON 01/26

FEBRUARY

BILL TURCOTTE 02/01
MARK AUSLAND 02/02
ROY ROJO 02/04
JOHN MARONEY 02/09
JANE SATHER 02/12
MIKE HEDSTROM 02/15

FRANCO TORRES 02/17
BRUCE BOURBEAU 02/22
MARCH
GENE WATSON 03/07
JAYNE ENGSTROM 03/11
SUE BANNIE 03/13
DAVE BECKIUS 03/20
JIM LARSON 03/30

APRIL

MARY HANSON 04/01
DALE BENJAMINSON 04/04
WILLIAM FRIEDMAN 04/04
DEB MULLER 04/04

JAMES LAWSON 04/05
BRYAN CRADDOCK 04/06
DRAGP PERISIC 04/09
DALLAS SHAWBACK 04/11
BOB SKRUKRUD 04/13
JAMES THRIFT 04/13
KATIE HACKEN 04/16
ROSS BANNE 04/23
MIKE CLINTON 04/28

MAY

ADNAN SUBOH 5/01
CHRIS JOHNSON 05/16
WARREN FULLER 5/31

Trucker Buddy: A Traveling Correspondent

In this day of email and voice-mail, sometimes it's still nice to have old-fashioned "pen pals" corresponding via the U.S. mail. And one of those pals recently was independent contractor Patrick McDonnell.

On the receiving end of Patrick's mailings are 8 year old daughter Alyssa McDonnell and her 2nd grade class at Central Elementary Schools in Plainfield IL. The project starts with Patrick sending postcards to Mrs. Biernats 2nd grade class and the class responding to the postcards. The idea is that the kids are getting mail just like grown-ups do.



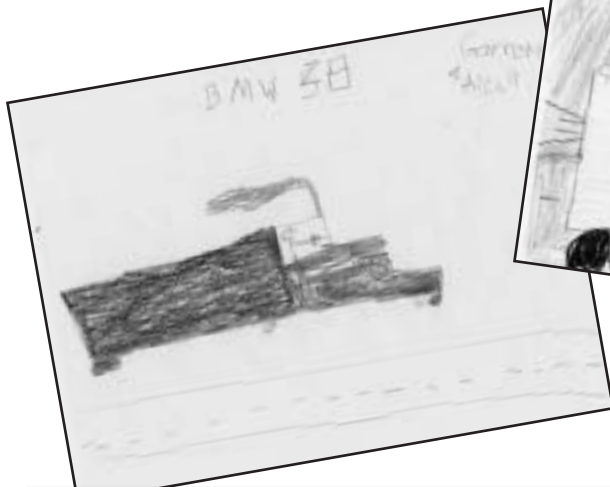
Judging by the overwhelming response the "trucker buddy project" seems to be a great success.

Dear Mr. McDonnell
My name is Katie
Thank you for the
postcards and the map
Your friend
Katie

Patrick sure is having fun with his daughter and her class.

Here are a few of the pictures and letters Patrick has received.

Dear Mr. McDonnell,
My name is Naya Sutton.
Thank you for the information
about trucks. Are you going to get
more peanuts from the peanut place.
Thank you for the postcards too. The
map is cool. I like the colors also.
I've been to Georgia and Wisconsin.
I'm going to California. From Naya



More
pictures
on
back
page!

Dear Mr. McDonnell,
My name is Caryna. We
have enjoyed your letters.
We didn't read about
the peanuts yet but we
will. I wonder where you
are right now? Maybe you
are at home. Your friend
Caryna

Why spring makes us sneeze

Tips for stopping the seasonal misery

Special to MSNBC.com

Tips for stopping the seasonal misery
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Every spring, some 35 million Americans suffer the unwanted return of the burning eyes, sniffles, chapped nostrils and stifled lungs of allergic rhinitis, or hay fever. If you're one of them, MSNBC's answers to your frequently asked questions can help stop the misery.

What is allergic rhinitis or hay fever?

Allergic rhinitis, which is often called hay fever, is the body's immune system overreacting when it comes into contact with certain allergens such as pollen or mold. When people with allergies inhale these substances, an allergic antibody dubbed IgE treats them like dangerous invaders and gloms onto them. This triggers the release of histamines and other chemicals, which cause the trademark allergic response of sneezing, dripping nose, congestion and itchiness.

What are common symptoms?

- Watering eyes
- Sneezing
- A runny nose
- Itchy eyes and nose

How can you distinguish between hay fever and the common cold?

While watery eyes, sneezing, runny nose and itchy eyes and nose are common to both, a cold can also cause fever and aches and pains. And allergic symptoms last as long as you are exposed to the allergen and beyond, while a cold should clear up within several days to a week.

How many people suffer from hay fever?

At least 35 million people in the United States have seasonal allergic rhinitis.

What is an allergen?

Any substance, such as pollen, mold or animal dander, that can trigger an allergic response.

What is pollen?

Pollens are the microscopic, egg-shaped male cells of flowering plants that are necessary for plant fertilization. Pollens from plants with bright flowers, such as roses, usually do not trigger allergies. But many trees, grasses and low-growing weeds have small, light, dry pollens that are well-suited for dissemination by wind currents. These are the pollens that trigger allergy symptoms.

Seasonal allergic rhinitis in the early spring is often triggered by the pollens of such trees as oak, western red cedar, elm, birch, ash, hickory, poplar, sycamore, maple, cypress and walnut. In the late spring and early summer, pollinating grasses — including timothy, bermuda, orchard, sweet vernal, red top and some blue grasses — often trigger symptoms. Ragweed is the pollen most responsible for late summer and fall hay fever in North America.

What's the best way to avoid spring allergies?

The best way to cope with spring allergies is to avoid pollens. That usually means staying inside during the peak pollen periods — the early morning and late afternoon hours.

You should also shut the windows and crank up the air conditioner in both your house and car. That will help prevent pollens from drifting into your home.

Apply the same reasoning to your laundry: best to use the dryer so any allergens can be filtered out instead of hanging it on the line, where it becomes the filter.

Also, think about taking a vacation to a more pollen-free area, such as the beach or sea. And don't mow lawns or be around freshly cut grass; mowing stirs up pollens and molds.

Can weather influence hay fever symptoms?

Allergy symptoms are often minimal on days that are rainy, cloudy or windless, because pollen does not move about during these conditions. Hot, dry and windy weather signals greater pollen and mold distribution and thus, increased allergy symptoms.

B J Transport Family Has Gifted Volleyball Player

- Shannon Bigley -

Volleyball is “big” in Youngstown, OH, and one of their talented players is Shannon Bigley, daughter of Ron & Mary Bigley.



Ron has been a contractor leased to B J Transport over 4 years.

Shannon is an eighth grader at Frank Ohl Middle School and has been playing volleyball for 2 years. One day her coach informed her that try-outs for the Junior Olympics Volleyball team was being held at YSU (Youngstown State University). Shannon tried-out and made the team. She began in November 2004, and they



geared up for a series of tournaments. Each tournament has approximately 12 matches. The team started the season by placing 3rd for gold at the first tournament. They placed silver at the second tournament. We wish the team continued success at the next tournament.

Besides being a busy, talented athlete, she still has made time to be an honor roll student.

The B J Transport family is excited for her and her family. We will be looking for updates on this story.

Good luck Shannon, we wish you success on and off the court.

Visit the new B J Transport Website

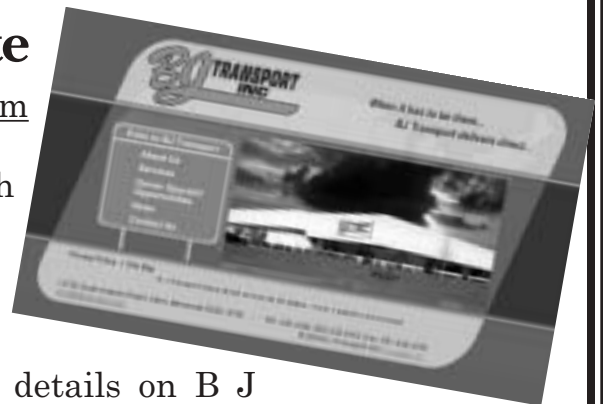
B J Transport's new website, www.bjtransport.com is up and running.

It's to our advantage that people know as much about B J Transport as possible.

The company's experience, operating principles, and lengthy track record are among the factors that attract new businesses and new contractors.

The website includes a brief company history, details on B J Transport's commitment to service, a sales/marketing message, and an itemized owner operator opportunities section that answers questions most-asked by prospective contractors. Also available on the site are past issues of As the Wheels Turn, enabling the observer to get a more personal sense about the B J Transport Family.

We would like to get your feedback and reaction to the website, take a look and don't hesitate to let us know.



The happiest people don't necessarily have the best of everything.

THEY JUST MAKE THE BEST OF EVERYTHING.

