



We Run West

Transport Designs, Inc.
 3451 West Burnsville PKWY
 Suite 130
 Burnsville, MN 55337

(800) 423-0488

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Trucker Hijacked & Later Freed

In Dallas, TX on July 23, 2006, a trucker was hijacked at gunpoint and freed four hours later by the gunman after police shot out the tires and fired tear gas into the cab, according to The Associated Press.

The gunman, Samuel Scott Jones, 32, of Dallas, was arraigned July 24 on charges of kidnapping and assault with a deadly weapon. The driver, Christie K. Bundren, 51 years old of Allen, TX and her dog were able to run to safety after the altercation.

The incident started at 4:20 p.m. Sunday in Collin County, which is north of Dallas, when a man contacted police saying that his wife had been carjacked.

The gunman ordered a man to get out of the truck before driving off with Bundren along tollways, through downtown, residential areas and onto Interstate 20. During the pursuit, the gunman spoke with a Dallas television station about the injustice toward black men in the US and that the chase would probably not end peacefully.

Troopers were eventually able to pull alongside the truck and fire at the radiator and tires. The gunman surrendered an hour later, after tear gas was fired into the cab.

This event may not have been the gunman's first hijacking. Apparently before the gunman hijacked the 18-wheeler, he filled a vehicle with gas but could not get the car to start. He then proceeded to hijack the tractor.

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National Truck Driver Appreciation Week: THANK-YOU DRIVERS!!!

To show gratitude to our drivers, TDI will be having a BBQ the week of August 21st-25th. TDI is truly grateful to have you as part of our successful team. Please stop by the Savage shop or the SLC office for lunch between 11:00 am and 1:00 pm. Spouses, children, friends and drivers not employed with TDI are also welcome to join us for the lunch! TDI drivers will be eligible for prizes given away each day. No need to be present.

DO NOT LEAVE TRAILERS UNPROTECTED!!!

In the June Newsletter, you were reminded to use pin locks whenever possible. Most drivers did not need this reminder, however, it seems that a select few drivers need to be reminded once again. A driver passed a wayside rest in Colorado and spotted one of TDI's trailers parked and unattended. Upon investigation, it was determined that a company driver left the trailer unattended instead of taking the trailer "home" for a few weeks while on vacation like he had reported to TDI. The decision of this driver is completely unprofessional and carries significant consequences, if it is stolen or damaged. Remember: Drivers & O/O's are responsible for their truck/trailer when in their possession.

SEAL YOUR LOADS!!!!

Once again, TDI needs to remind you to seal your loads! This past month, ANOTHER driver did not check to verify that the shipper sealed his load. As a result of the shipper not sealing the load and the driver not double checking if the load was sealed, the load was turned away by the receiver in Tremonton, UT. The driver was forced to wait a few days until the proper procedure was followed and the load was checked and given the okay to unload. Therefore, you **MUST** seal your loads AND document it on the BOL's. This cannot and should not happen again!

Owner Operator of the Month

Mr. Glen Niehaus- Truck # 2436

Three years ago, Glen Niehaus started working for Transport Design, Inc. He resides in Perham, MN with his wife, Cindy, their two children, Samantha and Lucas and their little dog. Glen likes to farm and hunt when he is not working. According to Glen, the best suggestion for safe trucking is to "make the best out of every bad situation" and to "enjoy your work." Congratulations Glen! TDI is truly appreciative to have you on the team.

Company Driver of the Month

Mr. James Hutzler- Truck # 131

James Hutzler began working for Transport Design, Inc. in September, 1999. After leaving for a while, he returned in August, 2001 and has been here since then. James lives in Cheyenne, WY with his schnauzer, Bridger. James is active in politics and likes to listen to talk radio. It is important to vote and "If you don't vote, you don't have a voice," exclaims James. He also enjoys remodeling his house and taking vacations. When asked about safety advice, James responded that it is important to "keep a cool head" and to "look out for each other" while on the road. Congratulations James and thank-you for your hard work and dedication!

Safety News

Ashlie Worthman, Receptionist

The Safety Department would like to thank all of the drivers who have been consistently calling their hours in Monday through Friday during the time allowed which is between 7 am and 12:30 pm.

For those of you who have not been doing this, let this be a reminder to please call everyday when you are supposed to.

Also, when you are going to be off for a few days on personal time, please let the receptionist know. This is to help us see that you are not in service. By letting the receptionist know that you are off, she will avoid calling you about missing hours on your well-deserved time off.

Annual Inspections

The following is a list of people that are due for his/her Annual Inspection in AUGUST:

2382 Denzer, Marv
2430 Hamm, Bryan
2447 Merrill, Dave
2465 Zett, Dave

New Anniversary Policy

The anniversary policies have changed and are as follows:

1 yr- keychain
3 yr- flashlight
5 yr- blanket
10 yr- jacket

Please note that if you have received a 10 yr watch prior to these changes, you cannot exchange it for a jacket.

The Importance of Monitoring Your Blood Pressure

Every year, 75% of driver deaths are attributable to high blood pressure and heart related diseases. About 40% of drivers that have been in the industry for over 20 years have high blood pressure, but only 13.3% know that they have the condition and are being treated.

What is blood pressure? Blood pressure is defined as the force of blood against arteriole blood vessel walls while the heart is pumping (systole) and while the heart is at rest (diastole).

What is *high* blood pressure? *Optimal* blood pressure is less than 120/80 mm Hg (millimeters of mercury). This means that the force of blood against arteriole walls should be less than 120 mm Hg while the heart is in systole and less than 80 mm Hg while the heart is in diastole. A diagnosis of *Pre-hypertension* occurs when your blood pressure is 120-139/80-89. Finally, *high* blood pressure is broken into two stages: Stage 1 is 140-159/90-99 and Stage 2 is 160 or greater/100 or greater.

What is the difference between *high* blood pressure and *hypertension*? When you have had 2 or more high blood pressure recordings on two different doctor visits, then you are diagnosed with hypertension.

Why should I care? Untreated hypertension increases your risk for a heart attack, angina (chest pain), stroke, kidney failure, peripheral artery disease, atherosclerosis (fatty deposits in arteries), heart failure and retinopathy (eye problems). In addition to these medical complications, the federal government now requires professional drivers to have blood pressure readings of 140/90 mm Hg or less, instead of the old standard of 160/90 mm Hg, in order to maintain a CDL.

What can I do to treat hypertension? First, you should see your physician to see if you need to be treated with prescription medications. However, whether or not you are prescribed medications, you should also modify your lifestyle according to these recommendations: Reduce your weight. Eat healthier (more vegetables, fruit & low fat dairy products). Reduce dietary sodium intake. Increase your physical activity to 30 minutes per day most days of the week. Drink less alcohol. In addition, you should get regular blood pressure checks. Since you are over the road constantly, it is more difficult for you to see your physician. However, most nationwide Petro Stopping Centers have recently installed free blood pressure monitors. These monitors are manufactured by Life Clinic Health Management Systems, which also service large retail chain stores. They are serviced monthly. The monitors are located in truckstop health stations which are supported by Healthy Trucker Info LLC. These health stations have panels about health that drivers can read while getting his or her blood pressure checked.

As you can see, it is extremely important to monitor your blood pressure. Now that Petro has free blood pressure monitors, it is easier for you to check your blood pressure while filling up so that you can improve your health.

August Birthdays

We would like to wish a “Happy Birthday” to the following people:

2 nd	Jonathan Schoch	15 th	Rondall Hatch
3 rd	Dennis Gallagher	16 th	William Harter
5 th	Susan Briggs	17 th	Gregory Nelson & Mike Pearson
7 th	Robert Bowman	19 th	Marv Denzer & David Merrill
10 th	Roy Ridens & Roger Zaugg	21 st	Russell Buffum
11 th	Phillip Symons	22 nd	Marilyn Daniel & Richard Rummel
13 th	Sam Winston	28 th	Kenneth Gilliam & Wayne Stomberg
14 th	Stanley Walker		



NO VIOLATIONS ON DOT INSPECTION!

We would like to congratulate the following drivers who received “no violations” on their DOT inspection report. Drivers receive a \$25 bonus each time they receive “no violations.” These drivers include:

Bales, Norma	Emmett, Thomas (x2)	Kaiser, Marvin	Puckett, James
Bateman, Robert	Frayne, Ronald	Looze, Larry	Riley, Jeremy
Black, Malcolm	Frazier, Richard (x2)	Mandeville, Linda	Shampoo, Louis
Black, Robert	Gillis, Scott	McKay, Thomas	Strickland, Dewey
Bowman, Carole	Gorkisch, Steven	Mckouen, Douglas	Thomas, Bill (x2)
Brown, Terry	Gruetzmacher, Richard	Meyer, Robert	Walker, Stan
Buermann, Vern	Handy, Rick	Montague, Lora	Wallenberg, Jim
Caswell, Chuck	Hope, John	Morgan, Lane	
Cleveland, Clifford	Horne, Denise	Muellerberg, Roger	
Costello, Alan	Jensen, Harvey	Pearson, Mike	

Driver to Driver

TDI congratulates Oliver and Josie Brillhart (#2017) on the arrival of their 2nd great-grandchild and on their 22nd wedding anniversary.

Grandparents Marv and Dorothy Denzer (#2382) are proud to announce that their granddaughter, Tiffany Kasper, daughter of Debbie & Corey Kasper, recently competed in the National Special Olympics July 4th-8th in Ames, Iowa. Tiffany competed in swimming and had an outstanding performance. She earned a gold medal, silver medal and a ribbon. Way to go Tiffany!!!

On another note, it is with regret that we inform you on the passing of Harvey Jensen Jr.'s (#885) father, Harvey Jensen, 86, of Byuck, MN. He was a WWII veteran and lifetime member of Ballentine VFW. His family is in our thoughts and prayers.

Effective Immediately

Load Premium Compensation: Transport Designs, Inc. has implemented a New Policy regarding the payout of Premium Load Pay. It is as follows:

Any driver/OO that “Y-splits” a load, meaning accepts the original dispatch from point A to point Z and completes only the beginning part of the loads entire length, will be charged back the amount of premium pay needed to pay out the driver/OO that completes the remaining portion of the original load length.

i.e. If you accept a load that goes from San Diego, California to St Louis Park, Minnesota (1957 total miles) and you pick up the load. This load has no premium miles associated with it because it is over 1250 miles. If you choose to take it only as far as Salt Lake City (because you need to go home, to a party, or rather go to the NW or whatever your *personal* case may be) you will not be paid premium miles for only going 753 miles of the total length. You will actually be charged the \$.01 per mile premium Transport Designs, Inc. now must pay the driver/OO that completes the 1203 miles to deliver the load into St Louis Park.

Thanks in advance for your cooperation!

Be Courteous- Fix Flat Tires

Earvin in SLC, has been receiving a lot of complaints about TDI drivers picking up preloaded trailers that have flat tires. This means that some of you are dropping these trailers off at customers without checking their road worthiness. Unfortunately, the next driver that must haul the trailer then has to fix the flat tires. This is unfair to the next driver. Please be professional and courteous- inspect the condition of your trailers.

Owner Operator Reminder- 2290's

Beginning July 1st, 2006, the Schedule of Heavy Highway Vehicles or 2290 is due. When you receive your 2290, you must give a copy to recruiting so your tractor can be licensed. **Recruiting needs to have your copy by October 15th, 2006- there will be no exceptions!** If you have any questions regarding your 2290, please call recruiting: 888-516-5534.