

PAYNE TRUCKING

Reliable Dump Truck Service Since 1971



2017 Roadcheck Places 23% of Commercial Vehicles Out of Service

Nearly one of every four trucks that received comprehensive Level I inspections during the Commercial Vehicle Safety Alliance's International Roadcheck were taken out of service, CVSA report. It said that 23% of the nearly 41,000 Level I commercial vehicle inspections were placed out of service, while 4.2% of drivers that received the comprehensive inspections were placed out of service. Go to www.TransportTopics.com for full story.

SAFETY TIP by Rob Clark

Anything between the tires and the pavement is a problem. Springtime is a unique time of the year, you may have heard the old saying "if you don't like the weather around here, stick around 24 hours, it'll change." That's to say around here you can experience all four seasons in one day. You may see snow, ice, rain, standing water, and even oily water on the pavement all in one day!

Friction is necessary for the brakes to work properly. Friction from the brake shoes contacting the drum (or pads and discs) and friction the tires have with the pavement. Proper friction is greatly reduced by snow, ice, and water on the road.

Tires that are overinflated or underinflated as well as inadequate tread will not "channel" snow and water properly causing the tire to lose contact with the ground.

Tires that lose contact with the road due to water is referred to as "hydroplaning" and can lead to a loss of control situation.

Therefore, be aware of the potential of water hazards this spring season.

STAYING HEALTHY OTR

Over-the-Road (OTR) truckers and even those who deliver goods on a daily basis can be challenged to eat a healthy diet and by the monotony of fast food. Diners, truck stops, convenience and fast food options are often higher in calories, fat and sodium derailing the best of intentions when it comes to healthy eating. Aim to eat at least five servings of fruits and vegetables daily to balance calories and nutrients when meal choices are limited.



GOOD OPTIONS FOR QUICK MEALS

Foods that are high in fiber can leave you feeling fuller for longer and yet are often lower in calories and fat. Oatmeal and other high-fiber breakfast cereals paired with nonfat or low-fat milk and fresh fruit are quick and easy breakfast options that can be prepared while on the road. Broth-based soups such as vegetable or chicken noodle along with salads are always good meal starters for lunch or dinner, as they help fill your stomach yet can be low in calories and fat depending on your choices. When dining out, limit creamy sauces and select baked or grilled meats to cut back on fat and calories.

TAKE NOTE

DAYLIGHT SAVINGS TIME

Sunday, March 11, 2:00 am

MAINTENANCE REPORTS

Owner Operators must turn their maintenance reports and copies of receipts into Gloria in Safety no later than the 15th of the following month. In the words of Judge Dredd "IT'S THE LAW".

PAID TIME OFF

Company benefits for drivers have been revised including Paid Time Off (PTO), Holiday Pay, etc. Refer to Benefits Announcement previously distributed.



KUDOS

OTR DRIVER OF THE MONTH



We would like to salute **CHRIS HOUSTON** for earning top honors as January's OTR Driver of the Month for January!

When CHRIS joined the company in 2015, he brought 17 years of driving experience with him. Recognizing his skill behind the wheel, CHRIS easily assumed the role of OTR Driver Trainer with Payne Trucking.

When CHRIS isn't driving or sharing his skills with our new team members, he enjoys his family. Whether playing board games, video games, taking his daughter for ice cream or watching his twin sons play sports, CHRIS is devoted to his community and his family. Congratulations, CHRIS, on this recognition of your hard work!

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LOCAL DRIVER OF THE MONTH

Congratulations to **THOMAS NAVE**, our Fredericksburg terminal's local January Driver of the Month! "T NAVE", as he is known to his friends, will be celebrating his 10TH YEAR with Payne Trucking this March.

During his 10-year tenure, T NAVE has been a dependable and skilled driver and has proven a true asset to our team!

When he is not on the road in a truck, he enjoys being on the road on a motorcycle, fishing and spending time with his wife his five children. Thanks, T NAVE, for your dedication and your hard work. The entire team at Payne Trucking appreciates all that you do!



VERY PROUD OF OUR PAYNE FAMILY

Hayley Zinser (Daughter of Michele Amaya/SAFETY) is a member of the **Massaponax FFA Chapter**. They proudly competed and placed in the Block and Bridle Livestock Competition at Virginia Tech on February 24th. The competition included over 200 students.

Left to Right: Austin Luck, **Hayley Zinser**, Trevor Fleming, Shannon Peugh, and Foster Midkiff.



Isaiah French # 6 (Son of Carlos French/SAFETY) is a player on the **Spotsylvania United AAU Basketball Team**. Congratulations on their win in Page County Basketball Tournament on February 18th.



Jacob Bradley (Son of Wilson Bradley/COO), on the Chesapeake Bay with his 35lb Cobia, just one of his big catches of the season.



Contact Michele Amaya in Safety if your family has an achievement that you'd like to share with the Payne Family. mamaya@paynetrucking.com

NEW EMPLOYEES FOR JAN/FEB

OFFICE STAFF

Jon Palmbak
Stacey L. Sherman

Lloyd L. Chavious
Thomas D. Clarke, Jr.
Carl E. Coleman
Eric R. Edmonds
Samuel Giron
Kevin A Harris
Jeffrey C. Ivey
Stephen P. Kittinger
Antonio D. McDonald, Jr.
James W. Owens
Norwood A. Raynor
James H. Turner
James E Williams, Jr.

SHOP

Bryon Charles
Shane N. Allen
James R. Oglesby

DRIVERS

Christopher D. Benfield
Everett W. Boyd
Adam D. Bumpus