

Medical Marijuana and DOT Laws

The average American drinks about 600 sodas a year.

It is estimated that 4 million phone solicitations are made every day in the United States.

Men are 6 times more likely to be struck by lightning than women.

There are now 13 states in the Union that have legislation legalizing the use of medical marijuana. Most of you probably know, Oregon is one of those 13 states. As a result, the US Department of Justice recently issued guidelines for federal prosecutors in the “medical marijuana” states.

Regardless, officials at the Department of Transportation recently released a statement emphasizing that DOJ guidelines do NOT have any bearing on the existing DOT drug testing program. The statement further emphasized that marijuana use including authorized medical possession, will not be tolerated among safety-sensitive transportation employees.

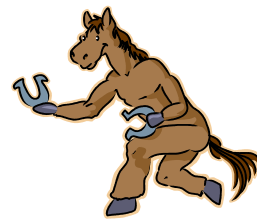
Therefore, a Medical Review Officer (MRO) will not consider a drug/controlled substance test as negative even if a qualified physician verifies the employee in question is authorized to use marijuana medically.

In fact, the DOT is sticking by the provision in its drug and alcohol testing policy (40.151), which states MROs may not verify a test negative based on physician information that an employee is authorized to use a drug listed in Schedule 1 of the Controlled Substances Act.

Whether or not the substance’s use is legal under special conditions in certain states does not affect the fact that driving under the influence is dangerous. The DOT’s mission is to make the public transportation system as safe as possible, and making exceptions to the Controlled Substances Act does not fall under this goal.

Remember, once you take the test, and the result is positive, there is no turning back. The DOT has made its position on controlled substance use clear. The laws for commercial motor vehicle drivers with regard to drug testing remain in full effect even if you reside in one of the 13 states where medical marijuana use is legal. Think before you risk your job and your career.

2011 Company Picnic & Potluck



The company picnic will be held at River Forks Park in the pavilion from 11:30 am – 5 pm on Sunday, September 25th. You and your immediate family (spouse/children) are invited to attend. This year's cook off competition will be Hamburgers! So, start perfecting your best hamburger recipe and enter the competition to win some great prizes and more importantly, BRAGGING RIGHTS! It is time to take Don Peoples down as last year's champ!

If your last name begins with A – L, please bring a dessert. If your last name begins with M – Z, please bring a side dish or salad. Terrain Tamers will provide the rest!

Anyone who would like to volunteer to help plan and organize this event is encouraged to contact Kellie. More details about activities and events will be forthcoming in the September newsletter. RSVP forms will be included in your August 25th paychecks. Hope to see you all there!

Miscellaneous Reminders



Please make sure to STOP and call dispatch if you find yourself in unfamiliar territory while driving. If you need to turn the truck around be sure to get out and look at the area before trying to do so. Remember, you should always get permission before driving a route that has not been established.

Remember that summer months bring more people to the roadside. Be mindful of bicyclers, and pedestrians. Slow down through coastal towns and whenever approaching crosswalks or intersections.

Please remember that you must write your down time in the box marked "down time" on your tripsheet. Down time begins to accumulate **1 hour after loading** and **½ hour after dumping**. If you have questions about down time, contact Ashley in payroll at extension 20.

August Birthdays!

Clair Henry
Johnny Mayberry
Roland Bishop
Alan Griffith
Tony Price

August Anniversaries!

| | |
|----------------|-----------|
| Mike Bradley | 20 Years! |
| Robert Gray | 10 Years! |
| Allen Julian | 7 Years! |
| Randy Schnelle | 2 Years! |
| Bob Duggins | 2 Years! |
| Bart Wood | 1 Year! |

Terrain Tamers, Inc. 533 Dyke Road PO Box 366, Dillard, Oregon 97432 (541) 672-6583

Survey Finds Drivers Still Don't Understand CSA



According to a new survey from the American Transportation Research Institute, truck drivers may not have a solid understanding of the Federal Motor Carrier Safety Administration's new CSA enforcement program, and the majority is concerned that it could cause them to lose their jobs.

Some of the common CSA myths and misperceptions identified by the ATRI survey are listed below:

- 87% falsely believe that traffic tickets/convictions are part of FMCSA's SMS calculations when in fact, data kept by the state and data kept in the SMS are separate.
- 78% of drivers incorrectly believe that a trucking company inherits past violations from new hires. Carriers do not inherit any of a newly hired driver's past violations. Only those inspections that a driver receives while driving under a carrier's authority can be applied to a carrier's SMS record.
- 72% believe that FMCSA can revoke a CDL as a result of CSA. CSA does not give FMCSA the authority to remove drivers from their jobs and cannot be used to rate drivers or to revoke a CDL. Only state agencies responsible for issuing licenses, CDL or otherwise have the authority to suspend them.
- 68.6% believe that CSA takes into account a driver's personal vehicle driving record. Tickets or warnings that CMV drivers receive while operating their personal vehicles do not count in the SMS.
- 58.5% of drivers falsely believe that the FMCSA regulations have changed as a result of CSA. CSA has not changed any of FMCSA's regulations, although FMCSA is advocating for a future rule change to alter the carrier safety rating process for determining whether or not a carrier is unfit.
- 99% of drivers could not correctly identify which 5 carrier BASIC scores are publicly available, and 98% did not know that FMCSA enforcement staff is the only group of people who can access official driver scores.

For more information on CSA, visit www.csa.fmcsa.dot.gov.

Lyndon B. Johnson, the 36th president of the United States, hosted the first barbecue at the White House. Texas-Style barbecued ribs were on the menu.

It is estimated that 4 million phone solicitations are made every day in the United States.

"I believe in the dignity of labor, whether with head or hand; that the world owes no man a living but that it owes every man an opportunity to make a living."

-John D. Rockefeller

2011 Company Picnic & Potluck

The company picnic and potluck will be held at River Forks Park in the pavilion from 11:30 am – 5 pm on Sunday, September 25th. This is a non alcoholic event and you and your immediate family (spouse/children) are invited to attend. RSVP forms can be found at the Salem and Dillard Yards. Please complete one and turn it in by September 15th.

Some of the events include:

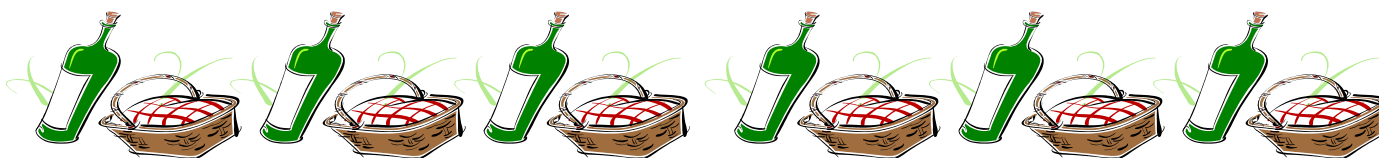
- Blind draw horseshoe tournament
- Kid's Craft Corner
- Closest to the pin competition
- Slider (hamburger) cook off. *TT will provide the buns for the sliders.*
- Balloon tying
- 50/50 drawing
- Door prizes and FUN!



This year's cook off competition will feature **Sliders**, which are just a smaller version of your best gourmet hamburger! If you wish to participate in the cook off, please sign up on your RSVP form and a copy of the rules will be forwarded to you. Don't miss the opportunity to have bragging rights as TT TOP CHEF for a year and win a great prize package!

If your last name begins with A – L, please bring a dessert. If your last name begins with M – Z, please bring a side dish or salad. Terrain Tamers will provide the rest!

Hope to see you all there!



Welcome Aboard!



| | |
|-----------------|-------|
| Glen St. Onge | 08/15 |
| Jim Wooster | 09/01 |
| Michael Bartkus | 09/01 |

Miscellaneous Reminders



Please remember to jot down the TT ticket number on your OCT dump tickets for cross referencing. This will save time when processing your paperwork.

September Birthdays!

Barry Marshall
Randy Schnelle
Speedy Grosdidier
David Baker
Bart Wood
Bruce Stone
Glen St. Onge
Phyllis Kerby
Cody Green

THANK YOU DRIVERS!

Your willingness to work on the weekends to help stay on top of the work load is greatly appreciated!

September Anniversaries!

| | |
|------------------|-----------|
| Jody Youngblood | 15 Years! |
| Larry Bartlett | 13 Years! |
| Bob Warren | 12 Years! |
| Jerry Perry | 5 Years! |
| Roland Bishop | 4 Years! |
| Graham Patterson | 4 Years! |

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Good Times at Annual Company Picnic

Comfortable temperatures helped make the 2011 Company Picnic a great success! More than 75 people attended the event with many participating in the horseshoe tournament and closest to the pin contest.

There were 12 teams participating in the blind draw horseshoe tournament this year. Claiming victory was the formidable duo of Patrick Murphy and 6-year-old Kimberly Chaffee who pitched their way into the championship game and then defeated *Team Regina* to take home the first place trophy.

Once again, dozens of people set aside their pride and braved the merciless giggling and pointing of co-workers to try and capture the elusive Closest to the Pin title. Chad Hill captured the 2nd place trophy with a shot of 8 feet 6 inches from the pin. With one effortless shot, 12-year-old Levi Peoples crushed the hopes and dreams of the rest of the participants and claimed the Closest to the Pin title. His winning stroke was a glorious shot of 5 feet from the pin!

The burger cook off had two entrants this year. Chad Hill served up a decadent spicy buffalo burger with tomato, lettuce, and onion. He then garnished his burger with a delicious "*cusabi*" (cucumber-wasabi) dressing. Don Peoples, the defending cook-off champ from the 2010 picnic, repeated his winning ways this year with a scrumptious Pork Burger. Don states that the burger is a combination of smoked and fresh pork ground together. He added fresh spinach, vine ripened tomatoes from his garden, red onion and then topped his masterpiece with his secret honey mustard barbeque sauce. Rumor has it that Don will be leaving Terrain Tamers to compete on season 9 of the critically acclaimed Bravo reality cooking competition, Top Chef. Unfortunately, someone will have to figure out how to get his enormous cooking ego out of the shop after back to back wins in 2010 and 2011!

Congratulations to Suzie Martin and Don Peoples who split the \$170 50/50 pot! Suzie plans to put her share toward a Kindle Reader, and we are hoping Don put his aside to start a future Pork Burger franchise!

A big thank you goes out to the following people for volunteering their time and helping to organize and pull off such a great company picnic: Kellie, Suzie, Regina, Ashley, Chad, Patrick, Rick Myers, Speedy, & Johnny. Special thanks to Mark Brint for cooking for the masses, Carol Opp (Chad's wonderful mother) for entertaining the children with face painting and balloon tying, and to Brant Boyer for hosting such a wonderful event! Finally, thanks to all who attended and helped to make the 2011 Company Picnic such a great success! See you next year!

Jack o' Lanterns originated in Ireland where people placed candles in hollowed out turnips to keep away spirits and ghosts on the Samhain holiday.

Tootsie Rolls were the first wrapped penny candy in America.

Halloween candy sales average 2 billion dollars annually in the United States. Chocolate is the most popular candy for trick-or-treaters with Snickers being the favorite candy bar.

Is the Flu Shot Right for You?

Each year, anywhere from 5 to 20 percent of the US population contracts the flu virus. According to the Centers for Disease Control and Prevention (CDC), 36,000 deaths occur annually as a result of contracting the seasonal flu virus. Another 200,000 are admitted to the hospital due to its complications.

Anyone can contract the flu and the serious complications it may cause. However, some people are more susceptible to these complications. Some complications which result from contracting the flu virus include pneumonia, bronchitis and sinus or ear infections. In addition, the flu can cause other chronic health problems such as asthma and congestive heart conditions to worsen.

Medical experts recommend that most people receive a flu shot every year to help prevent it, reduce its severity and avoid its complications. Those people, who are considered to be at high risk for severe illnesses from the flu, are advised to make an effort to get a flu vaccination early in the flu season (September – November).

People ages 50 – 64, regardless of their current health condition, are also advised to get a flu shot. A person's age does not automatically put them in a high-risk category. The flu shot can help to significantly reduce the number of days missed at work due to illness and it can help to prevent costly medical visits and medication for those in this age group.

Among those advised not to get a flu shot are people with an allergy to eggs; people who have had a severe reaction to a flu shot in the past; and people who previously developed Guillaine-Barre Syndrome in the first six weeks after receiving a flu shot.

You can receive a flu vaccine at any Rite Aid pharmacy without an appointment, right now. Flu shots are \$27.99 and covered by most insurance plans.

Contact your healthcare provider if you are unsure about getting a flu shot.

Reminders

If you are hauling a load to IP Springfield, please remember to print 2 copies of the dump tickets. If you are dumping 2 trailers, you will need to print 2 tickets for **each** trailer.

Help the office staff save time by remembering to fold your tripsheet, with writing on the outside, around your paperwork. This way the date is visible and paperwork can be easily sorted and processed.

October Birthdays!

| | |
|--------------|-------|
| Aaron Wagner | 10/09 |
| Floyd Bliss | 10/12 |
| Steve Smith | 10/13 |
| Tom Gillham | 10/16 |
| Joe Janko | 10/21 |
| Dewey Crager | 10/31 |

October Anniversaries!

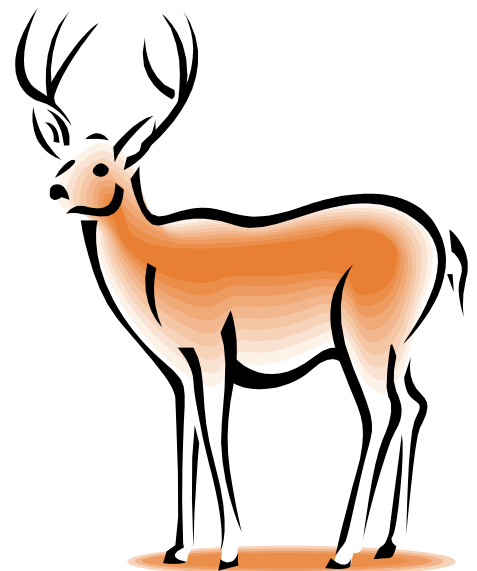
| | |
|--------------|-----------|
| Dan Thomas | 14 Years! |
| Chuck Fuller | 13 Years! |
| Jim Cooksey | 5 Years! |
| Chris Conrad | 1 Year! |

Welcome Aboard!



| | |
|--------------|-------|
| Jim Wooster | 09/01 |
| Mike Bartkus | 09/01 |
| Jim Raymond | 09/26 |
| Anthony Cook | 09/26 |

Happy Hunting!



Terrain Tamer Times

TeiTain Tamers, Inc. 533 Dyke Road PO Box 366, Dillard, Oregon 97432 (541) 672-6583

Shocking News!!!

Researchers at the Texas Transportation Institute (TTI) have determined that a driver's reaction time is doubled when distracted by reading or sending a text message. The study reveals how the texting impairment is even greater than many experts believed, and demonstrates how texting drivers are less able to react to sudden roadway hazards.

The study—the first published work in the U.S. to examine texting while driving in an actual driving environment—consisted of three major steps. First, participants typed a story of their choice (usually a simple fairy tale) and also read and answered questions related to another story, both on their smart phone in a laboratory setting. Each participant then navigated a test-track course involving both an open section and a section lined by construction barrels. Drivers first drove the course without texting, then repeated both lab tasks separately while driving through the course again. Throughout the test-track exercise, each participant's reaction time to a periodic flashing light was recorded. Reaction times with no texting activity were typically between one and two seconds.

Reaction times while texting, however, were at least three to four seconds. Worse yet, drivers were more than 11 times more likely to miss the flashing light altogether when they were texting. The researchers say that the study findings extend to other driving distractions that involve reading or writing, such as checking email or Facebook.

The study, sponsored by the Southwest Region University Transportation Center, was managed by Christine Yager, an associate transportation researcher in TTI's Center for Transportation Safety. Forty-two drivers between the ages of 16 and 54 participated in the research.

Remember, it is against company policy to text while in motion! Safety first!

The heaviest turkey ever raised was 86 pounds!

Turkey has more protein than chicken or beer.

An optimist is a person who starts a new diet on Thanksgiving Day.

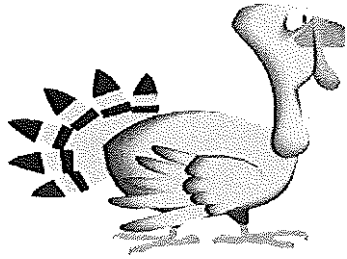
~Irv Kupcinet

The average American eats 17 pounds of turkey per year.

Terrain Tamers Wants to Give You The Bird!

Thanksgiving turkeys will be distributed once again to all **full-time** employees. Birds will be available Monday November 21st at the Dillard Yard by 9:00 am and by mid-afternoon at the Salem Yard. Turkeys will weigh 18-20 pounds.

Please contact Kellie at 541-672-6583 x14 if you need to make special arrangements to pick up your bird.



We wish you and your family a wonderful Thanksgiving Holiday!

Did You Know??

Terrain Tamers employees receive a 20% discount on all clothing and boots at the **Coastal Farm Store** on Garden Valley.



Just show your employee ID for your discount. If you need an employee 10, contact Kellie!

Request

Drivers, before calling the office, please check the Pay Rate Schedule in the Dillard and Salem Yards for rates on new hauls.

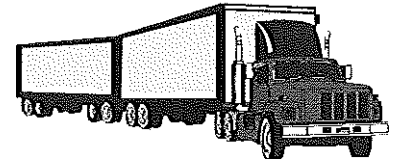
November Birthdays

Shannon Johnson
Chris Conrad
Mark Brint
Jerry Perry
Phil Johnson
Val Dumanovskiy
Jay Hogeland
Jim Wooster
Bob Duggins

November Anniversaries

| | |
|---------------|-----------|
| Regina Spires | 10 Years! |
| Brian Roof | 9 Years! |
| Bruce Stone | 7 Years! |
| Phyllis Kerby | 5 Years! |
| Tony Price | 1 Year! |

Welcome Aboard.



| | |
|---------------|-------|
| Bill Williams | 10/11 |
| Gilbert Valle | 11/02 |
| Ray McKay | 11/09 |

Congratulations to Steve and Rachel Adkins on the birth of their daughter:

Sawyer Lindon Adkins

Sawyer was born October 28th!



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“Rudolph” was actually created by Montgomery Ward in the late 1930’s for a holiday promotion. The rest is history.

More than 5 miles of lights (25,000 bulbs) are strung on the Christmas tree at Rockefeller Center.

The first artificial Christmas trees were on the market by 1900. You could purchase them from Sears, Roebuck & Company at a cost of 50 cents for 33 limbs or a dollar for 55 limbs.

Safety Officials Brace for High Truck Crash Months

November and December have historically been the worst for truck-at-fault crashes in Oregon. Last year, for example, there were 380 truck-at-fault crashes from January through October for an average of 38 per month. Then there were 141 truck-at-fault crashes in November and December alone, accounting for 27% of all crashes last year and raising the average to 43 per month.

Motor Carrier Transportation Division Safety Manager David McKane believes part of the problem has to do with inexperienced and unprepared drivers. “Every year, interstate truck drivers who have never traveled through here, and never seen the likes of Emigrant Hill in Eastern Oregon or the Siskiyou Pass at the California border, get in trouble because they don’t carry and use chains or are not otherwise prepared for bad weather,” McKane said. “Even some who have been through Oregon before let their guard down and get in trouble.”

Truck-at-fault crashes increased in 2010 compared with the remarkably low number that occurred in 2009. Out of a total of 1,154 truck crashes in 2010, it was determined that the truck was at-fault in 574 of the crashes, 62 more than in 2009 – a 12% increase. The truck driver was at-fault in 536 of those incidents and a truck mechanical problem caused just 38 incidents. A total of 408 people were injured in truck crashes last year, 50 more than in 2009 – a 14% increase. A total of 43 people were killed, 14 more than in 2009 – a 48% increase.

Although the 2010 totals are higher than the previous year, they’re still at a historically low level. Compared with 2007 totals, truck crashes in Oregon are down 7%, crashes in which the truck driver is at-fault are down 18%, crashes caused by a truck mechanical problem are down 12%, injuries in truck crashes are down 22%, and fatalities are down 17%.

According to mileage reported on weight-mile tax and flat fee payment reports, along with mileage reported for temporary passes, motor carriers traveled 1.6 billion miles in Oregon in 2010. Based on that activity, truck crashes occurred at a rate of 0.729 per million miles traveled. Truck-at-fault crashes occurred at a rate of 0.362 per million miles traveled.

Last year, 93% of truck-at-fault crashes were attributed to the truck driver, with speeding, following too close, and failing to remain in lane cited as the most common problems. Weather never directly gets the blame.

Open Enrollment Meetings

Open enrollment meetings began on 11/29/11. Kellie will be in touch with each employee in the Salem and Dillard Yards before 12/19/11 to discuss your benefit options for the year 2012.

Open enrollment meetings will also include information on the new CDL Medical Certification Requirements. Some drivers may have recently received information in the mail regarding the new requirements. If you have questions, they can be discussed at your open enrollment meeting.

Employees and/or spouses may contact Kellie with questions regarding Open Enrollment at 541-672-6583 x14.

Using your Hand-Held Phone Will Result in Fines

U.S. Transportation Secretary LaHood has announced the final rule specifically prohibiting interstate truck and bus drivers from using hand-held cell phones while operating their vehicles. The joint rule from the Federal Motor Carrier Safety Administration (FMCSA) and the Pipeline and Hazardous Materials Safety Administration (PHMSA) is the latest action by the U.S. Department of Transportation to end distracted driving. The final rule prohibits commercial drivers from using a hand-held mobile telephone while operating a commercial truck or bus. **Drivers who violate the restriction will face federal civil penalties of up to \$2,750 for each offense and disqualification from operating a commercial motor vehicle for multiple offenses.** Additionally, states will suspend a driver's commercial driver's license (CDL) after two or more serious traffic violations. **Commercial truck and bus companies that allow their drivers to use hand-held cell phones while driving will face a maximum penalty of \$11,000.**

Specifically the rule allows for the continued use of hands free devices stating, "The Agency (FMCSA) does not believe sufficient data exist to justify a ban of both hand-held and hands-free use of mobile telephones by drivers operating CMVs in interstate commerce." Note also that the rule bans the use of push-to-talk technology which the agencies consider to be cell phone technology but does not ban the use of CB radios because "The use of CB and two-way radios and other electronic devices by CMV drivers for other functions is outside the scope of consideration in this rulemaking."

"OTA's reaction is a mixed one. While OTA supports steps to reduce distracted driving we have consistently supported push to talk capabilities when using cell phones, CBs and two-way radios. Mobile communication in freight delivery is essential," said OTA President Debra Dunn.

This more complete rule follows the Sept. 2010 FMCSA regulation that banned text messaging while operating a commercial truck or bus and the Feb. 2011 companion regulation from PHMSA banning texting by intrastate hazardous materials drivers. Several of the largest truck and bus companies also implemented company policies that ban their drivers from using hand-held phones.

While results of driver distraction studies remain mixed, FMCSA research shows that using a hand-held cell phone while driving causes a commercial driver to take several risky steps beyond what is required if using a hands-free mobile phone, including searching and reaching for the phone.

Approximately four million commercial drivers will be affected by this final rule.

December Birthdays!

Brian Roof
Brian Rodgers
Tony Cook
Skip Loomis
Chad Hill

December Anniversaries!

| | |
|---------------|-----------|
| Greg Woodward | 27 Years! |
| Phil Johnson | 6 Years! |
| Steve Adkins | 5 Years! |
| Kerry Senger | 1 Year! |

Seasonal Training & Misc.

Any Dillard drivers wishing to receive refresher training on chaining-up, should contact Steve Adkins at 541-672-6583 x12. Leave your name and request "chain-up" training. Steve will contact you to schedule your training. Salem drivers should contact Bob Warren for a chain-up refresher.

Drivers, please make every effort to ensure that you are documenting the **correct** truck number on your tripsheets. This will save time and reduce confusion in the office.

