

HAVE YOU RECEIVED YOUR NEW 2017 CAB CARDS AND IFTA STICKERS?

Shelley contacted you last week regarding this. IF YOU HAVE NEBRASKA TAGS ON YOUR UNIT- YOUR 2016 TAGS EXPIRE 1-31-17.

You will need your 2017 Cab Card to be legal on 2-1-17.

If you have a Penske Unit with INDIANA Tags you do not need a Nebraska Cab Card as your tags have a different expiration date. Please make sure you are aware when your tags for your unit expire.

ALL UNITS REGARDLESS IF YOU HAVE A PENSKE UNIT OR COMPANY UNIT will need an updated [2017 IFTA sticker](#). **IT IS YOUR RESPONSIBILITY TO MAKE SURE YOUR UNIT HAS THE UPDATED CREDENTIALS.**

If you have not received your updated credentials please contact Shelley ASAP to make arrangements to get them to you. These are just like your car plates, if you do not have a cab card with a current enforcement date you are illegal on the roadways.

Also, remember to use www.smithsystems.us for permit updates, newsletters and more! Some drivers that have sent pictures of your units I have had them uploaded to the website so be sure to check those out. ☺

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Attachments:

- Tennessee Hazardous Waste Permit (Old expires 1-31-17) New permit good til 1-24-18
 - Living Right for January 2017
 - And notes from Ms Helen on the back ☺☺
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PROFESSIONAL TRUCK DRIVER:

ONE WHO POSSESSES THE PRACTICAL WISDOM REQUIRED TO CONSISTENLY MAKE PRUDENT DECISIONS BASED ON KNOWEDGE GAINED FROM EXPERIENCE.

-MY TRUCK-IT LIST, BOOK 1: ICE ROAD TRUCKING
WWW.TRUCKERSWHEEL.COM

From the desk of Helen.....

TRAILERS

All trailers need to be cleaned out at the time of unloading. If you are at a Disposal site, make sure the trailer is cleaned out before leaving the facility. Remember to utilize trash receptacles and properly dispose of any trash. If you pick up a trailer that was left by another driver to be unloaded, make sure the facility properly cleaned it out. If not, it will have to be cleaned before you leave the facility. This is in your best interest. You don't want to be pulling around a trailer with something left in it that you have no idea what it is. This could cause you serious problems. This is part of your job!! If there are any problems, you need to contact Dispatch immediately!

SPEEDING AND TAILGATING

I have been receiving complaints from John Q Public about Smith Systems Trucks driving too fast and following too close. This puts you and others around you at risk. Our loads are not HOT rush loads, please be aware of the speed limit and other drivers around you. Safe distance is one second per 10 mph you are traveling under 40 mph. US DOT Recommends adding an additional second for over 40 mph. Those of you who are violating these safety issues, you know who you are. Please slow down and back off before stronger disciplinary actions will be taken. Remember 80,000 #'s doesn't stop on a dime.

CMV Driving Tips - Following Too Closely

Following too closely may be defined as, "situations in which one vehicle is following another vehicle so closely that even if the following driver is attentive to the actions of the vehicle ahead he/she could not avoid a collision in the circumstance when the driver in front brakes suddenly."¹⁴

In addition to providing enough stopping time, proper following distance allows for more time to make good, well-planned decisions and affords other drivers the opportunity to scan the sides, look far enough ahead, and view the vehicle immediately in front.

The Large Truck Crash Causation Study (LTCCS) reported that 5 percent of truck crashes occurred when the Commercial Motor Vehicle (CMV) driver was following the lead vehicle too closely.¹⁵

Did You Know? On October 15, 2007, as cars began to slow for construction in the left lane, a CMV driver failed to brake and crashed into the vehicle ahead of him, killing a 47-year-old woman. The crash also involved two other vehicles and shut down the roadway for 5 hours. The CMV driver was charged with misconduct with a motor vehicle, and following too closely.⁷⁷

TIP #2: Double Your Following Distance in Adverse Conditions

Adjust your following distance to appropriately match weather conditions, road conditions, visibility, and traffic. In emergency conditions, maintaining a safe distance from the vehicle in front of you will allow you to stop safely and/or to take necessary evasive action.⁷⁸

Did You Know? The average stopping distance for a loaded tractor-trailer traveling at 55 mph (in ideal conditions) is 196 feet, compared with 133 feet for a passenger vehicle.⁷⁹

Did You Know? Braking distance can be greatly affected by road surfaces, weather conditions such as rain, ice, and snow, or debris.⁷⁸

(www.fmcsa.dot.gov/safety/driver-safety/cmV-driving-tips-following-too-closely)

Living Right®

January 2017

Your Health and Wellness Awareness Bulletin



Make manageable changes that last

Losing weight can seem daunting, but it's a worthwhile journey that can begin with a few simple steps.

Start by integrating healthy behaviors into your routine. Counting calories, exercising, and restricting high-calorie foods are all effective ways to lose weight, but setting goals that are too aggressive reduces the likelihood that you'll stick with them.



Instead of vowing to exercise for an hour a day every day, try a 15-minute walk three days a week. Rather than a drastic diet change, eat a healthy breakfast daily and have a serving of vegetables at suppertime.

Small changes are more likely to become habits and part of your lifestyle. Start with one or two realistic goals and add more over time.

If a setback occurs, don't give up. Forgive yourself for the slip-up, and think about what you might do differently next time.

Once a goal is achieved, reward yourself. Buying a new outfit or spending a morning biking with friends lets you enjoy the results of your healthier lifestyle.

Solving the weight loss puzzle

Piece together a weight loss plan that works for you. Start with one or two healthy changes, and gradually build more into your routine.

<p>Watch portion sizes. If a restaurant serves a large portion, save half.</p>	<p>Fill half your plate with fruits and vegetables.</p>	<p>Count steps with a fitness tracker and set a daily goal.</p>
<p>Count calories.</p>	<p>Cut back on sugary drinks and lattes.</p>	<p>Don't skip breakfast.</p>
<p>Commit to walking several days a week.</p>	<p>Attend an exercise class twice a week.</p>	<p>Add strength training to your routine.</p>

Weight loss benefits may arrive quickly

Weight loss does not have to be substantial to yield health benefits. A 200-pound person who loses 10 pounds has already lowered his or her risk for chronic diseases related to obesity.

The loss of additional weight brings even greater improvement in risk factors for cardiovascular disease.

Weight loss brings:



Improvements in blood pressure



Better cholesterol numbers



Lower blood sugar

By the numbers

The U.S. Department of Agriculture estimates that a moderately active man needs 2,200 to 2,800 calories per day, while a moderately active woman needs 1,800 to 2,000.



Burning calories

30 minutes of:	Burns about:
Moderate walking	140 calories
Hiking	185 calories
Dancing	165 calories
Golf	165 calories
Swimming	255 calories
Jogging	295 calories
Bicycling (about 10 mph)	295 calories

Calories burned based on a 154-pound person. Source: Dietary Guidelines for Americans 2005.

Five ways to keep weight off

Once you reach your goal weight you may be wondering how to maintain it. Studies show that individuals who are successful at losing weight and keeping it off share common behaviors. Those behaviors are:

Exercising

Those who have kept their weight off typically get 60 to 90 minutes of moderately intense exercise nearly every day. This can be broken down into 20- to 30-minute bouts of activity three times a day.



Watching calories

To avoid weight gain, you need to burn as many calories as you consume. Those who successfully maintain their weight track their calorie intake. They also eat regular meals, including a healthy breakfast.

Using a support system

Those who have support from a family member, friend, or coworker are often more successful at maintaining weight loss. A support system can help keep you on track and provide motivation.

Forgiving a mistake

Those who successfully lose weight forgive a misstep rather than give up. They get back to an exercise routine and healthy eating habits.



Checking their weight

Stepping on the scale regularly is another habit that encourages weight maintenance. It can keep a few pounds of weight gain from turning into a larger amount.



What brings weight loss?

Weight loss can be a mystery at times, with pounds seemingly appearing and disappearing at random. However, the basic cause of weight loss is straightforward: More calories are burned than are consumed.

One pound of weight equals about 3,500 calories. To lose one or two pounds a week a person would need to shave 500 to 1,000 calories from their diet each day.

That could mean doing without:



Mocha coffee (350 calories)



Two slices of pepperoni pizza (510 calories)



A large muffin (500 calories)



Large cheeseburger (590 calories)

Replacing high-calorie foods with high-fiber foods can help you feel full and satisfied. Try adding more of these to your diet:



An apple (72 calories)



Roasted almonds (172 calories per ounce, about 22 almonds)



A banana (105 calories)



10 baby carrots (40 calories)



A cup of pea soup (153 calories)

Being patient about weight loss is not easy, but it pays off. A person who steadily loses a pound or two each week is more likely to keep the weight off than someone who tries to rush weight loss with a fad diet.

Why fad diets fail



“Lose 10 pounds in a week!” Sound too good to be true? It probably is.

Fad diets promise fast weight loss, but initial weight loss is probably due to lost water weight. A person may lose water quickly after changing a diet, but is not likely to lose fat that fast.

A plan may eliminate an entire food group, which is unhealthy and only serves as a temporary fix. Once you return to your usual eating habits, the weight returns, too.

When considering any diet plan, keep the following in mind:

- Does it fit your budget and lifestyle?
- Does it include a variety of foods from the major food groups?
- Does it include foods you like and will enjoy eating for the rest of your life, not just on a short-term basis?
- Is regular physical activity part of the plan?

If you answer no to any of these questions, consider looking for a plan that will better suit your weight loss goals.

Next month:
Blood Pressure



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STATE OF TENNESSEE
 DEPARTMENT OF ENVIRONMENT AND CONSERVATION
 DIVISION OF SOLID WASTE MANAGEMENT
 HAZARDOUS WASTE MANAGEMENT PROGRAM

HAZARDOUS WASTE TRANSPORTER PERMIT

A HAZARDOUS WASTE TRANSPORTER PERMIT IS REQUIRED IN THE STATE OF TENNESSEE BY THE DEPARTMENT OF ENVIRONMENT AND CONSERVATION FOR THE TRANSPORTATION OF HAZARDOUS WASTES THAT ORIGINATE IN THE STATE OF TENNESSEE AND / OR HAVE A

THIS PERMIT IS NOT TRANSFERABLE

THIS PERMIT ISSUED TO:

Smith Systems Transportation Inc.

**2720 N. 10TH STREET
 GERING, NE 69341**

PERMIT NUMBER	EFFECTIVE DATE	EXPIRATION DATE
NED986382133	January 24, 2017	January 31, 2018

PERMIT EFFECTIVE UNTIL THE ABOVE EXPIRATION DATE UNLESS SUSPENDED, REVOKED, OR VOLUNTARILY RESCINDED

SPECIAL INSTRUCTIONS:

1. AN ORIGINAL OR PHOTOCOPY OF THIS PERMIT MUST BE KEPT IN EACH TRANSPORT VEHICLE.
2. GENERATORS OF HAZARDOUS WASTE IN THE STATE OF TENNESSEE ARE REQUIRED BEFORE SIGNING HAZARDOUS WASTE MANIFESTS, TO VERIFY THAT THE TRANSPORTERS TO WHOM THEY GIVE THEIR WASTE POSSESS A VALID TENNESSEE HAZARDOUS WASTE TRANSPORTER PERMIT. THE GENERATORS' VERIFICATION PROCESS ENSURES THAT:
 - (a) THE TRANSPORTER BUSINESS NAME ON THE PERMIT IS THE SAME AS THE MANIFESTS ITEM 6, TRANSPORTER 1 COMPANY NAME;
 - (b) THE ASSIGNED PERMIT NUMBER IS THE SAME AS THE MANIFEST'S ITEM 6, U.S. EPA ID NUMBER;
 - (c) THE MANIFEST'S ITEM 15, GENERATOR'S CERTIFICATION, IS SIGNED BY THE GENERATOR ON OR AFTER THE EFFECTIVE DATE BUT NO LATER THAN THE EXPIRATION DATE.
3. THIS PERMIT SUPERCEDES ALL PREVIOUSLY ISSUED STATE OF TENNESSEE HAZARDOUS WASTE TRANSPORTER PERMITS INCLUDING ORIGINALS, FACSIMILES AND PHOTOCOPIES. DESTROY ALL PREVIOUSLY ISSUED PERMITS TO PREVENT ILLEGAL ACTIVITIES.
4. REPORT SPILLS WITHIN THE STATE OF TENNESSEE IMMEDIATELY TO 1-800-262-3300 (THE TENNESSEE EMERGENCY MANAGEMENT AGENCY - T.E.M.A.).

Patrick J. Flood 1/24/2017
 Patrick J. Flood, PE, Director
 Division of Solid Waste Management

FOR MORE INFORMATION CONTACT:
 STATE OF TENNESSEE
 DEPARTMENT OF ENVIRONMENT AND CONSERVATION
 DIVISION OF SOLID WASTE MANAGEMENT
 WASTE ACTIVITY AUDIT SECTION -- ATTENTION CONNIE JONES

William R. Snodgrass Tennessee Tower
 312 Rosa L. Parks Blvd, 14th Floor
 Nashville, TN 37243
 PHONE: 615-532-0815 FAX: 615-532-0938 eMail: Connie.Jones@tn.gov

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