

Howell's Motorvator

1ST QUARTER

MARCH 2008

My Perspective

I have been hearing so much about us going through the start of a recession, and I guess that I have finally reached that age that I am wondering what the heck this means. Everyone always says that right before an election year that the economy slows down and that everyone is afraid of buying and they hold onto their money.

The Webster's dictionary defines a recession as: Decline in the economic activity; a period, shorter than a depression, during which there is a decline in economic trade and prosperity.

Maybe there is something true about all of the rumors, maybe this is something that we need to consider as prices are going up and money not going as far as it used to. It does seem like lately when you go to the grocery store that all the prices have jumped overnight. Of course this had me start to think about the business that we are in and how these growing prices affect it.

Howell's Motor Freight Inc., is a strong company that has weathered tough times and survived for over 50 years. If this truly is the recession that everyone is speaking about; then I like knowing that I work for a company that has the fortitude for weathering trying times and is truly a great place to work.

So what makes a company great? I feel that it is a place where employees...

"trust the people they work for, have pride in what they do and finally enjoy the people they work with."...

If I had to summarize in one word what makes this place special, I would like to say trust. I trust that our executive management will make good decisions and will be open with us regarding our current situation. I trust that our middle management will make good business decisions regarding the directions we have taken in developing new goals, and I trust that my team members will deliver on their promises, and will ask for help if they are having trouble.

The 1st quarter is over and we are now onto the 2nd quarter I hope that we all realize that we are a strong company that has been founded on **Communication, Competence, Integrity and Teamwork.**

Let us continue to look toward the President of this company, Harry G. Norris for his leadership and may we also remember the importance of all of those goals, especially TEAMWORK, and the importance of working together as we strive to support him and continue to accomplish great things TOGETHER.

~Pam~



The total yearly cost for Core Insurance that Howells Motor Freight pays per plan per employee is.....

Coverage	Yearly
Single	\$6015
Employee/child	\$10,683
Employee/Spouse	\$11,587
Family	\$17,509

Health Insurance Contest

Winner is Richard Clough, from our Atlanta Terminal was presented with a \$50 dollar VISA for his right guess.



Cell Phones and Automobiles may jeopardize you safety.

You've probable done it yourself. More than 100 million U.S. motorists use cell phones while driving. The National Highway Transportation Safety Administration estimates that at any given moment during daylight hours, 8 percent of all drivers are talking on a cell phone.

But the next time you do make a call in traffic, consider this: You may be jeopardizing your safety and the safety of those around you.

Experts believe that using a cell phone requires not only the hands, eyes and ears, but also plenty of mental attention, which is a great contributor to accidents. And there are more dis-

tractions to come, with new vehicles coming out with web access, inertial navigation systems, heads up displays and more.

Text messaging, or "texting" by teens is another major concern. Nationwide Insurance found that 19 percent of motorist while driving. In fact Washington DC became the

first state to ban texting with a cell phone while driving, imposing a fine.

In the USA Washington State, NY, NJ, the District of Columbia, Connecticut and California have outlawed speaking on a hand held cell phone while driving.



Welcome Baby!



Columbia's Operations Manager Kenji Long and wife Angela welcome Kaleb Jordan Long on February 29. Congratulations to you all!!!

"A child's life is like a piece of paper on which every person leaves a mark."
Chinese proverb



Granddaddy's little princess. Brian Abel's granddaughter, Jocelyn's 1st birthday party. Brian said that he was glad that she could not ask for anything yet... because he will gladly get her what ever she asks for! I think that she already has his heart.



Cheryl Jones who works at the Roanoke Home office is always more than willing to show off her new granddaughter. Leah Michelle McMahan made her appearance in time for Christmas on December 21, 2007. She weighed 7lbs 4oz and was 20 inches long.



Donna Begley welcomes , another grandbaby, this time a little girl named Chloe Elizabeth born on March 12, 2008. Now she has a both a little boy and little girl ...what a lovely gift for grandma.



Congratulations !!!!

Two local Portsmouth drivers **Felix (Lil' Man) Toxey** and **Jim Sykes** receive their 10 year rings for Safe Driving.



Felix (LIL MAN) Toxey and Terminal Manager Charley Edmonds



Jim Sykes with Portsmouth Terminal Manager Charley Edmonds

Economic Tax Stimulus Payment

Starting in May, the Treasury will begin sending economic stimulus payments to more than 130 million households. To receive a payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. IRS will take care of the rest.

Eligible people will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17. Millions of retirees, disable veterans and low-wage workers who usually are exempt from filing a tax return **must do so this year in order to receive a stimulus payment.**

But there are more details to know about. Find out more at the Internal Revenue Service website: www.irs.gov



Eating to reduce stress? Certain food types have calming properties.



We've all heard that stress eating is bad for you, mostly because when we're stressed we eat too much of the wrong foods, i.e., too many foods high in sugar, fat and cholesterol.

But "Women's Health" points out that if you eat the right things, you could actually lower your stress. And, we all could use less of that in our lives.

Included in this list are almonds, pistachios and walnuts, which are loaded

with the vitamin E an antioxidant that is an immune booster, and vitamin B. The raw kind not processed with salt and oil is best. And that doesn't mean we can eat almond cookies and fudge with walnuts and expect to derive health benefits.

But according to a 2007 study at Penn State University led by Shelia West, eating one and half ounces (about a handful) of pistachios a day lowers blood pressure. Walnuts also help lower blood pressure.

Drinking a glass of warm milk before

going to bed may have some science to it also. Some reports say that calcium can reduce muscle spasm and soothe tension.

Nutritionists say magnesium is a good stress reducer and that not getting enough magnesium can trigger headaches and make you feel fatigued. Just one cup of spinach provides 40 percent of one's daily magnesium needs, so you get more bang for your buck by substituting spinach for lettuce on sandwiches and in salads.

"The Trucker"

News from Charlotte

Charlotte is staying busy and hunting new business opportunities. We should be getting in our first pool load of bubba Burgers the last week of March.

We have been working closely with our Line haul division and two new Truckload shippers to provide service in the Carolinas; Kal-Kan and Fleishman's bagels. Both of these shippers are located near Charlotte and are providing freight in lanes across Howell's Motor's service area.

Spring is here and we are looking forward to the warmer weather and to providing quality services to our customers. ~Chad~

Welcome to our newest drivers!

Richard Payne	1/14
Brett Johnson	1/14
James Young	1/14
Daniel McInnis	1/14
Kevin Squires	1/14
Kevin Roberts	1/14
Gregg Engelman	1/21
Bruce Ely	1/21
Donald Crosier	1/28
Thomas Deshields	2/4
Victor Dowdy	2/4

Philip Zimmerman	2/11
Dennis Knapp	2/11
Douglas Blake	2/25
Thomas Stump	2/25
James Mason	2/25
Michael Massey	3/3
Charles Wiley	3/3
Jamie Gilchrist	3/10
Brian Reynolds	3/10

REMEMBER....Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason.

Charles Plumb, a US Naval Academy graduate, was a jet fighter pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb. "I packed your parachute," the man replied. Plumb gasped in surprise and gratitude.

The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept pondering what he might have looked like in a Navy uniform - a Dixie cup hat, a bib in the back, and bell bottom trousers. I wonder how many times I might have seen him and not even said good morning, how are you or anything because, you see, I was a fighter pilot and he was just a sailor."

Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory- he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

His experience reminds us all to prepare ourselves to weather whatever storms lie ahead. As you go through this week, this month, this year...recognize the people who pack your parachute!

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GET YOUR EASTER BONNET READY



Do you realize how early Easter is this year?

As you may know, Easter is always the 1st Sunday after the 1st full moon after the Spring Equinox (which is March 20). This dating of Easter is based on the lunar calendar that Hebrew people used to identify Passover, which is why it moves around our Roman calendar.

Found out a couple of things you might be interested in! Based on the above, Easter can actually be one day earlier (March 22) but that is pretty rare.

Here 's the interesting info. This year is the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our population have ever seen it this early (95 years old or above!) and none of us have ever, or will ever, see it a day earlier!

Here's the facts:

1) The next time Easter will be this early (March 23) will be the year 2228 (220 years from now). The last time it was this early was 1913 (so if you're 95 or older, you are the only ones that were around for that!).

2) The next time it will be a day earlier, March 22, will be in the year 2285 (277 years from now). The last time it was on March 22 was 1818. So, no one alive today has or will ever see it any earlier than this year!

Regardless of the month or the day that Easter may fall on we still rejoice in the fact that we serve a risen savior.

Hope that you and your family have a Happy Easter!