



PACIFIC TANK LINES

2009 1Qtr Newsletter

Happy Birthday

January

Miguel Cuevas - 5
Manh Le - 5
Ted Honcharik - 9
Troy Hill - 10
Blaine Farlow - 14
Stephan Serfati - 15
Larry Woods - 19
Michael Moore - 19
Agustin Aguero - 22
Scotte Lewis - 29

February

Jacob Cadmus - 9
Steven Reed - 10
Lesley Morales - 11
Jason Pennington - 11
Audra Martinez - 12
Bob Stressling - 13
Richard LaPointe - 14
Miguel Carrillo - 18
Timothy Hudson - 22
David Rogers - 24

March

Corena Kanoho - 1
Carl Harris - 2
Joe Keith - 5
Juan Navarette - 6
Willie Richard Jr. - 10

Happy Anniversary

Bryan Rumsey - 6 years
Richard Valenzuela - 4 years
James Bullis - 3 years
Ron Mowdy - 2 years
Alfonso Cortez - 1 year
Eddie Oyos - 4 years
Larry Woods - 4 years
Luis Castro - 3 years
George Fernandez - 3 years
Ernesto Garcia - 3 years
Ryan Chapman - 2 years
Corena Kanoho - 1 year
Miguel Carrillo - 1 year
David Rogers - 1 year
David Ankenman - 7 years
Mark Mendoza - 5 years
Mike Martin - 3 years
Manh Le - 2 years
Scotte Lewis - 2 years
Jason Murphy - 2 years
Albert Lee - 2 years

2008 WHAT A YEAR!

This last year has had its ups and downs, but Pacific Tank Lines has been moving forward, thanks to its wonderful, committed, service and safety orientated employees.

I wish to start by saying, we lost one of our own recently. Jeff Nelson, one of Pacific Tank Lines long time drivers passed away unexpectedly last week. He and his family have been very supportive of Pacific Tank Lines over the years. The next time we have a company picnic, the softball game will not be the same without him. I will personally miss his big smile, and his strong handshake. He will be greatly missed.

The economy is hitting a lot of companies hard these days, Pacific Tank Lines is thankful, and is also a little lucky it has not seen the large downside that a lot of other companies are experiencing.

Pacific Tank Lines is now in its 7th year in business, with over 175 employees and owner operators. Five years ago the company decided it was time to slow down the growth side of the business, and focus on its operating procedures, and diversify its customer base. The timing of this (two years ago) was the lucky part. When the economy started to slow, we had already started to cut cost, and started to look at new ways to operate more efficiently. Now with a larger customer base, and the efficiency plans in place, Pacific Tank Lines finds itself in the position for possible growth opportunities in the future. We are currently looking into other geographical markets, and other products to deliver. The main two things that Pacific Tank Lines must understand to move forward in this economy is SAFETY AND SERVICE. If we focus on these two important areas the future will continue to be bright for Pacific Tank Lines and its employees.

In closing, when talking to your friends, family, neighbors, co-workers, customers, and even strangers, try to communicate positively. Everyone is going through some type of a tough time right now. Let's all try to make a little difference in someone's life each day by staying positive! We at Pacific Tank Lines owe this to everyone who has helped us get to where we are today.

Ted Honcharik,
CEO

STAYING HEALTHY MAKES THE DIFFERENCE!

4 Ways to Fight Colds and Flu

1. **Wash your hands frequently**—one of the best ways to prevent the spread of germs. Use soap and warm water and dry with a clean towel.
2. **Avoid close contact**—with anyone who’s sick, especially during the first few days of the illness.
3. **Get vaccinated** every year. A flu shot is your best protection against the flu. It is recommended for everyone, starting at age 6 months. Another option for anyone 5 to 49 who is healthy and not pregnant is the nasal spray vaccine. Best time for vaccination: October or November. Ask your health care provider for more details.
4. **If you do get the flu**—prescription antiviral medications (when used right away) can reduce symptoms, make you less contagious and help you get well faster. Stay home when you are sick, to help speed your recovery and keep others from getting sick.

More Tips: Get enough sleep, exercise regularly and eat a balanced diet rich in fruits and vegetables to strengthen your immune system. Now that’s good “health insurance”.

The Trainer’s Corner

Written by: Chris Galusha—Colton Trainer

Given the experience of our loss this week, it has been difficult getting fully behind writing on the issue of safety or driver performance. It is not that they are not important, safety and driver performance should be our priority. Having a positive attitude and the personal qualities of integrity and character balanced with the drive to do our very best makes the difference in our jobs between mediocrity and excellence. Our friend, Jeff Nelson imparted these qualities. He was a company team player and really cared about his fellow drivers. The “dude” was funny too and I’ll miss his humor. In honor and respect for our lead driver Jeff, let’s be dedicated to applying all safe working procedures to our daily routine, continuing to build PTL’s reputation of exceptional service based on quality and safety.



CANT SLEEP?

Many people experience a restless night now and then. But if you regularly have trouble falling asleep, toss and turn, or wake too early, it’s time to do something about insomnia.

Here’s how:

Avoid or cut down on caffeine, especially late in the day. Remember that caffeine is found in chocolate, some sodas and pain relievers, in addition to coffee and tea.

Limit or avoid alcohol and nicotine, especially close to bedtime.

Exercise vigorously every day, ideally at least three to four hours before bedtime.

Get a handle on stress. Reduce commitments, practice relaxation techniques or try psychotherapy.

Try a light snack of glass of warm milk before bedtime. Don’t go to bed too hungry or too full.

Clear the worry decks before bed so you don’t lie there fretting. Set aside a few minutes each day to write out worries and what you can do about them.

Follow a routine. Go to bed and wake up at the same time everyday—maybe the most helpful habit for good sleep.

WHEN TO GET HELP: If insomnia affects your ability to function during the day for a month or longer, see your health care provider to determine possible causes and treatment. Insomnia can be a sign of another condition, such as depression, restless legs syndrome or anxiety.

DIABETES PREVENTION

WHAT TO EAT According to a recent study from the *Journal of the American Medical Association*, you will raise your chances of developing type 2 diabetes if you eat a lot of foods that raise your blood sugar quickly. Examples include white bread, candy, canned fruit in syrup and refined cereals. You can reduce your risk by eating foods rated lower on the glycemic index, such as whole-grain breads and cereals, beans, low-fat dairy products, and fresh fruits. A simple change, such as switching from white bread to whole wheat can help keep diabetes at bay.

March Safety Meetings:

Place	Day	Dates	Time
San Diego	Tuesday	Mar. 3	3 pm
Colton	Tuesday	Mar. 10	3 pm
Colton	Thursday	Mar. 12	3 pm
Van Nuys	Tuesday	Mar. 10	3 pm
Long Beach	Thursday	Mar. 5	3 pm
Huntington Bch	Wednesday	Mar. 11	3 pm
Las Vegas	Tuesday	Mar. 24	3 pm