

Two guys, one old, one young, are pushing their carts around- WalMart when they collide. The old guy says to the young guy, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going."

The young guy says, "That's OK, it's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting a little desperate."

The old guy says, "Well, maybe I can help you find her... what does she look like?"

The young guy says, "Well, she is 27 years old, tall, with red hair, blue eyes, is well rounded, with long legs, and is wearing a mini skirt. What does your wife look like?"



To which the old guy says, "Doesn't matter, let's look for yours."



### Snake Safety!

It is September and still hot, so snakes are still out and about. Have you heard this before, 'The only good snake is a dead snake.'? You may even think it. But consider this; a single snake can eat dozens of rats and mice a year. Without snakes we would be overrun with rodents and we sure don't need that. Did you know that the venom from a copperhead, one of the five venomous snakes we have in our area, contains proteins that are showing promising results in cancer research? Snake venom also helps with health issues such as heart disease, Parkinson's, cancer, and many more.

The best way to prevent being bitten by a snake is to be aware of your surroundings. Remember the saying, 'Don't stick your hand where you wouldn't stick your ...eh..' Well, you know what I mean. Always be able to see your hands.

If you happen upon a venomous snake, don't try to provoke it. If you can, back away and go around.

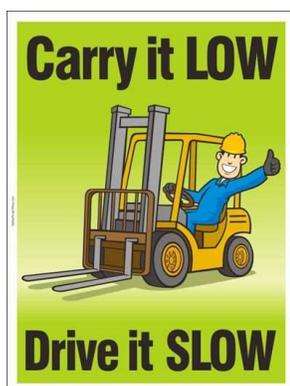
What are the other four poisonous snakes in our area? The cotton mouth water moccasin (all water snakes are not cotton mouths), western diamondback rattlesnake, the timber rattlesnake, and the coral snake. Taken from an article by Laura Sherrod, TPWD

## 10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)

**Be a defensive driver** – be on the lookout for:

- Over-packed vehicles
- Vehicles towing boats, campers, trailers
- Slow-moving vehicles/frequent braking
- Vehicles changing direction without warning
- Out of state license plates
- Impaired drivers



Father: "Matt, you were adopted."  
Matt: "What?! I knew it! I want to meet my biological parents!"  
Father: "We are your biological parents. Now pack up, the new ones will pick you up in 20 minutes."



## Load Securement

Securing the type of loads we sometimes carry can be challenging. A load of odds and ends (junk) came in here mid-August and a 12 or 14' piece of 1" – 1 1/2" pipe was hanging off the back of the trailer a good 6 feet. It was working its way off the trailer and in another few miles may have. There was also a ball valve lying loose on the bed. If either one of these items had fallen off we could have had a disaster on our hands.

Please take extra care when securing your load, someone's life could depend on it.



## The Facts About Sleep Apnea

Sleep apnea is a serious, potentially life-threatening condition that often goes unrecognized and untreated. If left untreated, sleep apnea increases one's risk for high blood pressure, motor vehicle crashes, heart attack, stroke, and other medical conditions. Sleep apnea can be successfully treated and if treated, shouldn't interfere with your work.



## The Facts About Sleep Apnea and Commercial Drivers

Commercial drivers are at an increased risk of having sleep apnea. According to a Federal Motor Carrier Safety Administration study, almost one-third of commercial drivers have some degree of sleep apnea. Untreated sleep apnea causes excessive daytime sleepiness, which impairs judgment, causes attention deficits, slows reaction times, and decreases alertness. Untreated sleep apnea also greatly increases a driver's risk for being involved in a fatigue-related motor vehicle crash.

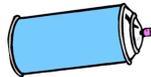
Remember, sleep apnea is a highly treatable disorder. Drivers who are treated should be able to do their job as safely as those who do not have sleep apnea.

## The Can of Paint

A newlywed couple wanted to join a church. The pastor told them, "We have special requirements for new parishioners. You must abstain from sex for one whole month." They agreed and after 2 1/2 weeks, returned to the church. In the pastor's office, the wife is crying, and the husband is totally depressed. "You are back so soon...Is there a problem?" the pastor inquired.

"We are terribly ashamed that we did not manage to abstain from sex for the required month," the young man replied sadly.

The pastor asked him what happened. "Well, the first week was difficult, however, we managed. The second week was terrible, but with the use of prayer, we managed to abstain. But, the third week was unbearable. We tried cold showers, prayer, reading from the Bible...anything to keep our minds off carnal thoughts. One afternoon, my wife reached for a can of paint and dropped it.



When she bent over to pick it up, I was overcome with lust and had my way with her right then and there," admitted the man, shamefully.

"You understand this means you will not be welcome in our church," stated the pastor.

"We know." said the young man, hanging his head, "We're not welcome at Home Depot, either."

How many trucks could a tow truck tow, if a tow truck could tow trucks?



## Happy Birthday!!

- Thomas I – 1<sup>st</sup>
- Tim M – 2<sup>nd</sup>
- Travis S - 7<sup>th</sup>
- David W – 13<sup>th</sup>
- Tim W – 16<sup>th</sup>



## Tips to live by

- Use 3 points of contact when exiting or entering your cab.
- Before you exit, look for debris, ice or water that might make the steps or ground treacherous.
- Wear footwear with good traction.
- Keep the cab steps in good repair.



Jammer

