



Volume 16, Issue 2

AMENDMENT DEFEATS HEAVIER TRUCKS

*Submitted by Courtney Scarpitti, from truckernews.com

Raising truck weight limits on U.S. highways has been put off for the time being.

A bipartisan amendment to require a study of the impact of heavier truck weight limits was approved Feb. 2, as debate opened on the \$260 billion American Energy and Infrastructure Jobs Act (H.R. 7). The amendment by Reps. Lou Barletta (R-Pa.) and Jerry Costello (D-Ill.) passed on a 33-20 vote.

The defeated provision would have permitted trucks pulling single trailers to weigh up to 97,000 pounds on six months, an increase from the current limit of 80,000 pounds on five axles.

The American Trucking Associations and the Coalition for Transportation Productivity on Jan. 31 backed the surface transportation legislation, a reauthorization bill the groups say also will streamline the Department of Transportation and modify federal transportation programs.

ATA said the surface transportation bill not only will make needed improvements to the nation's highway system, but also will make that system safer for trucks and cars.

"This bill is a major step forward, not just for trucking but for all users of our transportation system," said Bill Graves, ATA president and chief executive officer.

ATA also backed the legislation for addressing truck productivity and hours-of-service.



Reminders from the Billing Department

*Submitted by Beth Adams & Courtney Scarpitti

We have noticed a few problems with paperwork lately. Mainly, we are noticing basic mistakes that should not be taking place. Here are a few reminders:

- 1) Only one load per envelope - if you send more than one load in an envelope, the paperwork can get mixed up and sent to the wrong customer.
- 2) Every load has to have a Triad BOL filled out completely - that means dates, times, signatures, etc.
- 3) Every load turned in must have either a manifest or a customer BOL included with it, unless you are hauling boxes (those only need the Triad BOL).
- 4) If you are doing a split load (split driver), and you happen to be the -00 leg of the load... please turn in a copy of the manifest that goes with the load.
- 5) When you turn in your paperwork, please make sure you have your PRO# (seven digits long) on the TripPak envelope and on the Triad BOL.
- 6) For tank drivers - if you have a tank wash, please turn it in with the load your tank was washed for. Please turn in a copy with the pricing on it!

If you have any questions, please feel free to contact the billing department at 918-426-4751 x 113 or 118.

Don't Forget: Submit your Physical

*Submitted by John Watkins, safety director

Starting January 30, 2012, CDL holders are required to submit a current copy of their D.O.T. Physical to the State Driver Licensing Agency (SDLA) in their state.

The Federal Motor Carrier Safety Administration (FMCSA) says, "Drivers operating in certain types of commerce will be required to submit a current medical examiner's certificate to their SDLA to obtain a "certified" medical status as part of their driving record".

CDL holders who fail to provide and keep their medical examiner's certificate up-to-date with their SDLA will become "Not-Certified" and may lose their CDL.

Currently, each state has their own preferred method of submitting the medical certificate. For information on how to submit yours, please feel free to contact the safety department at Triad, or you may access the FMCSA website at www.fmcsa.dot.gov.

The driver physical qualification requirements are not changing.

Future Basketball Star

Submitted by John A. Titsworth

By Jim Marsh

I sat through 24 games at various sites during the 2012 Leflore County Junior High Basketball Tournament, and while watching the tournament, old terms such as, "blood is thicker than water," "the acorn does not fall far from the tree" and "the cream will always rise to the top" came to my mind.

While the coaches voted at last month's seeding meeting to not choose All-Tournament Teams, I would like to give my version. While I did not get a chance to see each and every team play, I think I saw the cream of the crop. Not all the teams will have a player on my teams. I selected the teams as if I were going to form a team from scratch.



*John A. and Cianna.

The top of my list would be Cianna Titsworth from Arkoma.

There are many three generations of coaches and athletes in the Junior High Tournament as well as the High School County Tournament.

Cianna Titsworth played like she was a lady on a mission, and that mission is to follow in her father's footsteps as he was an All-Stater from Poteau High School, John Tistworth Jr. Her grandfather also had some pretty special genes. Her grandfather is John Titsworth, Sr., who was an All-Star at Heavener High School, who played with the Oklahoma Sooners and was recognized by some All-American teams. His final game was the 1968 Orange Bowl, where the Sooners upset highly-favored Tennessee as the Volunteers place-kicker missed a chip shot for the win.

Cianna loves to play basketball alone, and like her grandfather, she dreams of playing at OU.

In the semi-final game of the consolation bracket, the Lady Mustangs from Arkoma got a rather laissez-faire start and could only manage to score five points in the stanza. The Lady Indians from Pocola had even a slightly worse start as they could only manage to score three points.

But as the second quarter evolved, Cianna Titsworth began to be left uncovered on the wing. Titsworth made five shots uncontested in the second quarter. She scored 12 points. Arkoma amplified its lead to 18-9 at the end of the half.

Arkoma kept the stirrups dug in, and even increased its lead in the third quarter to 34-17.

Peyton Lamb scored half a dozen points to give the Lady Indians a glimmer of hope. But again the advantage that Arkoma had created was just simply too great to overcome.

The Lady Mustangs clinched the win 36 to 25 with Cianna Titsworth contributing 21 points, with 9 of those being shot outside the arc.

SEASON OF LENT

*Submitted by Courtney Scarpitti

It is that time of year again, when your Catholic friends start saying, "It's time for me to give something up." We all know what that means - it is the Lenten Season!

And if you have known your Catholic friend for a few years, you know that they usually give up or do the same things every year for Lent. As I am getting older, however, I find that giving up the same things every year really don't help me in my quest to understand the meaning of this season.

Lent is an annual opportunity to grow in our faith, which means it's about much more than giving up unhealthy foods or treats, as many people may have done when they were kids. It is about abstaining from whatever is unhealthy in our lives. Things like gossip, laziness, lack of social conscience, but most importantly, it's about taking concrete steps to do something more. I have decided I want to challenge myself this year, and go beyond the clichés of "giving up" something. Now is a great time to take stock of your spiritual life, and to grow in it!

Some of you non-Catholics may be wondering, "Can I abstain from something in my life to help me grow, or is Lent only for Catholics?" Well, the good news is anyone can partake in Lent! So, now if you are having a hard time deciding on what to do, you are in the same boat as me. I have put together a list of different ideas to do during Lent. I hope one of these, or even a few of these will help you on your quest for a deeper spiritual life.

- 1) Go to bustedhalo.com's FAST PRAY GIVE Lent Calendar every day to find a new and unusual way to enter into the traditional spiritual disciplines of the Lenten season (Fasting, Prayer and Almsgiving).
- 2) Read the Sunday readings before you go to Mass. Familiarizing yourself with the readings ahead of time can allow you to experience them in a deeper way on Sunday.
- 3) Make a commitment to try something new spiritually. Never tried an hour of Eucharistic adoration? Find a parish where you can try it. Never attended Mass at a parish of an ethnic group that's different than yours? Give it a try.
- 4) Go to a weekday Mass one day during the week. Many parishes offer them early in the morning, at noon, or after work. Daily Masses are often more intimate and informal than Sunday Mass.
- 5) Read the entire Gospel of Mark in one sitting. As the shortest Gospel, it is the most concise story of Jesus' life, and the cross (a central Lenten symbol) plays an even more prominent role than in the other Gospels.
- 6) Attend the Stations of the Cross somewhere - lots of parishes offer these during Lent, and often on Fridays.
- 7) Turn off your iPod or your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.
- 8) Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- 9) Make a commitment to "fast" from cruel comments about others.
- 10) As a part of your Lenten almsgiving, make a point to learn as much about a particular social issue as possible. Give money to an organization, related to your chosen issue that supports the dignity of the human person.
- 11) Pray for somebody.
- 12) As you are waiting to fall asleep at night, pray the Jesus Prayer silently as a mantra: "Lord Jesus, Son of the Living God, have mercy on me."
- 13) Celebrate the sacrament of reconciliation. If it's been awhile, simply tell the priest, and ask him to guide you through it.

Cold Weather Soups

*Submitted by Courtney Scarpitti

Since this month is February (AKA the month of “love”), I decided to go with two easy soup recipes that could be made for Valentine’s Day for that special someone. Yes, both are Italian inspired soups - Italians are known to be lovers, not fighters, so I decided an Italian soup would be perfect for this month! Hope you enjoy at least one of these soups with that special someone!

Zuppa di Gnocchi e Pesto

Ingredients

3 Chicken Breasts, on the bone
1 whole yellow onion (quartered)
8 cloves garlic, in skins
3 tablespoons olive oil
3 pinches salt
3 pinches black pepper
2 cartons chicken broth, 32 ounces each
1 jar pesto sauce, 8 ounces
1 package gnocchi, 16 ounces
3 whole roma tomatoes seeded and chopped



Directions

Preheat oven to 350 degrees. Place chicken breasts in a roasting pan. Break apart quartered onion and scatter around and on top of breasts. Toss garlic, skins and all, around the chicken. The garlic will not flavor the chicken at this point. We are merely roasting them and will add them to the broth in a bit. Drizzle olive oil on chicken. Salt and pepper to taste and roast for 35-45 minutes or until the center is white and no longer pink.

Once cooked, allow the chicken to cool so that it can be shredded by hand. Scoop out roasted onion and garlic to use in broth. While

the chicken is cooling, pour broth into a Cuisinart or blender along with the onions and roasted garlic (skins removed after roasting of course) and three tablespoons of the pesto. Pulse until there are no large chunks of garlic left. About 3 five second pulses should do the trick. The roasted garlic will give the soup a velvety feel in your mouth. Definitely don’t skip this step. It’s so worth it.

Back to the chicken. After shredding it, mix in the rest of the pesto. Stir well and set aside.

In a large pot, bring the broth/garlic/pesto mixture to a boil. Add gnocchi and cook until they float. In soup bowls, place a pile of chicken in the center. Ladle the hot broth over the chicken and garnish with chopped tomatoes.

Crockpot Lasagna Soup

Ingredients

1 pound ground beef
1 medium onion, finely chopped
2 large green bell peppers, chopped
2 cloves garlic, finely chopped
2 cups water
2 cans (14 1/2 oz. size) Italian diced tomatoes, do not drain
1 can (6 oz. size) tomato paste
2 cups mafalda (mini-lasagna noodles) pasta, cooked
1 tablespoon brown sugar, packed
1 1/2 teaspoon Italian seasoning
1/4 teaspoon pepper
1 1/2 cup Italian style croutons
1 1/2 cup shredded mozzarella cheese

Directions

Cook beef, onion, bell peppers and garlic over medium heat 8 to 10 minutes, until beef is brown and onion is tender; drain.

Stir in water, diced tomatoes and tomato paste. Then stir in brown sugar, Italian seasoning and pepper.

Put in crockpot. Cook on low for 6 to 8 hours. About one hour before serving add the cooked noodles in the crockpot with other ingredients.



Singles' Awareness Day - SAD

*Submitted by Alyshia Byington

For some, February is a synonym for “Valentine’s Day,” but for others it’s a mere translation for “Singles’ Awareness Day.” Our eyes become adapted to shades of pink and red, and box shapes slowly start transforming into hearts. No one is saved from the chocolate/balloon/teddy bear/singing Hallmark card frenzy, but what if you don’t have that “special someone” this time around?

You celebrate “Singles’ Awareness Day!” Ironically abbreviated as S.A.D., I myself will be celebrating this particular holiday. Why be the one to not celebrate a holiday just because you don’t have a significant other? I am certainly not the type that wants to Veto Valentine’s Day, but I don’t see the point. Why do we need a day just for expressing our feelings to our loved one? I’m not going to lie; it does make me sick to my stomach to walk into my local Wal-Mart for a few groceries and have to see all of the Holiday displays. I guess I’m just bittersweet this time of year.

But I will surely not let any of it ruin my day! How will I be celebrating S.A.D. you ask? A couple of friends and I will be going to dinner and a movie. I believe that is the best way to make it out of this holiday while keeping your hair attached due to the stress and anxiety about finding someone just to celebrate. Being single isn’t as horrible as it’s made out to be this time of the year. So don’t mope around your house and lay on the couch watching movies all day. Don’t let a holiday get you down.

Go out and celebrate with your friends and/or family! I Hope everyone has a great Valentine/Singles’ Awareness Day!



Editor's Corner: The Civil Rights Movement

*Submitted by Courtney Scarpitti

~Note from editor: this is a paper I wrote for my History of Journalism class in college.

The Civil Rights Movement is an important historical event in our nation's history. This time period affects the years following in ways that no one could have imagined. The Civil Rights Movement ignited the people of America to push for equal rights for all people... not just "separate but equal." The media, especially television news, was there through all the events that unfolded and helped the American people understand the magnitude of the Civil Rights Movement. Television news allowed people to see, instead of just read, what was going on around the nation. People could experience the events unfolding in Little Rock, Arkansas; the Freedom Riders; in Birmingham, Alabama; and in Selma, Alabama.

Little Rock, Arkansas

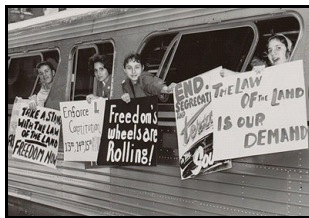
One of the first events that people all over the United States saw was the attempted integration of a neo-Gothic high school in Little Rock, Arkansas. During the summer of 1957, African-American leaders in the town decided to enroll nine black students into the city's most regarded (and all white) public high school in the city. They did this to try to challenge the segregated school policy. The nine students had flawless records of behavior and great academic performance, but still they were not allowed into the high school. In early September, network tv cameras were in Little Rock to show the nation the nine students walking solemnly toward Central High School. The Arkansas National Guardsmen, whom Governor Orval Faubus had ordered to stop the students from entering, turned the black students away. An image from that day has been made famous, especially from the movie "Forrest Gump." Daisy Bates, the leader of the local NAACP, arranged for all the students to be brought to school in a police



car for protection, however, one student, Elizabeth Eckford, did not have a telephone and showed up to the school alone. Eckford was caught on camera as the crowd screamed at her. The cameras stayed on the lone girl, with white men towering over her, until one middle-aged white woman helped her escape onto a city bus. Through it all Eckford remained poised and the television cameras caught all of it. Television cameras stayed in Little Rock throughout the month. Eisenhower eventually put the National Guardsmen under federal control, ordering the soldiers to protect the Little Rock Nine. Thanks to television news everyone in the nation was witness to the integration of Central High School and the angry jeers of white segregationists.

The Freedom Riders

In the early 1960s, the Supreme Court made a decision to ban segregation in interstate travel. In May 1961, a group of racially mixed college students purchased bus tickets to take them from Washington,



D.C., to New Orleans in order to test the new law. The students were nicknamed the "freedom riders," and of course television news saw this as their next great story. Moe Levy, NBC cameraman, boarded one of the buses with the students. The college-aged students were well dressed and well groomed... some wearing suits and ties. The freedom riders did encounter some taunting by segregationists, but once the buses crossed the Alabama state line, those acts were quickly obscured. One bus stopped in Anniston, Alabama, to refuel and Ku Klux Klansmen punctured the tires of the bus. The riders were unaware of the damage until the bus had already traveled a few miles out of town. The tires went flat and Klansmen surrounded the Greyhound bus setting it on fire. News teams were there to capture young men and women running from the burning bus and then

being struck by rocks thrown by the clansmen. Riders on the second bus, the one carrying Levy, were dealt an even bigger blow. The Alabama State Police had promised to escort the bus from Birmingham to



Montgomery, but somewhere along the way they vanished. When the bus pulled into the Montgomery station, a mob of 2,000 attacked the students. No images from the incident were filmed because they smashed Levy's camera. Networks did broadcast images of the bruised and blood-soaked students in their hospital beds. These images reached the homes of numerous people and they were horrified with what they saw. From here, the images would only get worse.

Birmingham, Alabama

The Reverend Martin Luther King, Jr. and other civil rights leaders targeted Birmingham, Alabama, in 1963, for a series of nonviolent protests aimed at breaking down the city's white power structure. Birmingham denied blacks a voice in city government and refused to hear their complaints. MLK and the other civil rights leaders thought if they could overcome Birmingham, then other cities would follow. The protests were only peaceful sit-ins at lunch counters, picketing in front of stores, and later marches. Whites were not peaceful... they took part in such portrayals as pouring ketchup on the heads of blacks sitting in at restaurants. Television broadcast the peaceful protests across the nation, showing the only violence was by whites. In early May, protest organizers thought up a new strategy: allowing school children to take part in the demonstrations. Thousands of the African-American boys and girls, many still in elementary school, flooded the streets for a massive march through downtown. "Bull" Connor, a hot-tempered police commissioner, arrested 700 of the young African-Americans and ordered officers to become more physical. Cameras

(Continued from page 4)

were rolling when police officers began using high-pressured fire hoses so powerful that even the strongest men could not stand up. Even more startling was when Connor authorized the use of German shepherd police dogs. The dogs were so frightening that many of the school children became hysterical. The parents responded by throwing bottles and stones at the police officers, whom in turn ordered the dogs forward. American people saw on their televisions a level of police brutality far beyond what they had imagined. The worst of the images was from a scene involving a police officer, a black schoolboy, and a German shepherd dog. People across the nation saw the police officer holding the black boy in place, allowing the dog to tear at the boy's stomach. The day after the images of the fire hoses and dogs were aired, President Kennedy sent a Justice Department official to Birmingham to act as a mediator between the city and the demonstrators. Exactly one week after the American people saw those images, the leaders reached an agreement. The television images also prompted action on the national level, prompting Kennedy to propose civil rights legislation of a scope and boldness that a few months earlier would have been impossible. All the action is due to the television images broadcast around the nation.

Selma, Alabama

In 1964, civil rights leaders turned their attention toward blacks in the Deep South being denied the vote. In Selma, Alabama, MLK set out to empower Selma blacks while informing the nation of their grievances. White registration examiners ad-



ministered a test to the blacks that was impossible to pass, even for whites. MLK ultimately drew some 6,000 workers to Selma to help him. One important thing he also brought with him was the media. MLK organized a march from Selma to the state capitol in Montgomery fifty-four miles away. He wanted to do this to draw attention to the voter registration problem. Even though the Governor of Alabama opposed this march, some 600 blacks, including Martin Luther King, Jr., took off on Sunday, March 7, 1965. After marching only 300 yards, the protesters were blocked by 50 state troopers and 100 of their posse men. The men were lead by James G. Clark, Selma's sheriff. The men attacked the protesters full force. None of the people marching toward Montgomery were violent, yet still Clark ordered his men to attack them. And again, television cameras were there to capture the horrible images. The men hit the protesters, women included, with clubs, kicked, and beat them with their bare hands. Fifteen of the posse men were mounted on horses. These posse men rode full force into the crowd with their nightsticks swinging and their boots kicking numerous protesters. People watching on their television screens at home became even more horrified when tear gas filled their screens. The white officers covered their faces with gas masks as the black men and women fell coughing to the ground. The cameramen got close-ups of the bloody figures lying motionless, while the officers still continued to kick and beat them. More than ninety people were injured. Like the rest of the nation, President Lyndon B. Johnson watched the images on his television in the Oval Office. He was appalled. Another march took place two weeks after the first, with more than 3,000 protesters from across the nation. The event went smoothly because

President Johnson insisted that the Governor of Alabama provide protection for the marchers. The televised events of "Bloody Sunday" in Selma prompted many protests across the nation in the weeks following. One of the major changes that came from this incident was the televised speech LBJ made. The speech was in preparation for a voting rights bill he submitted two days later. "Every American citizen must have an equal right to vote."-LBJ

The Impact of TV

From the Civil Rights Movement came two pieces of legislation that ultimately



changed the fate of many Americans. The Civil Rights Act of 1964 established the Equal Employment Opportunity Commission and prohibited restaurants, hotels, theaters, and other facilities of public accommodation from turning away any person because of his or her race. The Voting Rights Act of 1965 banned all barriers to Americans exercising the right to vote. The major player in these pieces of legislation being passed was television news. Television was able to show the people of the United States exactly what was going on. Newspapers and magazines could tell the people, but it could not let the people feel like they were actually a part of the event like television could. The images from Little Rock, the Freedom Riders, Birmingham, and Selma were only part of the package of the Civil Rights Movement. Other events also led to the decisions that followed, but the images from these four stand out in my mind.

Black History Month: An Ongoing Debate

*Submitted by Karen Scarpitti

Black History Month sparks a yearly debate about the continued usefulness of a month dedicated to the history of one race. I am not racist, but I tend to agree that a month dedicated to African American History is ludicrous.

I think that America's youth do not really benefit from having Black History Month. As an educator, I introduce a unit on famous black Americans, but honestly do not feel that it is actually necessary. We discuss famous black Americans in Social Studies just as I do other famous Americans. Plus, on the other hand, black Americans are getting the short end of the stick having the shortest month of the year dedicated to them in their honor.

Maybe dedicating a month to black history makes people assume Black history is separate from American history. One month out of the year we are given permission to commemorate the achievements of black people. This view is rather condescending.

I believe Black History month promotes multiculturalism within communities rather than promoting awareness of the history of African Americans.

Keep in your Thoughts

One of our vendors, Brian Gallagher, whom owns Houston Truck Parts, lost his brother. He was the father of Nathan Gallagher who works for his Uncle Brian at Houston Truck Parts. They are the ones that are sponsoring my daughter's Jr. Dragster. If everyone could pray for the Gallagher family in their time of loss, it would be greatly appreciated.
~William Roberts

Thank You

The family of Nicholas Edward Mazuco thanks you for your kind expression of sympathy. Thank you for the lovely plants. Jeff and I will dearly miss him.
~Betty & Jeff Mazuco



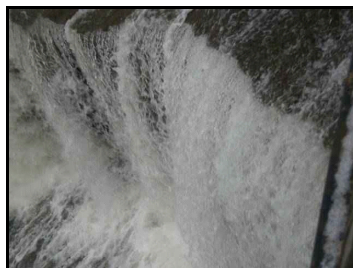
*"I saw my shadow!
Sorry folks, but that
means six more weeks
of winter!"*

Happy Groundhog Day!

JANE'S BIRTHDAY

Don't know if anyone would care, but I spent my birthday with friends in Pennsylvania. It snowed six inches the night before, and we went waterfall hunting the day of. Here are just a few pictures from the trip. There was also 4-wheelin' and kayak sledding on Sunday. What a way to turn 54. WOOHOO!

Love to all,
Jayne Cornier



February

Wedding Anniversaries

Joe & Katherine Caywood
Ron & Karen Elmore
Dennis & Jacque Harlan
Gary & Rita Gayle Susta

Birthdays

Claude Barton
Clifton Chatwin
Tommy Dowdy
Joshua Furr
Ernest Hyden
Steve Jones
Charles Mikl
James Poteet
Kyle Smith
Tony Stanley
Rodolfo Valdez
Chris Wells

Company Anniversaries

Lavander Aubrey, 3 yrs.
Tom Davis, 15 yrs.
Barry Gardiner, 1 yr.
Dennis Getter, 1 yr.
Steve Jones, 1 yr.
Martin Linch, 2 yrs.
Otis Stringer, 5 yrs.
Randy Turpin, 2 yrs.
Chris Wells, 1 yr.
Conrad Wesselhoeft, 6 yrs.
Glen Wilson, 4 yrs.

President's Day

*Submitted by Karen Scarpitti

Presidents' Day (Washington's Birthday) is a unified holiday to honor or commemorate past presidents of the USA.

Presidents' Day is not to honor any particular President, but to honor the Office of the Presidency.

Presidents' Day falls on the third Monday in February. George Washington's Birthday is February 22nd and Abraham Lincoln's birthday is February 16th. The third Monday falls between both birthdays.

Today, Presidents' Day has become very well known commercially by stores offering Presidents' Day sales. As usual the commercial end of this holiday seems to have a more lasting impression on the general public than the true meaning it imposes; a day set aside to commemorate and honor Presidents of the United States of America.