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## Williams Tank Lines 5 lb. Challenge

### Congratulations Participants!

*Lifelong changes one pound at a time...*

## TOP 3

**1st Place—Apple Ipod Shuffle**

**Enoch Chavarria—12.9% weight loss**

**2nd Place—Gym bag stocked with workout supplies**

**Roger Cummings—10.3% weight loss**

**3rd Place—Custom Nike Golf Shirt with WTL logo**

**Bryan Becker—7.7% weight loss**

#### Lost more than 5 pounds

Michael Thomas  
Armando Varela  
Roger Cummings  
Rusty Scott  
Cindy Scott  
Jay Henderson  
Enoch Chavarria  
Barbara Gill  
Bryan Becker  
Susan Heib  
Kelly Stewart

#### Lost 5 pounds:

David Desart

The total weight lost in the  
5 lb. Challenge was

## 174 pounds!!

*Great job!!*



After two months of hard work and dedication, the above participants reached or exceeded their goal of losing 5 lbs. Participants were asked what steps they took to ensure their success in the challenge when they reported their final weight. Here are the answers we received:

- Eating smaller meals more often
- Exercising daily
- Joined Weight Watchers
- Eating more fruits and vegetables
- Counting calories
- Walked during breaks at work
- Decreased sugar intake
- Atkins diet

# KNOW THE FACTS ABOUT High Blood Pressure

## What is high blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in the United States.<sup>1</sup>

## Are you at risk?

About one in three U.S. adults—an estimated 68 million—has high blood pressure.<sup>2</sup> Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can work to reduce your risk by eating a healthy diet, maintaining a healthy weight, not smoking, and being physically active.

## What are the signs and symptoms?

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. That's why it's important to visit your doctor regularly. Be sure to talk with your doctor about having your blood pressure checked.

## How is high blood pressure diagnosed?

Your doctor measures your blood pressure by wrapping an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she listens to your pulse with a stethoscope while releasing air from the cuff. The gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

## How is it treated?

If you have high blood pressure, your doctor may prescribe medication to treat it. Lifestyle changes, such as the ones listed above, can be just as important as taking medicines. Talk with your doctor about the best ways to reduce your risk for high blood pressure.

## What blood pressure levels are healthy?

To determine whether your blood pressure is normal, your doctor examines your systolic and diastolic pressures, which the gauge measures in millimeters of mercury (abbreviated as mmHg).

	Blood Pressure Levels
Normal	systolic: less than 120 mmHg diastolic: less than 80 mmHg
At risk (prehypertension)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher



## Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

- | Get your blood pressure checked regularly.
- | Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC's Division of Nutrition, Physical Activity, and Obesity.
- | Maintain a healthy weight. CDC's Healthy Weight Web site includes information and tools to help you lose weight.
- | Be physically active. Visit CDC's Physical Activity Web site for more information on being active.
- | Limit alcohol use. See CDC's Alcohol and Public Health Web site for more information.
- | Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking.
- | Prevent or manage diabetes. Visit CDC's Diabetes Public Health Resource for more information.

## For More Information

Learn more about high blood pressure at the following Web sites:

| Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention:  
<http://www.cdc.gov/dhdsp/index.htm> <http://www.cdc.gov/dhdsp/index.htm>

| American Heart Association:  
<http://www.americanheart.org> <http://www.americanheart.org>

| National Heart, Lung, and  
Blood Institute:  
<http://www.nhlbi.nih.gov> <http://www.nhlbi.nih.gov>



# May Click it or Ticket Awareness Month

## Click it or Ticket

May is National Click it or Ticket month and the California Office of Traffic Safety would like to remind you of the importance of buckling up when you hit the road. Taking a couple of seconds to buckle your seat belt will not only save you the trouble and hassle of a ticket and the fine that comes along with it, but more importantly, it could save your life and the lives of your loved ones. Seat belts account for saving more lives than any other countermeasure.

Since 2005, California's seat belt use rate has increased from 92.5 percent in 2005 to a record high of 96.6 percent in 2011, which is much higher than the national average of 85 percent. The National Highway Transportation Safety Administration estimates that the lives of 1,243 Californians were saved as a result of the current seat belt use rate. However, there is still work to be done to continue to promote seat belt use, since over a million Californians are still not regularly using them. During May's annual Click It or Ticket seat belt enforcement campaign, law enforcement throughout California will be issuing citations to drivers and passengers who are caught not wearing a seat belt. Officers will be on the lookout for seat belt violations - day and night

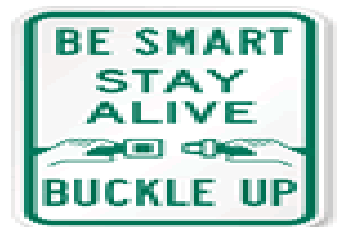
Being properly restrained by a safety belt means that the lower (lap) portion of the belt crosses the hips or upper thighs of the occupant and the upper (shoulder) portion of the belt, if present, crosses the chest in front of the occupant. It is important that everyone in the vehicle, especially children, is properly restrained by a safety belt at all times when the vehicle is moving. There are various laws to protect children in a vehicle as they grow. According to California law, children under the age of eight or until they are at least 4'9" must be secured in the back seat in an appropriate car seat or booster seat.

Your child may ride in the front seat if:

- Your vehicle has no rear seats.
- Rear seats are side-facing jump seats. Child safety restraints must never be placed on side-facing vehicle seats.
- The child restraint system cannot be properly installed in the rear seat. For example, your vehicle has lap belts only in the back seat, but there are lap and shoulder belts in the front seat.
- Your child is five and weighs 45 pounds and must ride in a booster seat. The booster seat must be used with a lap and shoulder belt; therefore your child may ride in the front seat.
- Children under age 12 occupy all rear seats.
- Medical reason (written by the pediatrician) requires that child not be restrained in the back seat. All children are safer in the back seat, ask another adult to ride with the child in the back

The minimum ticket cost for an adult seat belt violation in California is \$142 and up, and the minimum cost for not properly restraining a child under 16 is \$474. If the parent is not in the car, the driver gets the ticket.

For more information, visit [www.ots.ca.gov](http://www.ots.ca.gov).



# Cool Under Pressure



In the early morning hours of November 2<sup>nd</sup> at around 2am, Ahlee Her, Stockton, was unexpectedly faced with an emergency situation. Two unknown assailants in a vehicle in front of him forced truck 1065 to a near stopped position allowing one of the assailants to exit their vehicle and jump onto the passenger side running board and attempt to gain access into Ahlee's truck.

Ahlee immediately got on the phone with 911 to alert them of the situation while getting by the vehicle that tried to stop him.



## Driver Recognition

Thank you to all of the drivers who have had an incident free record for the past 3 years!



Terminal	First Name	Last Name	Terminal	First Name	Last Name
Bakersfield	JAMES	BELL	Long Beach	DERRIK	WASHINGTON
Bakersfield	AARON	EBRIGHT	Martinez	BOB	SANFORD
Bakersfield	JOHN	KENNEDY	Sacramento	HARDEVINDER	SINGH
Chico	NORMAN	BOALES	San Jose	DAVID	LOPEZ
Chico	ROBERT	MARSHALL	San Jose	JUAN	TRUJILLO
Chico	LONY	MARSHALL	San Jose	JAMES	YOUNG
Chico	JEREMY	MORGENROTH	Stockton	RANDY	CAMPBELL
Chico	RICK	WEATHERS	Stockton	JOHN	CRISWELL
Fresno	GERALD	STOLTENBERG	Stockton	TIMOTHY	PIERZINA
Fresno	ARMANDO	VARELA	Las Vegas	MICHAEL	LEMAY
Fresno	ROBERT	YATES	Las Vegas	JAMES	MCGAUGHEY
Las Vegas	JOHN	COX	Las Vegas	DALE	OLSEN
Las Vegas	RICKY	GREEN			

Job well done for all those that accomplished an incident free three years. – Mr. Williams

I have always said "this job can be done mistake free", here is a list of individuals who have proven that theory. – David Ray, Safety Director

Great job guys, keep up the good work. - Tommy Turner, Dispatch Supervisor

# THANK YOU FOR ALL OF YOUR HARD WORK!