



Merry Christmas

Dear Employees and Drivers,

As I sat down a year ago to write down some thoughts for the December 2010 *Herald*, I have to admit it was a very pessimistic time. Late 2008 and the year of 2009 had presented us with the greatest economic downturn since the great depression of the 1930's. The hardest hit sector was the industrial sector; which is the largest part of ATS's business. ATS had endured the 2008 and 2009 storm better than many of our competitors but the revenue was still on a steady decline in 2010. Despite of the outlook, we found ourselves remaining steadfast in our goal of weathering the economic storm, emerging from it and also fulfilling our Vision Statement. As you remember our vision is "To be the most sought-after transportation provider in the world". As a corporation we made some tough decisions to meet the challenges that were being presented to us. In spite of the downturn, we made a commitment to continuing our investment in all personnel to ensure our ability to successfully emerge from the recession. We also made strategic decisions to re-invest in facilities and equipment.

Now, a year later, I find myself cautiously optimistic for the upcoming year. There is a positive and very significant difference between last year and this year. Revenue is beginning to go up, in contrast to the extreme downward trend we experienced during the last half of 2009 and the first half of 2010. More importantly, we feel we have postured ourselves to be in a strong position going into next year. I would like to express many thanks to each of you! The outstanding individuals that make up Anderson Trucking Service, for continuing through this economic storm and helping us to achieve the successes that were accomplished in 2010.

2011 will be a telling year. The New Year will be challenging and we will need to value our customers. We will do everything in our power to keep our trucks busy and revenue coming through the door. We intend to go after every customer in every market segment available to us. In order to do this we will count on you and your highest levels of support and service to our customers. Everyone in our company needs to be sales oriented in every thing we do. You are the guardians of the customer's trust in ATS and the only ones who can make the difference between us and our competitors.

During these special days of Christmas I hope you will congratulate yourselves for a job well done. As you surround yourself with friends and family please remember to be thankful for the blessings that have been bestowed on us this year. I also encourage you to contemplate the birth of Christ on that first Christmas over 2000 years ago. My warmest wishes go to you all and your families.

Sincerely,

Rollie H. Anderson
CEO



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The Herald is published for the associates of ATS. To submit articles for future issues or to make comments, please call 320-255-7422 or E-mail: TheHerald@atsinc.com

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NO LONGER ALONE – Part 1

The following description was actually submitted to an insurance claims department. Enjoy!

Dear Sir:

I am writing in response to your request for more information concerning Block #11 on the insurance form which asks for "cause of injuries" where in I put "Trying to do the job alone." You said you needed more information so I trust the following will be sufficient.

I am a bricklayer by trade and on the date of injuries I was working alone laying brick around the top of a four-story building when I realized that I had about 500 pounds of brick left over. Rather than carry the bricks down by hand, I decided to put them into a barrel and lower them by a pulley which was fastened to the top of the building. I secured the end of the rope at ground level and went up to the top of the building and loaded the bricks into the barrel and swung the barrel out with the bricks in it. I then went down and untied the rope, holding it securely to insure the slow descent of the barrel.

As you will note on Block #6 of the insurance form, I weigh 145 pounds. Due to my shock at being jerked off the ground so swiftly, I lost my presence of mind and forgot to let go of the rope. Between the second and third floors I met the barrel coming down. This accounts for the bruises and lacerations on my upper body.

Regaining my presence of mind again, I held tightly to the rope and proceeded rapidly up the side of the building not stopping until my right hand was jammed in the pulley. This accounts for the broken thumb.

Despite the pain, I retained my presence of mind and held tightly to the rope. At approximately the same time, however, the barrel of bricks hit the ground and the bottom fell out of the barrel. Devoid of the weight of the bricks, the barrel now weighed about 50 pounds. I again refer you to Block #6 and my weight.

As you would guess, I began a rapid descent. In the vicinity of the second floor I met the barrel coming up. This explains the injuries to my legs and lower body. Slowed only slightly, I continued my descent landing on the pile of bricks. This accounts for my sprained back and internal injuries.

I am sorry to report, however, that at this point, I again lost my presence of mind and let go of the rope, and as you can imagine, the empty barrel crashed down on me. This accounts for my head injuries.

(Continued top of page)

I trust this answers your concern. Please know that I am finished "Trying to do the job alone."

David W. Smith, *The Friendless American Male* - Ventura, California: Regal Books, (1983), pp. 118-119.



Most of us have our own painful memories of "Trying to do the job alone." One year ago I attempted to rescue my Springer Spaniel after she had broken through thin ice. I had to be rescued after "trying to do the job alone." I was fortunate to have a neighbor who came to my aid. The outcome could have been tragic.

The same people who prefer to work alone may deny pain, minimize symptoms and avoid the professionals they definitely need to visit sooner than later. I frequently attend the funerals of ATS employees. Every once in awhile I wonder if death or prolonged illness could have been avoided had the early symptoms received a medical or psychological diagnosis. Unfortunately, the "do it alone," "go it alone" approach denies the need for help and delays seeking help until the discomfort becomes unbearable.

At age 63, Harold Anderson experienced shortness of breath while deer hunting. The next spring he felt a slight pain in his arm. He didn't get an angiogram until the following September, when he was immediately admitted and forced to stay in the hospital until he had his triple-bypass surgery. For months, Dad was living on the edge of death without taking the time to get to the bottom of his symptoms. He could have had a fatal heart attack at any moment. Family, friends and Anderson Trucking Service were glad he got his bypass surgery. Harold Anderson was fortunate to live to age 85.

Not everyone is that fortunate! So don't stretch your luck. Make that appointment you have been delaying for weeks, months or years. That goes for emotional needs like anxiety and depression as well. Seek help for family conflicts also. There are resources available to you, like Employee Assistance Program (EPA 1-800-634-6433). And don't be afraid to turn yourself in to God. After all, He made you and knows you better than anyone else. I recommend you contact Transport for Christ, International (www.transportforchrist.org) and locate one of their 23 truck-stop chapels across the US and Canada. They have a Driver Wellness Program (www.driverswellness.com) and a 24-hour prayer line (1-877-797-7729). You may also leave me a message at 320-255-7400, Ext. 8185, and I will return your call.

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What's News

A COLLABORATIVE EFFORT – “DETERMINATION” RESULTS IN A 500 LOAD INCREASE

As we saw freight trends pick up in the first part of the year we really didn't see things change much within our own business as it relates to the number of loads moved. We seemed to be in a more conservative trend in regards to booking business. There were several reasons why that trend had been created, the biggest of which was confidence caused by an extremely tight truck capacity environment. As a group, we decided to change that and get the CSR's the confidence they needed to get more aggressive in the freight they were offered.

Through the month of July, the management groups from Specialized and Logistics created a commitment that the two groups could work off of an escalation process to help with loads that needed extra attention. We launched that commitment in early August, with a goal to increase the number of loads moved by 500 per month by October using July as our baseline. We are pleased to report that we reached our goal by moving 503 additional loads in October as compared to July and a 1,080 load increase over the 90 days from August 1st through October 31st.

To keep this from being a short term increase and to prevent this new trend from slipping back to a more conservative trend, we will continue to hold a series of meetings between the groups and will use the escalation process as a tool to keep a proactive approach to service challenging loads.

Paul Killmer – ATs Logistics

THANK YOU FOR YOUR SERVICE TO ATS

Congratulations to the following employees who have recently retired from ATS:

Lee Justin – Lee served ATS for over thirty-eight years and retired as the Director of Information Services on August 31, 2010.

Stan Hicks retired on October 14, 2010. Stan drove for ATS Heavy Haul since 1996.

Judy Plemel – retired on October 22, 2010. Judy served as a Driver Pay Clerk for over 5 years.

James McKenna – Specialized Driver for over eleven years, retired on October 29, 2010.

Galen Bradford – drove for ATS Specialized for ten years and retired on October 29, 2010.

Let's go Wassailing

A Dickens Christmas would be incomplete without the wassail bowl. But there are a few other seasonal tipples the British down in good measure throughout Christmas time.

In the end, Ebenezer Scrooge joined the human race--and his nephew's party--in Charles Dickens' great book, *A Christmas Carol*. No doubt, old Scrooge drank wassail, a punch that appears in song ("Here We Come A-Wassailing") as well as in the story. Wassail is perhaps the first and greatest of the spirits served in British homes at Christmas time.

Following are recipe for home-made British Wassail punch,

Traditional Wassail

- 4 small eating apples
- 4 cloves
- 1/2 cup brown sugar
- 1 cup cream sherry
- 1 cup cocktail sherry
- 1 cinnamon stick
- 1/4 teaspoon ground all spice
- 1/4 teaspoon ground cardamom
- 9 cups brown ale
- Rind of two oranges, peeled thinly



Set oven to 350 degrees F. Stick one clove into each apple, score apple with knife around the circumference and place apples into an ovenproof baking dish. Pour the sugar over them. Then add both kinds of sherry, and the cinnamon stick, and bake for about 20 minutes; remove from oven when apples are soft and begin to brown. Transfer the apples and liquid to a large saucepan and pour in the ale and add the orange rinds, all spice and cardamom. Heat just until simmering begins, and serve in mugs or heatproof punch cups or heatproof glasses.



"I wrote assembly instructions for Children's toys. What did you do?"

 **What's News**

SPECIALIZED CARRIER AND RIGGER ASSOCIATION SCHOLARSHIPS



SC&R Foundation scholarship applications are now available online to ATS employees or independent contractors including: children, grandchildren, stepchildren and spouses of SC&RA member company employees are all eligible for one-year scholarships.

To obtain a scholarship application, please visit the SC&R Foundation website at www.scranet.org/foundation.

Any questions may be directed to Matt Baehr, Foundation Manager at 703-698-0291. Applications must be postmarked by Monday, January 31, 2011 and received no later than Thursday, February 10th.

Please note, official transcripts are required and will need to be sent along with the application.

The foundation has awarded nearly \$250,000 in scholarships and grants to students attending four-year colleges/universities and individuals attending technical colleges or trade schools.

The scholarships awarded are up to the amount of \$3,000 and grants are up to \$1,500 each. All applicants will be notified of their status in March 2011.

 **ATS Remembers**



Richard "Dick" Rennie (1928 - 2010) age 82 of St. Joseph, MN who died on Tuesday, November 16, 2010 at the St. Cloud VA Medical Center. Dick (pictured) worked for ATS in St. Cloud, MN for over 30 years as the Manager of Properties and Equipment. He retired in 1993.

LaVant "Larry" Bean - (1937- 2010) passed away on Saturday, Nov. 20, 2010, at Sogge Good Samaritan Care Center in Windom, MN due to complications of ALS. Larry drove for ATS Inc, from 1984 to 1999.

Please join us in extending condolences and prayers to the families of Richard and Larry.

Happy Hogmanay

As 2011 rolls in, Auld Lang Syne will fill the air at many a gathering. This traditional tune, from a poem written by Scottish poet Robert Burns, bids the old year farewell and welcomes in the new. Auld Lang Syne links Scotland to much of the world on New Year's Eve. But Scotland has many other traditions that make Scottish festivities unique.



Hogmanay is the name that Scots give to the last day of the year and their celebration of the New Year. In cities, towns and villages, there are torch processions and the setting off of fireworks.

In rural areas, bonfires, that are said to burn up the old year, take the place of fireworks. In some places, barrels of tar are rolled through the streets and set on fire to destroy the old year.

In many homes "first footing" is still observed. The Scots believe it to be good luck for the first foot over the threshold, as the New Year begins, to be that of a dark-haired man bearing a gift such as shortcake, coal or whiskey. Such visits are often arranged.

Foods popular during this time of celebration include cheese, bread, steak pie, shortbread, currant loaf, oatcakes and scones, all to be accompanied by wine, cordials and other spirits.

Local areas of Scotland have developed their own Hogmanay rituals. An example is the Stonehaven Fireball Festival. Thousands flock to this North Sea fishing port, where on New Year's Eve approximately 60 participants in kilts whirl five- to 15-pound flaming balls around their heads.

They march to the harbor, accompanied by drummers and pipers, where they fling the flaming balls into the sea. Historically, this was done to drive out evil spirits and bring good luck to the fishing fleet. Now it also welcomes the new year.





What's News

HARLEM AMBASSADORS EVENT " A SLAM DUNK"

Anderson Trucking was represented by employee Tina Pendergast, from our Accounting Department, at a fund raising basketball game with the Harlem Ambassadors in September. The game, which was played at Halenbeck Hall at St. Cloud State University, raised money for the local chapter of Habitat for Humanity. Pendergast played with a number of community leaders on her team including local firefighters, former SCSU standout and Harlem Globe Trotter Reggie Perkins, and St. Cloud Mayor Dave Kleis.

The game itself was secondary to the entertainment on the court. Gags and tricks were the theme for the night, along with monstrous dunks and incredible passing. Tina's squad flashed their bit of brilliance with a no look pass from Pendergast to Perkins who finished the fast break with a reverse layup.



Tina Pendergast is front row 3rd from right

The Harlem Ambassadors are made up of all college graduates from Universities such as Briar Cliff, Augustana, and The Ohio State University. The Ambassadors were lead by Julia Hargrove, Corey Thompson, Leon Sewell, and LaMarvon Jackson. The players engaged the crowd and at one point even made some of them dance on the court.

The event was a huge success. For more information on how to get involved with the local Habitat for Humanity visit www.cmhfh.org.



Legends of the Christmas Tree

Many legends have been told about the origin of the Christmas tree, the decorated evergreen that finds its cherished place in so many homes in the Yule season.

The Little Fir Tree

One story has it that all of the trees in the forest had gifts of nuts and fruits and fine woods for the infant King. But one tiny fir tree had no worthy gift. The angels, in compassion, bedecked the fir tree with stars. Not only was the little tree beautiful, but it had the most splendid gift of all.

St. Winfred and the Teutons

An old, old story tells about St. Winfred, a missionary to the heathen Teutonic tribes in the dark Northern forest. Winfred was shocked when he came upon a tribe about to sacrifice a young maiden beneath an oak tree they thought to be sacred. In righteous indignation, Winfred felled the giant tree with just a few blows. The natives were impressed by his strength, but angered about what he had done to their sacred tree. They were gathering for an attack when suddenly, there sprang up before their very eyes a beautiful evergreen in place of the fallen oak. Winfred shouted, "Not death, but life. Not the oak, but the evergreen, the tree of everlasting life and love. She will be your sacred tree, and you will become followers of the Young King of Life, Jesus the Christ." And they did. Thereafter, they trimmed an evergreen in His memory for each Christmas season.

Martin Luther's Tree

A beautiful story is often told of Martin Luther walking home through the falling snow on Christmas Eve. Stars were bright and the trees were laden with white. To make the picture completely beautiful, Luther could see stars shining brightly through the branches of an evergreen. He was so impressed that he found a tree and took it home to his family. To re-create the scene, he placed lighted candles on the tree.



The 'Share the Spirit' Tree

The ATS Corporate office has its own Christmas tree that has become "legend" over the years. St. Cloud families in need are sponsored by ATS employees through a local charity. A special "Share the Spirit Tree" is decorated with gift tags that contain information about a family member such as age, gender and a gift wish. Employees select a gift tag to purchase and wrap a designated gift. In this way, the tags turn from paper wishes to Christmas dreams come true! The tree is a reminder of the true giving spirit of Christmas.

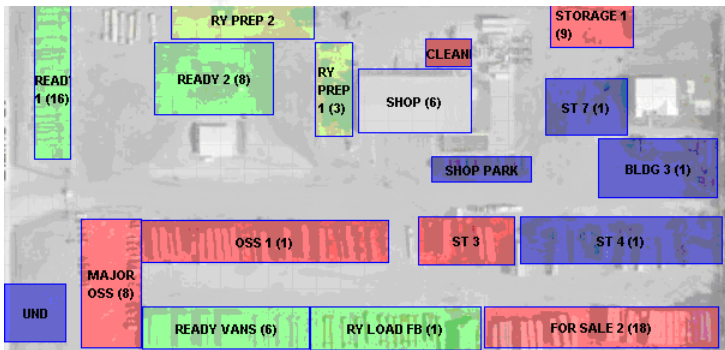
News from The Shop

ATS SHOPS SET UP SAFETY LANE PARKING

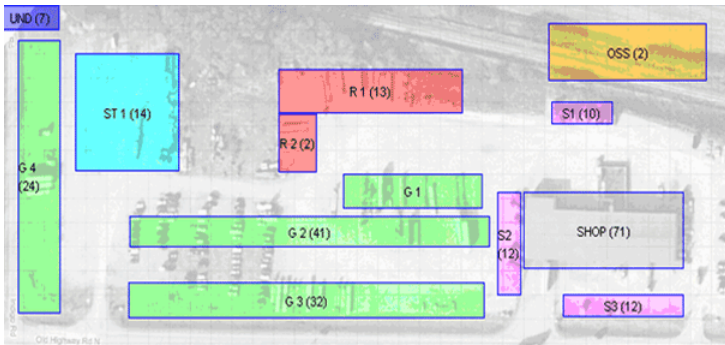
ATS Mission Statement:

Helping people succeed by delivering world-wide transportation solutions.

Each and every one of us at ATS has a stake in the success of making that Mission Statement a reality. At the Gary shop, we have set up location specific parking to help. There are maps in all three buildings, as well as a large map on the wall in the Safety Lane. The areas of the map that are green reflect units that are ready to go; areas in red need work and should not be used.



Once a unit goes thru the Safety Lane (SL) they will be directed to the area where the unit needs to be dropped. Every unit needs to run thru the SL so we can repair any defects found before it goes out again. If a unit with defects bypasses the SL and drops in a ready area, it can cause delays. We want to help avoid those delays and help achieve our Mission Statement.



At ATS West, we have also set up location specific parking. Units parked in the green areas are ready for service. Always check with the foreman on duty and perform a good Pre-trip inspection. Copies of these maps can be found at the service write up window, and in the driver's room. Any trailer that comes thru the SL and is found to have a defect will have a lock installed on the service side glad hand and the driver will be directed where to park.

May Hope Be In Your Heart

Hope. It's what Christmas represents for many around the world, even if they do not fully understand the truly good news of the Gospel. But what is hope, and what is its connection to faith? For it seems that the two are especially enjoined in the meaning of Christmas, when in the midst of deepest and darkest winter we hope for -- and believe in -- the new year and a new spring.

As a persecuted minority, the earliest Christians seemed to have had nothing but hope to keep them going. But more than hope, it was faith: anyone can hope, but the truly religious -- Christ's "doers of the Word" -- have faith, are faithful. The world runs on hope, but Christians operate on faith, on "the evidence of things not seen."

And so on Christmas, the celebration of the Redeemer's birth, we gather not out of mere hope but faith -- for the Magi were not hopeful that Jesus would be King, nor Mary hopeful that Gabriel's words were true, but that they knew, from the very beginning, just as we know that no matter how severe the winter, spring will arrive.

Hope and faith nurture one another and in turn give rise to peace and love -- for love comes when we ourselves are at peace, and peace comes when we understand. Celebration is often thought of as a matter of song and food, and so it is that, but the celebration of Christmas involves a good deal of meditation, or contemplative prayer, in order to properly "honor" and "solemnize" the occasion, as the etymological root of the verb "to celebrate" suggests.

And so let us celebrate the hope of Christmas, both aloud and quietly, with others and by ourselves in prayerful communion; let us honor the hope that the birth represents by realizing the Christmas ideals of peace and love in our own lives, in our own actions, and so thereby come to more fully understand the true meaning of our own happiness, which is grace in our world.

Did You Know?

Some of the Christmas customs and imagery we have come to us from Saint Francis of Assisi. Saint Francis himself is said to have made the first crèche, a representation of the Nativity scene, at Greccio, Italy, in 1223.





Read Me & Win

The "Read Me and Win" Contest is open to ATS Employees and Customers. Correct entries will receive one of the new ATS Camo Buck caps, pictured below. Thanks and keep on reading "The Herald"!



And the winners are...

Craig Conrad - ATS International
 Michael Cleaver - IS Department
 Christina Schreder - Safety
 Tim Seeman - Customer Service
 Nicole Goss - Customer Service
 Josh Bauer - ATS Specialized
 Kim Sartori - IS Department
 Kevin Marten - Customer Service
 Jennifer Smith - Claims
 John Pekarek - Customer Service
 Nicki Ruprecht - ATS Specialized
 Brian Ekstrom - IS Department
 Dawn Conrad - ATS International
 Mark Shanks - Gary Shop
 Patricia Schnettler - ATS Specialized
 David Rowe - ATS Specialized
 Nancy Nelson - Safety
 Brandon Wilcken - ATS Logistics
 Melissa Rieland - ATS Specialized
 Leesa Bainum - ATS Wind Permits

This Issue's Contest Questions!

What is the last day you can drop off Toys For Tots at ATS?

Complete this sentence from within The Herald. "The New Year will be, _____ and we will need to value our _____."
 In this issue of The Herald, what does the acronym SL stand for?

Good Luck. The answers can be found within the articles of this Herald Online edition. Send your answers to:
 Anderson Trucking Service, Inc.,
 PO Box 1377, St. Cloud, MN 56302-1377
 Attn: Read Me and Win Contest
 or E-Mail your answers NOW to: TheHerald@atsinc.com.
 Remember to include your name, truck number and division (if applicable) in the E-mail.

Christmas Quotes

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

- Calvin Coolidge

"Let us keep Christmas beautiful without a thought of greed, That it might live forevermore To fill our every need, That it shall not be just a day, But last a lifetime through, The miracle of Christmas time That brings God close to you."

- Ann Schultz

"Christmas is forever, not for one day, For loving, sharing, giving, are not to put away, Like bells and tinsel in some box upon a shelf. The good you do for others is good you do yourself."

- Norman Wesley Brooks

"Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord. And this shall be a sign unto you; ye shall find the babe wrapped in swaddling clothes, lying in a manger."

- St. Luke

"Let's be naughty and save Santa the trip"

-George Allen

"Christmas is the time when kids tell Santa what they want and adults pay for it. Deficits are when adults tell government what they want and their kids pay for it."

- Richard Lamm

A Christmas Blessing

*"During this Christmas season,
 May you be blessed
 With the spirit of the season, which is peace,
 The gladness of the season, which is hope,
 And the heart of the season, which is love*

*Somehow, not only for Christmas
 But all the long year through,
 The joy that you give to others
 Is the joy that comes back to you.
 And the more you spend in blessing
 The poor and lonely and sad,
 The more of your heart's possessing
 Returns to you glad."*

- John Greenleaf Whittier

"It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more?"

- Dr. Seuss

Photo Contest

**OVER \$15,800 HAS BEEN GIVEN AWAY...
HAVE YOU GOTTEN YOUR SHARE?**

We're looking for new photos to be used on our website and in other corporate advertising and collateral materials. This includes pictures of any ATS divisions.



Prizes:

1st - \$100.00

2nd - \$80.00

3rd - \$60.00

Photos need to include the ATS truck and/or load. Creativity is encouraged. All photos submitted will be considered. Photos may include standard truck shots, action photos, pictures involving trucks on the road, at a weigh station, or truck stop etc.

Rules

This contest is open to all employees and drivers (Owner Operators, Company and Leased).

Send your color prints with your name and truck number clearly printed on the back, to:

Anderson Trucking Service, Inc.

PO Box 1377

St. Cloud, MN 56302-1377

Attn: Photo Contest

High resolution digital photos are preferred and can be submitted provided they are high resolution (mega-pixels). These files should be sent via email to:

photos@atsinc.com .

ATS reserves the right to use the photos electronically or in any printed publication. A representative of the Internet Committee will judge the photos and their decision shall be final. All photos will be considered as they are received.

All submitted photos become the property of ATS and will not be returned. ATS reserves the right to discontinue or modify the contest at any time.

May Peace be in your World

Peace is a word often thrown about during Christmas time,



and yet the birth of Christ was a revolutionary herald of a new way of being. The peace of Christmas is not the peace of sleep but that which comes with understanding, which requires an intense yet very open-minded alertness, a

sensitivity to cause and effect within and without. The peace of Christmas is the peace of Jesus turning the other cheek, loving even one's enemies -- for when one loves one's supposed enemies, how can there be conflict? It takes two to wage war.

The peace of Christmas is the realization that peace lies within, and can only ever be achieved from within. This was a revolutionary idea for a time of barbarism when slavery and genocide were considered to be entirely the natural order of things. The meaning of Christmas is its peace; the meaning of its peace lies in the fact that by the grace of God we can free ourselves from bondage to the illusions of this world.

Power, prestige, and all the trappings of this world were fully renounced right at the very beginning, when humility was the chosen vehicle of the Lord's revelation. It is the test of man that he needs a modicum of power, or the ability to affect things, yet too much utterly corrupts him. It is this corruption which Jesus was sent to correct, to reprove by proving otherwise, that peace comes not by worldly means but through spiritual grace.

It is still a most revolutionary message today, and even as we thank Goodness for the blessings in our lives, especially at this time of increased gift-giving and merry-making, let us remember the meaning of Christmas above all else, the understanding that peace and humility form a cyclical continuum with hope and love.





Reflections

NO LONGER ALONE – Part 2

The virgin will be with child and will give birth to a son, and they will call him Immanuel"---which means, "God with us." **NIV Matthew 1:23**

"Immanuel" is another way of saying "No Longer Alone." Whether you are behind an 18-or-longer-wheeler or a computer monitor - or somewhere in between - you do not want to be alone in this world full of tragic surprises. God never intended for any of us to be alone. He is ever winching you towards Himself. Don't resist His pull.

Jesus Christ is your Immanuel, your "God with us." He died for all the sin that separates us from Almighty God. Therefore, every one of us must accept the gift of eternal life through Jesus Christ, and we will no longer be separated from God and NO LONGER ALONE.

"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." **NIV Romans 6:23**

Let's talk.

Jim Anderson – Relationships Consultant



"What is it? It's your first PIN number!"

December 21st a Significant Day

If we were to ask you what the most important day in December is, Christmas or Hanukkah would probably be your best guess. Certainly these events dominate the month of December.

There is another day, a significant day, a day dreaded by everyone that lives or works in colder climates.

December 21 is the first day of winter. In many parts of the country, that means there will soon be snow and ice to deal with. Before that big storm that's bound to come, we are asking that everyone take steps to assure that getting to work will be safe.

First, your car. It may seem obvious that it should have a strong battery and good antifreeze, but it's also easy to put off. Get a tune-up to assure that the car will start in cold weather.



Alternate transportation. In heavy snow, sometimes only four-wheel drive vehicles can get through. Make arrangements now with someone who has one. If all else fails, call in at work and if you absolutely have to be at work, maybe someone can pick you up.

Alternate child care. Sometimes when snow is deep, daycare centers will simply close their doors. Please make arrangements now with someone else who can take care of your child so you can come to work, if not stay home. Your safety and your family's safety comes first.

Your home. A home emergency can never be foreseen but it may be prevented. Here are a couple of tips:

- Wrap pipes that may freeze with heat tapes.
- Have your heating system checked so it doesn't go out at the worst possible time

Personal. Be prepared with non-slip boots. Walk with care. Use hand rails on steps.

Holidays should be happy days. And they will be happier if you have taken these steps to assure that you'll have no problems in December and thereafter.

Merry Christmas to all and a Happy New Year!



What's News

ATS ANNOUNCES 2010 SCHOLARSHIPS

ATS recognizes the benefits and costs of attaining higher education. To show our appreciation and recognition of the hard work and dedication that is put forth each day by our employees and contractors, ATS would like to announce three scholarships, one for \$1,000, one for \$750 and one for \$500. Scholarships will be available to graduating seniors planning to pursue higher education next fall whose parent(s) or grandparents(s) are ATS contractors, company drivers or non-driver employees.

Method of Awarding the Scholarships:

The following factors will be considered in determining the recipients of the scholarships: GPA, essay content, work experience and high school activities and awards. ATS will mail the scholarship check directly to the educational institution for distribution. Scholarship money is to be used for tuition purposes only.

Eligibility:

Any high school senior graduating in the spring of 2011 and attending a higher education institution in the fall of 2011 whose parent(s) or grandparent(s) are ATS contractors, company drivers or non-driver employees.

Applications must be returned by April 1, 2011. Recipients will be announced early May, 2011. For more information or an application, contact Georgia McCann in Human Resources (320) 255-7427.



"I've put on a lot of weight, but I'll lose it all in the Spring."

Jingle Bells History and Fun Facts!

By – Bernadette Dimitrov



'Jingle Bells' is one of the best known Christmas songs in the world yet its history tells us that is not specifically a Christmas song. Known today as a fun and laughter filled Christmas song and it is popular as the subject of parody. James Lord Pierpont originally wrote the song in 1857 and it was copyrighted at the time as 'One Horse Open Sleigh'.

The song was reprinted in 1859 with the revised title of 'Jingle Bells'. Pierpont wrote the song for a Thanksgiving program at a church in Savannah, Georgia in the USA where he was the resident organist.

The tune of 'Jingle Bells' has been used in German and French songs to celebrate winter fun. Lyrics are completely unrelated to the ones we all know and love. For example, Francis Blanche wrote the French song 'Vive Le Vent' meaning 'Long Live the Wind' with references to new year's day. In 1898 'Jingle Bells' was first recorded by the Edison Male Quartette in the USA. It has since been recorded by many great artists including Bing Crosby and The Andrews Sisters. In 2006 when Kimberley Locke sang it, it became a number one hit on the Billboard Adult Contemporary chart.

Here is a fun fact. In 1965, December 16th 'Jingle Bells' was the first song broadcast from outer space. Wally Schirra and Tom Stafford, the astronauts aboard Gemini 6 played a prank. They relayed to mission control that they saw a UFO with eight smaller UFO's in front. Their reports followed that the pilot in the larger command module UFO was wearing a red suit. The prank concluded with the astronaut duo playing 'Jingle Bells' on a harmonica accompanied by sleigh bells that they had smuggled on board. Today at the Smithsonian National Air and Space Museum both instruments are on display. Interestingly, they are considered the first musical instruments to be played in space!

'Jingle Bells' has also been the subject of parody. The best known homage to the original song is 'Jingle Bell Rock' by Bobby Helms. In the 1960's children in the USA commonly sang the verse 'Jingle bells, Santa smells, Easter's on its way. Oh what fun it is to ride in a beat up Chevrolet.' 'Jingle Bells' continues to be a Christmas favorite song whether sung in its original form or whether by parody, it is still popular throughout the world today.

The author Bernadette Dimitrov (aka Mrs. Claus) Christmas author, speaker & show host of 'Conversations with Mrs. Claus' at <http://www.TheFamilyYak.com>



Million Milestones



Every now and then something happens that truly warrants our attention. At ATS, it is our "Million Mile Drivers". It is hard enough for most of us to drive our car yearly without getting a ticket or into an accident and these drivers do it while hauling up to 200,000 lbs or more behind a semi truck. Here are the drivers who received their Million Mile and Two Million Mile award in the 2010. **CONGRATULATIONS!**

TWO MILLION MILE AWARD IN 2010



Ray Davis
ATS Specialized



Alan Ritter
ATS Specialized



Tom Yarnell
ATS Specialized



Larry Foster
ATS Van Solutions



Don DuPuis
ATS Specialized



Floyd Austin
ATS Van Solutions



Melody Bankhead
ATS Specialized



David Judkins
ATS Specialized



Donna Jefferies
ATS Van Solutions



"This is so real. When I got back to my car, it was dented on both sides."



What's News

ATS IS ALWAYS LOOKING FOR CREATIVE IDEAS FROM EMPLOYEES

Valid employee suggestions can span

virtually any area of the business including (but certainly not limited to): revenue generating ideas, ways to cut costs, opportunities to gain efficiencies, quality improvement suggestions or productivity & process improvements.

There are several ways to make suggestions:

1. Click the link to the Suggestion Box in the Form Section of the ATS intranet.
2. Send an email to: suggestions@atsinc.com
3. Fax suggestions to: 320.258.6972

TOYS FOR TOTS

The Toys for Tots collection box has been placed in the ATS lunchroom until Tuesday December 14th.



"That's mistletoe. We like to give every passenger a chance to kiss their luggage good-bye."

May Love be in your Heart

Love seems so easy at Christmastime, especially when we have received gifts we want, but such traditions are merely symbols for what should be a living fact of our lives the rest of the year. And so let us resolve to understand this matter of love, for it lies at the very heart of the good news of Christmas, the Gospel of Christ's birth.

Jesus was revolutionary in pointing out that it is no great achievement to love friends and family. He taught a much more mysterious thing, to love not only the stranger but one's very enemy, too. But how could one love what one actually hates?

By the Grace of God.

People think of love as the problem of finding the right object to love, but the Gospel involves God's love for undeserving sinners.

Love is not a matter of having something that we can find naturally attractive and therefore become easily enslaved to; love is a choice, an ability, a power of the Holy Spirit; it is an exercise of our character, a sharing of our selves.

At Christmas time, we celebrate best by being loving. Love "bears all things, believes all things, hopes all things, endures all things." Such is the power of love that St. Paul declared even prophecies can "be brought to nothing" by it, as when Jonah was sent to preach against Nineveh and had his jeremiad annulled by God's mercy.

Christmas is the true celebration of love, the birth of Christ a declaration of true love by God Himself -- "for God so loved the world...." What does that famous passage tell us about love? That anything worthy of the name is irrespective of person -- for those who would celebrate Christmas truly, love is not a scarce thing to be allotted among personal favorites but a gift one too can give to all. And as Christians, to celebrate the birth of Christ is therefore to celebrate our own birth as people for whom the service of love forms the work of our very lives.

Merry Christmas





What's News

www.driverswellness.com

What is it and how it can help you.

What is the goal of the Drivers Wellness Web site and what

kind of needs does it meet?

The goal of driverswellness.com is to help drivers with their wellness needs, especially in the emotional and spiritual areas. Some synonyms for wellness include words complete, and healthy. If you look for the opposite meaning, you'll find words like partial, incomplete, and sick. Another word with opposite meaning that really summed it up for me is the word "broken." One of the initial steps toward becoming emotionally healthy is to be honest about what is broken, and then make logical decisions to correct those things that are not working.

How do you apply this concept of wellness to the life of a trucker?

A driver's life can be very difficult. They face many obstacles that can wreak havoc on their thought life and emotional well being, impact their career, and cause them to be broken. Issues such as loneliness, anger, marriage problems, parenting issues, conflict resolution, sexual temptations, and many others can alter the way a driver operates his or her truck throughout the day. If a driver has a fight with his or her spouse at home or over the phone, quite often that driver will think and dwell upon the conflict and this will take the focus off that 80,000-pound vehicle rolling down the highway.

If a driver is concerned with the financial situation of his family, and finds himself a little short on miles for the week, this can also affect his attitude toward those around him and toward the management of his truck. This is when the kind of accidents and injuries which plague our industry and cause pain to many families can occur.

What can a trucker do, then, to achieve wellness?

There are many things that come into play when trying to achieve wellness. You also need to take into consideration the physical aspect as it relates to the emotional aspect. The way you eat and sleep can heavily influence your attitude when you're behind the wheel. Anger can alter the way you drive and cause you to be more aggressive. And loneliness can influence the decisions you make when you park your truck for the night. All of these things can be, and at times should be, addressed from a professional standpoint by qualified people.

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Open the Web site and on the home page (top) you find links to helpful tools; click on "Resources" on the top navigation bar.

Anything else the site offers?

Drivers Wellness has a daily blog for truckers; drivers can read it by clicking on the link in the site's home page, and it's also offered as a free online subscription. The blog consists of a short (usually one paragraph) word of encouragement addressing issues of the trucking life, something a trucker can carry with him or her and think about while on the road.

How does the Drivers Wellness Web site help, and how does it differ from other sites that offer some of the type of helps truckers can find in this site?

The site helps by gathering a vast array of resources into one location. For example, a trucker who is facing issues with anger, anxiety, and family problems, can find at ww.driverswellness.com resources that provide help for all three areas of need.

A final word...

If you are looking for a good place to start mending your broken pieces, look to the Creator of this world, and allow the Lord who created you to help you become emotionally and spiritually whole. If you need help in knowing how to do this, you can call TFC's prayer line (717-877-PRAY)

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September

1st Place \$100
Jay Espelien
ATS Specialized



2nd Place \$60
Thomas Martin - 32502

3rd Place \$80
Frank Blair - 19906





October

1st Place \$100
Jim Gildersleeve
ATS International - Jacksonville



2nd Place \$80
Charles Whitman - 81844

3rd Place \$60
Tony Fisher – ATS Logistics





November

1st Place \$100
Mark Andres
ATS Logistics



2nd Place \$80
Mark Kickbusch-MW-576

3rd Place \$60
Don Weathers - 41166

