

AllCovered NEWS

HIGHLIGHTS TO HELP YOU THIS WEEK

- Costly & Dangerous Lack of Sleep
- Trucking Firms Seek Older Drivers
- Time For Change In Forwarder/Logistics Culture

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Allcovered.net – PO Box 1439 – 304 MLK Jr Dr – Fort Valley, GA 31030 USA – Voice: +1.478.825.5566

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PDF FORMAT: <http://www.allcovered.net/AC-News-PDF.htm>

NOTICE: DAYLIGHT SAVINGS / SUMMER TIME ENDS

In the US and UK "Daylight Savings" or "Summer Time" ended Saturday night.

>> SMALL BUSINESS SECTION <<

PERSONAL BIZ – COSTLY & DANGEROUS LACK OF SLEEP

Here's a statistic that might surprise -- or even shock -- you: In the past five years, use of sleep medications has risen some 60%.

Has modern living turned us into a nation of insomniacs who are desperate for a good night's sleep? Or is this rise perhaps due to the bevy of TV commercials that promise a peaceful sleep followed by waking up the next morning so peppy and alert that you go out for an early morning run? Or is the cause a little of both?

Psychiatrist Richard Friedman, MD, director of psychopharmacology and a specialist in treating mood disorders at the New York-Presbyterian Hospital Weill Cornell Medical Center in New York City says there is no reason to think insomnia is on the rise. The base numbers haven't changed, he says, but people increasingly misunderstand the nature of sleep.

Many people assume sleep is something you can turn on almost at will and if that doesn't happen they take a pill to "fix" it. But Dr. Friedman cautions that medicating for sleep is seldom the answer. Instead, he says, it is time to rethink how we sleep and why sometimes we can't.

DIFFERENT PEOPLE – DIFFERENT SLEEP PATTERNS

Many people have trouble falling asleep after they turn off the light. This generally has to do with lifestyle habits, he says, including too much caffeine, exercising too late in the day or not separating yourself from the stress of the day before you go to bed.

Fragmented sleep -- waking up fleetingly during the night but returning to sleep -- is yet another common problem. This is often a byproduct of menopause... of diabetes... and of certain medications, such as diuretics, that wake people up in the night to use the bathroom.

Mood disorders are another reason for several kinds of sleep problems. For example, people who suffer from depression tend to habitually wake up early in the morning unable to return to sleep. Those who suffer from anxiety and generalized stress more typically wake up in the night for one or more hours.

Consuming **too much alcohol or drinking it too close to bedtime**. The alcohol makes it possible to go to sleep quickly, but it wears off in a few hours and when that happens, says Friedman, it's as if a light bulb goes on and tells the body to wake up.

Sleeping in two cycles of three or four hours each with one or two hours in between (called **bimodal sleep**) is perfectly normal for some people. In fact, it is a natural sleep pattern that shows up in studies concerning the history of sleep and in anthropological studies of societies. A study in 1992 of healthy adults done by the National Institute of

NEXT WEEK

Put Price In Perspective

Links to source stories at end of excerpts

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CONTACT US

Allcovered.net
-US-

PO Box 1439
304 MLK Jr Dr
Fort Valley, GA
31030 USA

Voice:
+1.478.825.5566

-UK-
Voice:

+44.84.5838.2094

Email:
mike.miller@allcovered.net
john.jarraid@allcovered.net

Mental Health found that when allowed to sleep as much and as long as they wanted many of the subjects evolved a pattern of bimodal sleep with an hour or two of, as the study described it, peaceful wakefulness.

MAKE THE BEST OF CHALLENGING SITUATION

Dr. Friedman recommends anyone who worries about sleep to investigate and resolve the basis of the problem. Those who may be suffering from a mood disorder, whether depression or anxiety, should seek counseling right away to obtain treatment and appropriate medication if necessary.

A more common problem is those lifestyle habits. Be sure you:

- Avoid caffeine after 2 pm. (Note: So-called "smart drinks" are loaded with caffeine.)
- Don't exercise in the evening.
- Keep alcohol consumption to a minimum.
- Read, take a warm bath, listen to restful music and relax before bedtime.

Even with good lifestyle measures, though, some people still become so concerned about falling asleep that they turn the bedroom into an anxiety zone. Worried that they won't fall asleep, their anxiety actually prevents them from doing so.

For those people whose natural pattern is bimodal sleep, the best advice is to relax and enjoy it.

An occasional night or two of tossing and turning isn't the end of the world. It won't hurt you to be tired now and then. When it needs it, your body will let you sleep.

If you're part of that 60% increase in sleeping pill use, you may want to rethink your use of it. Do you really need it? Is it really making a difference? Are there other, non-pharmaceutical ways to address your problem?

HEALTH BIZ – OVER HALF OF US ADULTS DISSATISFIED WITH HEALTH COSTS:

52% of US adults are dissatisfied with health insurance costs, compared with 33% in 2005, according to the ninth annual Health Confidence Survey by the Employee Benefit Research Institute.

MORE: http://www.ebri.org/pdf/notespdf/EBRI_Notes_11-20061.pdf

TECH BIZ – SECURITY SUITES: Security is a big issue when it comes to PCs, and the spectrum of security suites available makes it difficult to choose the best one for your needs. PC Magazine pitted the eight security suites we've reviewed this season against each other in the first installment of a two-part series. Make an informed decision.

MORE: <http://ct.eneews.pcmag.com/rd/cts?d=184-3420-16-61-140208-429509-0-0-0-1>

FREE VIRUS SCAN - LATEST VIRUS INFO INSTANTLY: Find the latest information on computer viruses, worms, get a free virus scan and links to anti-virus software. Go to www.allcovered.net. Click on "Internet Links" and choose any of the links you want.

MORE: <http://www.allcovered.net> We have logistics allcovered.

TECH BIZ – TOP TEN DESKTOPS: Looking for the perfect PC for your small business? Here are PC Magazine's favorite desktops.

MORE: <http://ct.eneews.pcmag.com/rd/cts?d=184-3420-16-61-140208-429515-0-0-0-1>

TECH BIZ – BROWSERS COMPARED: Microsoft has released Internet Explorer 7, Firefox 2.0 has been released this week, and Opera 9 is also in play. Which is best? Find out here.

MORE: <http://ct.eletters.whatsnewnow.com/rd/cts?d=181-752-1-388-261855-42147-0-0-0-1>

TECH BIZ – IE7 VS. FIREFOX2:

MORE: http://reviews.cnet.com/4520-10442_7-6656808-1.html?tag=nl.e501

>>>> TRUCKING SECTION <<<<

TRUCKING – FIRMS SEEK OLDER DRIVERS

--- Excerpted from an article by Jason Shaad – Link at end ---

At 60 years old, Beverly Lucero said she plans to spend the next 10 years driving around the country and seeing the sights. But she won't take an RV or her car. She wants to drive a commercial big-rig, and she plans to get paid for it.

"It's a plus when you can make a living at doing something you love to do," says Lucero, who will complete her six-week stint at a truck driving school in November. "I love to drive."

For some trucking companies, retirees and people near retirement age are prime prospects for driver positions. In an industry with high driver turnover and many career drivers near retirement, baby boomers reaching retirement in other careers have become the target of recruiting efforts.

The American Trucking Association launched an initiative this month to recruit several new demographics, including retirement-age individuals and couples. The organization has joined an AARP coalition dedicated to retaining older people in the work force and recruiting retirees.

For some companies, recruiting older drivers is more about reliability and stability. Melody Warren, CEO of Kansas City-based Transportation Logistics Systems, owns two 25-foot trucks and has been searching for an older husband-and-wife driving team for the past year. Older couples typically have good work ethics, don't need to return home often to care for young children and are self-directed, she said.

John Hancock, manager of training and recruitment for Prime, likes older drivers as well... especially couples.

"They bring a seasoned approach to life and handling events and stress that you wish every driver had."

Where trucking companies see an untapped source of mature drivers, older individuals may see a more financially secure retirement.

Lucero, who spent her entire career doing clerical office work, says commercial trucking offers an opportunity to travel without cutting into her nest egg. With her four children grown and on their own, Lucero says a paycheck lets her fuel her desire to travel as long as she likes.

On average, starting drivers make about 32 cents a mile, with annual earnings between \$35,000 and \$45,000, according to Lucero's driving school.

MORE: http://kansascity.bizjournals.com/kansascity/stories/2006/10/23/story15.html?i=et152&b=1161576000*1363897&hbx=e_vert

TRUCKING – AUCTIONING TRUCK SPACE: BestBid Shipping, a Jacksonville, Florida-based freight brokerage company, has introduced a new online-based system where a reverse-auction bidding process is used to match any type and size of both full truckload and less-than-truckload shipments to available carriers. Businesses are able to sign up as shipper members and can post load details on the shipments that they plan to move, according to a company news release. The shipment details include pick-up and delivery zip codes, total weight, freight type, and estimated budget for both LTL and TL shipments. The online-based system also allows the shipper to communicate with potential transport companies regarding the load details and specification through an online message board.

MORE: <http://www.bestbidshipping.com>

MORE: <http://www.thetrucker.com/News/Stories/2006/10/25/Auctionmeetsthetransportindustry.aspx>

TRUCKING – COURT TO HEAR OOIDA H-O-S CASE: The US Court of Appeals for the District of Columbia Circuit will hear oral arguments 4 December in the Owner Operator Independent Drivers Association court challenge of the Hours of Service regulations for truck drivers. OOIDA filed a petition August 29, 2005, asking the government to reconsider changes to the sleeper-berth exception.

MORE: <http://www.thetrucker.com/News/Stories/2006/10/26/CourtohearargumentsinOOIDAsHOSChallengeDec4.aspx>

TRUCKING – ATA FILES COMPLAINT WITH FMC: America's largest trucking group has filed a complaint with the Federal Maritime Commission alleging that an ocean carrier wrongfully blocked a trucking company from conducting business with it. The American Trucking Associations' Intermodal Motor Carrier Conference (IMCC) filed the complaint on behalf of Transport Express, which said Sinotrans Container Lines Co./Sinotrans Shipping Agency, "wrongfully terminated" the trucking company's interchange rights, which are needed to conduct intermodal container transport under the Uniform Intermodal Interchange and Facilities Access Agreement (UIIA).

MORE: http://www.americanshipper.com/SNW_story_main.asp?news=41331

TRUCKING – US MANDATES E-FILING: US Customs and Border Protection announced plans requiring mandatory electronic filing of truck manifests at border crossings. The mandatory use of the Automated Commercial Environment to transmit advance electronic

truck cargo information to Customs will go into effect in 90 days. Washington, Arizona and North Dakota border crossings will be affected first. Other crossings will face mandated e-filings at later dates.

MORE: <http://www.ioc.com/20061025/sections/logis/w20003.asp>

TRUCKING – DIESEL UP: The US national average price of a gallon of diesel ended its nine-week decline in the week ending October 23, according to the U.S. Department of Energy. The average price was \$2.524, just over 2 cents more than the previous week but still 63 cents less than the same week in 2005.

MORE: <http://www.etrucker.com/apps/news/article.asp?id=56128>

>>>> SECURITY SECTION <<<<

SECURITY – TSA DELAYS AIR CARGO RULE: The US Transportation Security Administration is delaying a broad range of deadlines for the air-cargo security rule it unveiled last May, giving the industry until mid-2007 to comply with portions of it. Industry sources said the delays become official when the new schedule is printed in the Federal Register but that TSA is already telling various air freight groups about it. The original deadline was 20 October.

MORE: <http://www.govexec.com/dailyfed/1006/102606tdpm1.htm>

MORE: <http://www.ioc.com/lede/20061025/sections/air/w5138.asp>

SECURITY – UK AIR CARGO SECURITY RISKS

In the UK, website 24dash.com reports that major security flaws in the air cargo industry have been revealed by an investigation on BBC Radio 4's The World Tonight.

BBC said it began an investigation when it learned that the "known shipper" system used by air courier and cargo companies had been broken by drug smugglers and used to import large amounts of cocaine into the UK from America. A former employee of Federal Express admitted selling the confidential account numbers of reputable firms at Fedex's depot in Vauxhall, south London.

Brian Fenn, head of UK security for Fedex, said in court testimony that the known shipper system could also potentially be used to smuggle a bomb on to a plane undetected. The BBC said its investigation revealed that the web-based system for tracking parcels could be used by terrorists to target particular flights.

--- PACKAGES VULNERABLE ---

"Even with reliable, respectable organizations, you really don't know who is in the warehouse, who is tampering with packages, who is putting the original parcels together. Anywhere along the way that package could be intercepted. A package that goes from New York to Britain could have a bomb on it that is barometrically detonated so that when the plane descends down to British airspace the bomb goes off. Nobody along the way would know the package had been tampered with or traded out. You don't know what's in the box."

MORE: <http://www.aircargonews.com/061025/uksecurity.html>

SECURITY – MIA BOGUS WORKERS SHOW SECURITY RISK: Playing hooky from work landed nearly a dozen Miami International Airport employees in jail Thursday -- and underscored a troubling security gap at one of the nation's busiest airports, police say. Investigators say nearly the entire midnight shift in charge of repairing and maintaining the airport's extensive conveyor belt system was paid tens of thousands of dollars for shifts they never worked. Detectives suspect they pulled off their scheme by giving their badges, which allow them access to the airport's most restricted areas, to co-workers to clock them in. "If you can hand them to different people, they can be handed off to the wrong people," said Miami-Dade Detective Javier Prellazo, the lead investigator on the criminal probe. "The bottom line is we were looking at this as a security issue. We want this airport to be secure."

MORE: <http://www.miami.com/mld/miamiherald/15859517.htm>

SECURITY – PORTABLE RADIATION DETECTORS: The US Department of Homeland Security has awarded \$113 million to several contractors who will compete to provide enhanced handheld radiation detectors for inspection personnel at ports of entry. There are currently more than 14,000 handheld radiation devices in use at airports, sea and land ports.

MORE: http://www.americanshipper.com/SNW_story.asp?news=41441

TRADE – TIME FOR CHANGE

--- Excerpted from an article by Issa Baluch – Link to full article at end ---

While written with Logistics specialists and Freight Forwarders in the Middle East as its focus, this article from Issa Baluch touches ideas and requirements important to all who move freight anywhere in the world.

Freight forwarders in the Middle East are experiencing huge business opportunities, thanks to the region's flourishing economy and prime location as a distribution hub. However, to really benefit from this scenario and compete on a global level, the logistics industry needs to improve quality, increase security and become more innovative.

THE CULTURE OF QUALITY

Freight forwarding has historically been an easy business to enter. In many Middle Eastern countries, the entry barriers are easily overcome, allowing anyone with start-up capital to enter the profession. This can result in a lack of professional integrity, which is something the logistics industry needs to overcome. It's time to raise the threshold.

Freight forwarders should be accountable to customers, providing a greater sense of security and increasing industry standards along the way.

Issa Baluch is chairman and CEO of Swift Freight International and Immediate Past President of FIATA.

To start the process of change, freight forwarders should only provide logistics services after undergoing **training and certification**. If doctors, engineers and teachers require proof of educational training, why should freight forwarders be exempt?

Another way to improve the quality of service is making **professional liability insurance** mandatory. This would hold freight forwarders accountable for their actions in case of professional errors and omissions, such as the misdirection of cargo.

A number of trade associations require members to purchase a certain level of insurance.

The importance of liability coverage is even bigger in parts of the developing world, where the legislative framework in customer protection is weaker, thereby making insurance a bigger necessity.

THE CULTURE OF SECURITY

Cargo security should become a greater priority in the future. Freight forwarders must be ready for new regulations to be implemented in each country, in addition to the global security standards imposed by associations such as the ISO. Therefore, to create a culture of security in the future, these companies should be prepared to continuously invest in the improvement and re-evaluation of security measures.

Freight forwarders, not the government, should take responsibility for securing their supply chains.

THE CULTURE OF INNOVATION

To foster creativity and innovation, practitioners must periodically interact with academics, experts and representatives of governmental organizations. If they are to keep pace with global developments, industry players must **be exposed to new ideas**. This will come about through the public exchange of new information, opinions and best practices.

Freight forwarding associations are the key entity in encouraging cultural changes in quality, security and innovation. Some national associations are merely social clubs. The most dynamic associations are providing real value to their members in the form of training, arbitration, standardization, classification and benchmarking. This is in addition to the association's traditional role as the industry's voice at a governmental level.

SUMMARY

Importing global best practices can help freight forwarders in each country to assess their own situation. They can then adapt these best practices to local requirements and find homegrown solutions to the challenges they face.

Some degree of adaptation is necessary, because what works in one country may not work exactly the same way in another country.

Maintaining the status quo will do nothing but wreak havoc on supply chains.

MORE: <http://www.itp.net/business/features/details.php?id=5363&category=>

TRADE – TRANSPORT TECH MUST IMPROVE: There is widespread concern by shippers that their current technology for managing transportation will not meet future needs. That is one of the conclusions of a study of 173 manufacturers, distributors and retailers by the Aberdeen Group. The report contends that companies that are "best in class in transportation management have been able to decrease their total freight budget over the past two years (discounting changes in sales volume)" and that by comparison, 82% of all respondents saw their freight costs stagnate or increase. Nine out of 10 companies are concerned that their current transportation technology will not meet their future needs.
MORE: http://www.americanshipper.com/SNW_story.asp?news=41242

TRADE – CHINA BANS "ZERO" FREIGHT RATES: China's Ministry of Communications recently announced that international liner operators would not be allowed to offer zero or negative freight rates in the country. According to the ministry, carriers are prohibited from offering rates lower than the usual and reasonable levels, and that rates should reflect operating costs and the relationship between demand and supply.
MORE: <http://www.joc.com/20061025/sections/ocean/w82325.asp>

WHY SHIPPERS NEED CARGO INSURANCE

Did you know your goods may make a safe voyage, but you might still be faced with a claim that can tie-up your money for years? It's true. Cargo insurance protects you as well as your cargo. Without Cargo Insurance shippers get only \$0.50/pound or \$500/box or \$20.00/kg for lost or damaged cargo.

Forwarders – Teach Your Shippers

Shippers – Learn what is and is not protected to make an educated decision

- GO TO: <http://www.allcovered.net>
- CLICK: "Training & Help" – then –
- CLICK: "Video Training"
- Video #1 is our exclusive Shipper's Guide to Insurance

WHY YOU NEED CARGO INSURANCE: > [CLICK](#) <

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OCEAN – PANAMA VOTES TO EXPAND CANAL – Q&A

In a referendum last Sunday, voters in Panama overwhelmingly endorsed an ambitious project to expand the famous shipping canal. The Panamanian government had urged people to vote in favor of the proposal to build a third set of locks.

-- Why does the government say it is necessary to expand the Panama Canal?

The current lock system is too small for modern tankers and the biggest cargo vessels. Ships passing through face long waits. The government argues that the project will bring a much-needed boost to the economy, providing thousands of new jobs.

-- What does the government propose to build?

Two locks complexes, one on the Atlantic and one in the Pacific Ocean. Access channels will be excavated and the existing navigational channels will be widened and deepened.

-- How will that help?

It will apparently increase capacity. Ships with 12,000 containers will be able to pass through. The present limit is of about 4,000 containers.

-- What are the costs?

The government estimates costs of \$5.2bn. The opponents of the canal expansion think they will much higher.

-- How is it going to be financed?

The government says the project will be financed by an increase in the tolls (\$2.9bn) and foreign credit (\$2.3bn).

-- Who campaigned in favor?

The government, three of the main political parties and the business community.

-- Who argued against the expansion?

Mainly the National Front for the Defense of Economic and Social Rights, an umbrella organization of trade unions and leftist groups. Two opposition parties are campaigned for the no vote. They say the country will get into huge debts. They fear only "corrupted elites" will

benefit from the expected influx of money. They also think that there will be damage to the environment.

-- When will work start?

The upgrade will start on March 2007. It is due to finish in 2014.

MORE: <http://news.bbc.co.uk/2/hi/americas/6074400.stm>

OCEAN – PANAMA CANAL EXPANSION TO HELP GULF COAST PORTS: Once the Panama Canal expansion approved by voters last week is complete, US Gulf Coast ports hope it means a lot more Asian cargo volume for them.

MORE: http://www.caller.com/ccct/local_news/article/0,1641,CCCT_811_5089830,00.html

OCEAN – MAERSK UPGRADES US-CENTRAL AMERICAN SERVICE: Maersk Line will upgrade its South Atlantic Express service linking US East Coast ports with Guatemala and Honduras. The upgrade offers more overall capacity and more reefer space.

MORE: <http://www.joc.com/lede/20061026/sections/ocean/w21288.asp>

OCEAN – NEW UASC SERVICE FROM SE ASIA TO US EAST COAST: United Arab Shipping Company will launch a new fixed-day service at the end of November connecting Southeast Asia, India and Sri Lanka with the Mediterranean and the US East Coast.

MORE: <http://www.joc.com/20061025/sections/ocean/w91712.asp>

OCEAN – SHIP SPACE FOR 9-MILLION TEUS: The world containership fleet has topped 9 million TEUs capacity (20-foot-Equivalent-Units) and will balloon to 10 million TEUs next year as shipyards deliver a record number of increasingly large vessels. At the start of October there were 3,872 fully cellular containerships with a combined capacity of 9.05 million TEUs, according to H. Clarkson, the leading London shipbroker. Capacity will reach 12-million TEUs by the end of 2008.

MORE: <http://www.joc.com/20061025/sections/ocean/w8451.asp>

OCEAN – MATSON 3Q PROFIT DOWN:

MORE: http://www.americanshipper.com/SNW_story.asp?news=41562

OCEAN - COSCO REVENUE & PROFIT UP IN Q-3:

MORE: http://www.americanshipper.com/SNW_story.asp?news=41250

OCEAN – BOX VOLUME AT LONG BEACH UP 0.7%: Container throughput at the Port of Long Beach in September rose just 0.7% compared to the same month last year.

MORE: http://www.americanshipper.com/SNW_story.asp?news=41236

AIR – NWA CARGO CUTS SURCHARGE: NWA Cargo, the cargo arm of Northwest Airlines, will reduce its fuel surcharge for international and domestic shipments from 55 cents a kilo to 50-cents effective Wednesday, 1 November.

MORE: http://www.americanshipper.com/SNW_story.asp?news=41448

AIR – CATHAY LAUNCHES BEIJING SERVICE: Cathay Pacific Airways will launch a twice-weekly 747-200 freighter service to Beijing on 15 November. Flights will depart Hong Kong on Wednesdays and Thursdays.

MORE: <http://www.atwonline.com/news/other.html?issueDate=10%2F26%2F2006>

AIR – THAI ANNOUNCES WINTER SERVICES: Thai Airways introduced service from Bangkok Suvarnabhumi to Johannesburg, Hyderabad, Gaya and Varanasi for its winter schedule beginning yesterday. The Johannesburg and Hyderabad flights will be operated thrice-weekly.

MORE: <http://www.atwonline.com/news/other.html?issueDate=10%2F26%2F2006>

> > > > > JUST FOR FUN <<<<<

(These are shared by readers – Please share yours. Thanks. Mike)

SOME GREAT QUESTIONS

- 1) Why does your doctor leave the room when you get undressed?
- 2) If a person owns a piece of land do they own it all the way down to the core of the earth?
- 3) Why can't women put on mascara with their mouth closed?
- 4) Is it possible to brush your teeth without wiggling your bottom?
- 5) Why is it called Alcoholics Anonymous when the first thing you do is stand up and say, 'My name is Peter and I am an alcoholic'?
- 6) Why are they called stairs inside but steps outside?
- 7) Why is there a light in the fridge and not in the freezer?
- 8) Why does mineral water that 'has trickled through mountains for centuries' have a 'use by' date?
- 9) Why do toasters always have a setting that burns the toast to a Horrible crisp no one would eat?
- 10) Is French kissing in France just called kissing?
- 11) Who was the first person to look at a cow and say, 'I think I'll squeeze these dangly things here and drink whatever comes out'?
- 12) What do people in China call their good quality plates?
- 13) Why do people point to their wrist when asking for the time, but don't point to their belt buckle when they ask where the bathroom is?
- 14) What do you call male ballerinas?
- 15) Does it not concern you the person who handles your money is called a "Broker?"
- 16) If quizzes are quizzical, what are tests?
- 17) If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

If you have curious, interesting, funny or thoughtful items to share in "Just For Fun", Email them to mike.miller@allcovered.net . Thanks.

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Business Times of Asia = http://business-times.asia1.com.sg/	eTrucker = http://www.etrucker.com
Journal of Commerce = http://www.joc.com	Traffic World = http://www.trafficworld.com

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