

GUARANTEED GAZETTE

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Point System with a CDL

The **point system** for each state varies, but there is a general rule of thumb one can utilize in order to stay on top of their **driving record**. The points added for violations can be more severe when operating a CMV in comparison to your own personal vehicle. A good guideline to use is figuring that the points for a CMV will equal one and a half times the normal point system for a personal auto. For example, in Missouri, if you are caught speeding excessively in your personal car, you will receive 3 points against your driving record. If caught while driving a commercial motor vehicle, you could figure that the number would increase to 4.5 points.

Generally, there are variations to how many points a driver will receive for a speeding violation, based on the excessive miles per hour over the limit.

A standard guideline is as follows:

Speeding – MPH over not specified = 2 points
1-10 MPH over = 3 points
11-20 MPH over = 4 points
21-30 MPH over = 6 points
31-40 MPH over = 8 points
More than 40 MPH over = 11 points

Other violations can also wreak havoc on your CDL:

Reckless driving = 5 points
Inadequate brakes = 4 points
Following too close = 4 points
Improper lane change = 3 points
Railroad Crossing violation = 3 points
Failure to yield / stop = 3 points

Serious **traffic violations** such as speeding 15 MPH or more over the speed limit, reckless driving, improper lane change and following too close, can lead to severe consequences as well. For a second offense, you could receive a 60-day suspension, and a third violation could result in a 120-day suspension. Violating an out-of-service order will result in a 90-day suspension. Violating it a second time will bring a 1-year suspension and a third time will result in a minimum of 3 years.

Safety and moving violations are taken very seriously for those who are licensed to operate a CMV. As you can see, it would not take much to reach 4-5 points on your driving record, professionally or personally. One speeding ticket and failing to stop at a stop sign, could bring you 7.5 points on your CDL and you could find yourself out of a job. These same violations in your own personal vehicle could result in 5 points on your regular driver license . . . and could delay you from receiving your CDL for quite some time.



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10 Tips for Staying Hydrated in the Summer Heat

Getting enough water every day is important to keeping your body functioning correctly. Your body needs more water when you're in warmer climates, physically active, running a fever, and having diarrhea or vomiting. It's easy to go about your day without thinking about how much water you've had to drink or forget to take those sips until you start to feel bad. But, especially in the summer heat, water is vital to helping your body stay healthy and hydrated.

The amount of water you should drink daily depends on your body, your health conditions, your medications, and other factors. Certain conditions like thyroid disease or kidney, liver, or heart problems make it possible for some people to have too much water, while some antidepressants and non-steroidal anti-inflammatory drugs (NSAIDs) make people retain water.

1. Drink water—and plenty of it!

Daily fluid intake recommendations vary by age, activity, etc. Start by drinking a cup of water each morning when you wake up or a glass before bed. Have another glass with every meal. Drink one or two cups after working out. To ward off dehydration, drink fluids gradually throughout the day.

2. Know the signs of dehydration.

Does your skin feel dry, irritated, inflamed, itchy, or sensitive? Experiencing a headache or feeling dizzy or fatigued? Muscle cramps, rapid breathing, fainting, and not urinating (or having very dark yellow urine) are others. These are signs of dehydration. If you're experiencing any of these symptoms, the simple solution is to get out of the heat and drink plenty of liquids.

3. Check your urine.

A good measurement of hydration is the color of your urine. Pale urine, similar to the color of straw, indicates proper hydration while darker urine is a sign that you need more water. A dark yellow or amber color means you may have mild to severe dehydration.

4. Avoid alcohol, sugary drinks, and/or caffeine.

Some liquids work against hydration! Drinks like coffee, sugary sodas, lemonade, sweet tea, energy drinks, smoothies, and flavored milk are all culprits. They are loaded with sugar, sodium, and other ingredients that remove water from your tissues. Consider swapping some of these out daily or rehydrating with more water for each dehydrating drink you consume.

5. Cool down.

During summer, when the risk for heat stroke is at its highest, wear light, loose-fitting clothing in light colors; schedule strenuous sports and physical activities during cooler times of the day; protect yourself from the sun with hats and other shade accessories; take drink breaks often; and mist yourself with a spray bottle if you become overheated.

6. Eat foods with high water content.

All whole fruits and vegetables contain some water, but snack on these for maximum benefit: cucumbers, celery, tomatoes, radishes, peppers, cauliflower, watermelon, spinach, strawberries, broccoli, and grapefruit. They all contain 90 percent water or higher.

7. Replenish when you sweat.

It's essential to drink water throughout activities. Proper hydration means getting enough water before, during, and after exercise.

- Drink 17-20 oz. two to three hours before you exercise.
- Drink 8 oz. 20-30 minutes before you exercise.
- Drink 7-10 oz. every 10-20 minutes during exercise.
- Drink 8 oz. no more than 30 minutes after exercise.

8. Choose water during flights.

It's not easy to drink as much as you usually do when you're on the go for a living. Which contributes to low hydration. Pack an empty reusable water bottle with you in your truck and then fill it up with water when it gets low. Skip the vending machines and go for water instead.

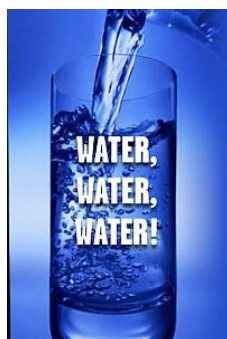
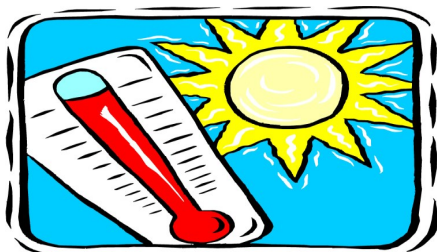
9. Infuse with flavor.

Not a frequent water drinker? Try sprucing up your water by adding a few simple ingredients. Limes, lemons, mint, oranges, berries, cucumbers, and other fruits improve the taste without artificial sweeteners or preservatives. This can help you drink more water than you usually do, too.

10. Consider a probiotic.

Our bodies are home to good and bad bacteria. They're in our mouth, stomach, and skin. Probiotics are living microorganisms found in yogurt and other cultured foods and supplements that can help improve your body's bacteria. Taking a probiotic can help improve your immune system, protect against infection, and improve your digestion and absorption of food and nutrients—including water. Probiotics also help with several conditions associated with dehydration, including diarrhea.

Stay safe, cool, and hydrated this summer.



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Fun Facts

- Dehydration causes foggy memory, irritability, anxiety and lack of concentration.
- Watermelon are 92% water.
- Mosquitoes, summers pest, have been around for more than 30 million yrs.
- Dehydration is one of the most common risk factors for kidney stones.
- The Eiffel Tower grows by more than six inches in the summer.
- The first bathing suit for women was created in the 1800's. it was long sleeved with woolen bloomers.
- June is named for the Roman goddess Juno.
- July was declared Ice Cream Month by President Ronald Reagan in 1984.
- Watermelon is summers most popular vegetable. It is part of the cucumber, pumpkin and squash family.
- July is national blueberry month.
- Roman General Marc Anthony named the month of July after Julius Caesar.
- The last day of summer is September 20th.
- The first modern Olympic Games were held in the summer of 1896 in Athens, Greece.
- August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "reverend".
- More thunderstorms occur during summer than any other time of the year.
- Sea turtle walks are a popular event on Florida beaches in June and July when huge mama turtles weighing in at around 200 to 250 pounds come ashore to lay their eggs.

Cooking on the Road in an Instant Pot

An Instant Pot is the Swiss army knife of the kitchen. That's because it's a multi-cooker that performs the tasks of many different kitchen appliances in one not-so-little-but-not-too-big-either package.

The Instant Pot DUO60 7-in-1 which means it can perform the task of several appliances:

Slow cooker—Pressure Cooker—Rice Cooker—Saute—Steamer—Warmer

It also comes with more than a dozen preset buttons to make it even easier to make dishes and meals.

The next steps will vary depending on what kind of dish or meal you want to cook. If you're using it as a slow cooker, you just need to add all the ingredients, close the lid, press the 'Slow Cook' button and adjust the cooking time. It'll then cook for however long you've set it for. Once it's finished, it'll beep several times to let you know your dinner's ready the same way a microwave does.

One of the concerns you may have is about safety. Traditional pressure cookers had a reputation for being dangerous if not used properly as the pressure could cause an explosion.

That's not the case for the Instant Pot and other new and similar cookers. You're not able to open the Instant Pot without releasing the pressure first.

Example of cooking times:

Roast = 40 mins

Potatoes = 10 mins

Chicken = 20 mins

Vegetables = 1 – 4 mins depending on the vegetable

Hamburgers = 12 mins

Spaghetti = 15 mins



There are several websites that you can go to for recipes in the Instant Pot. This is a great small appliance to take with you in the truck, healthier eating, cheaper than fast food and cooking times are cut in more than half!

"Try to be a rainbow in someone's cloud".

- Maya Angelou

"Positive thinking must be followed by positive doing".

- John Maxwell

Defensive Driving Tips For Drivers

Look Towards the Future

One of the most important defensive driving tips for truck drivers is anticipation. We like to call this aiming high in steering. This means that you're looking further down the road (literally) than you might think. Drivers are encouraged to look ahead of them because it takes longer for a big rig to stop than a car does. You'll most likely be carrying a heavy load, so anticipating a car that might cross in front of you or a roadwork bottleneck is important during your travels. Defensive driving is often about being reactive so you can anticipate the obstacles that come at you.

Get the Big Picture

This tip goes hand in hand with looking towards the future. Not only do you want to keep an eye on what's in front of you, but you also want to keep an eye on what's around you by using your side and rearview mirrors. When changing lanes, you want to ensure that you don't have any vehicles in your blind spots. You also want to make sure you're not impeding someone who is trying to get into your lane. When in doubt, it's best to just let them merge over.

Keep Your Eyes Moving

Another one of the most important defensive driving tips for truck drivers is to keep your eyes moving at all times. This means you will want to scan your mirrors and the road as often as possible. It's no exaggeration when we say that a driving hazard can pop out from any direction. No matter how fast or slow you're moving your eyes should constantly be [scanning your surroundings](#) to ensure that you're taking into account all potential obstacles.

Leave Yourself an Out

Another crucial tip for defensive driving is making sure you have an out. No, I don't mean an excuse for why you didn't drop off that cargo on time. I'm talking about making sure you don't get boxed in while driving. You want to make sure that you have an escape route. Driving while boxed in is very dangerous because you have limited mobility and it will be difficult to brake if the vehicle in front of you decides to stop suddenly.

Make Sure You're Seen

One of the final and most important defensive driving tips for truck drivers is to make sure that other vehicles on the road see you. This means that you're keeping your lights on at night so drivers in the dark know exactly where you are. This also includes using your turn signals when appropriate so others know where you're heading or your four-ways if there is an emergency. Being seen isn't just about lights though. You also want to brake as early as possible so those behind you know to do the same. Finally, you want to take wide turns to give yourself room and to let those around you to give you enough space to perform a proper turn.



At All Times Expect the Unexpected!!

Did you know?

Back in 1939, American author Ernest Vincent Wright published *Gadsby*, a 50,000-word novel that doesn't use the letter 'e' once. What's more, it's not the only novel that ditched the letter. Author Georges Perec also wrote the French-language book *La Disparition* without the letter 'e' in 1969. That's even more astounding when you consider that 'e' is the most commonly used letter in the English and French language.

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