

GUARANTEED GAZETTE

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April 2019 Issue 20

Healthy Foods for OTR

A healthy diet helps pave the way to a healthy heart and blood vessels, strong bones and muscles, a sharp mind, and so much more. Confused about what constitutes a healthy diet? An important take-home message is to focus on the types of foods you eat and your overall dietary pattern. There are no single nutrients or vitamins that can make you healthy. Instead, there is a short list of key food types that together can dramatically reduce your risk for heart disease.

Protein

- String cheese or other individually wrapped cheese
- Greek yogurt (plain is best)
- Cottage cheese
- Hard-boiled eggs
- Nuts and seeds

Fruit

- Fresh fruit: If you're squeamish about fruit touching other stuff in your bag, choose something with a peel or keep washed fruit in its own re-sealable bag or container.
- Dried or freeze-dried fruit: Portion into single-serving bags to avoid overeating.

Fruit-and-seed bars

Vegetables

- Sliced fresh veggies: Bring your own or find at grocery and convenience stores. Many come with creamy dip, but skip that in favor of hummus, salsa, or a single-serve packet of guacamole.
- Vegetable juice: Fresh is best, but bottled (like low-sodium V8 juice) works in a pinch.

Salad: This is a no-brainer way to work in more veggies at your meals. **Healthy Fats**

- Avocado: Slice it in half with a knife and eat the flesh out of the skin with a spoon. To keep calories in check, split with a travel companion and enjoy a 125-calorie snack that's packed with heart-healthy monounsaturated fat, fiber, and potassium.

Drinks

Hydration is important, as mild dehydration can be mistaken for hunger and make you feel sluggish. Drink plenty of water!



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Tips for Drivers

1. Defense! Defense!

Commercial drivers have to be constantly vigilant to detect unexpected road conditions, distracted drivers, and motorists who don't understand how commercial vehicles operate.

Scan ahead about 15 seconds (a quarter mile on interstates, or one to two blocks in cities) for traffic issues, work zones, and other dangers.

Check mirrors every 8-10 seconds to be aware of vehicles entering your blind spots.

2. Signal for Safety

Signal and brake to give other drivers plenty of time to notice your intent.

If you must pull off the road, use flashers, reflective triangles, and road flares to alert approaching drivers.

3. Know When to Slow

Driving too fast for weather or road conditions or failing to slow down for curves or ramps create risks for spills and rollovers, as well as crashes.

4. Maintain Your Vehicle

Make sure that pre-trip safety inspections are completed particularly for tires and brakes. Your life depends on them.

Make sure your load is well balanced and secure, as a shifting load can cause a rollover or loss of control. Loose materials create road hazards.

5. Buckle Up

Use your safety belt every time. Safety belts save lives, reduce injuries, and allow drivers to stay inside and in control of their vehicles in case of a crash. In 2014, 30% of truck drivers involved in fatal crashes were partially or totally ejected from their vehicles.

6. Stay Sharp

Get enough rest; don't drive when you're fatigued, too ill to focus, or on medications (including over-the-counter medicine) that make you drowsy or dizzy.

7. Get the Right Trip Planning Info

Stay up to date on weather and road conditions, detours, and mountainous routes in order to plan driving time.

Be aware that non-commercial navigation systems and apps may not provide warning of height and weight limitations and other commercial vehicle restrictions.

8. Practice Work Zone Safety

Work zones present many hazards, like lane shifts, sudden stops, uneven road surfaces, moving workers and equipment, and confused passenger vehicle drivers. In 2016, 27% of fatal work zone crashes involved at least one large truck compared to only 11% of all fatal crashes – so it's vital to take work zone safety seriously.

Slow down, maintain extra following space, and to be prepared to stop.

Obey all work zone signs and signals.

Scan ahead for changing traffic patterns, and be alert to vehicles entering your blind spots.

Keep a sharp eye out for road workers and flag crews.

9. Never Drive Distracted

Texting is among the worst driving distractions. The odds of being involved in a crash, near-crash, or unintentional lane deviation are 23.2 times greater for truck and bus drivers who are texting while driving.

Research shows that drivers texting while driving took their eyes off the forward road for 4.6 seconds on average. At 55 mph, this equates to traveling 371 feet (more than the length of a football field) without looking at the road.

It is illegal for a commercial driver to text while driving, and there are restrictions on using mobile phones (devices must be hands free, and dialed using no more than one button).

Eating, drinking, interacting with a navigational device, map reading, controlling a pet, or any other activity that takes focus off the road can also be a deadly distraction.

If you must attend to an activity other than driving, get off at the next exit or pullover – it's not worth the risk.

Fun Facts

- The first story of a rabbit (later named the “Easter Bunny”) hiding eggs in a garden was published in 1680.
- The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.
- Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals and juices.
- For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.
- The white lily is the official flower of Easter.
- The word “season” is from the Latin *saetionem* meaning “sowing” or “seed time.”
- \$1.9 billion is spent on Easter candy each year. That’s the second biggest candy holiday after Halloween.
- Children actually grow faster in the spring than during other times of the year.
- Americans eat about 16 million jelly-beans every Easter.
- Honeybees are more likely to swarm during the spring.
- Americans buy more than 700 million Peeps during the Easter holiday.
- Easter is the oldest Christian holiday.
- Spring is the symbol of rebirth.
- The traditional act of painting eggs is called Pysanka.
- “The White House Easter Egg Roll” event has been celebrated by the President of the United States and their families since 1878.

\$\$\$ FREE Money \$\$\$

Who could not use extra money? \$1,500 is just waiting for you to claim and as many times as you want!!!

All you have to do is refer a driver—you will receive \$500 when the referred driver has worked for 30 days and \$1,000 when the driver has been with us for 6 months.

50¢ per mile including bonus —Paid Holidays—Monthly Bonus—Affordable Insurance— Detention Pay—Open Rider Policy— Pet Policy— Matching 401k—FREE Life Insurance—FREE Short Term Disability— Family Atmosphere—Top of the Line Equipment—24 hr Dispatch—24 hr Maintenance—this is an easy sell!!!

I LOVE giving money away,!!!

Lower your BP

Morning exercise paired with short walking breaks helps control blood pressure for older men and women who are overweight or obese, according to recent research published in the [American Heart Association](#)’s journal “Hypertension.”

The study found that walking for 30 minutes in the morning lowered average blood pressure over an eight-hour day among older, overweight, or obese men and women. Overweight or obese women in particular enhanced the morning exercise benefits by adding three-minute breaks from sitting every half hour throughout the day. “Traditionally, the health effects of exercise and sedentary behavior have been studied separately. We conducted this study because we wanted to know whether there is a combined effect of these behaviors on blood pressure,” said Michael Wheeler, B.Sc., lead author of the study who is a Ph.D. candidate at the University of Western Australia in Perth and works at the Baker Heart and Diabetes Institute in Melbourne, Australia.

Men and women in the study who exercised in the morning saw reduced blood pressure, compared to when they didn’t exercise.

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”

- Mark Twain

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”

- Abraham Lincoln

Traveling Safely in Work Zones

On average, over 700 fatalities occur in work zones each year. Commercial motor vehicle (CMV) and passenger vehicle drivers both need to be particularly careful while traveling through work zones. Trucks and buses have limited maneuverability and large blind spots, both of which make operating in these areas more challenging for them. In fact, large trucks are disproportionately involved in work zone crashes.

Research Your Route:

Before setting out on the road, research your route. When possible, avoid work zones and use any detours that are available.

Pay Attention:

You should always keep your eyes on the road, but this is exceptionally important in work zones. Be aware of all signage throughout work zones that can indicate reduced speeds, lane changes and other important information. Avoid distractions such as your cellphone, eating, drinking, the radio, GPS and conversing with other passengers.

Slow Down:

Lane closures, traffic pattern shifts and reduced speeds are common in work zones. Make sure to slow down when entering a work zone and keep an eye out for road workers.

Move Into The Open Lane:

When approaching lane closures, move into the open lane as soon as possible. Be sure to pay close attention to vehicles around you that could be in your blind spot.

Keep Your Distance:

Rear-end crashes are extremely common in work zones – maintain extra space between your vehicle and the one in front of you at all times.

For more information on work zone safety visit workzonesafety.org.



The Mission

Everyone did a great job collecting in March, we raised \$1,705.00 and collected close to 200 cans/bags of food. AWESOME!

Next month, April showers we will collect items for their hygiene closet: shampoo, soap, deodorant, toothpaste, toothbrushes and lotion.

The Mission is truly grateful to all that we have done and continue to do each month.

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