

# GUARANTEED GAZETTE

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## Consequences of Speeding in a CMV

The consequences of a speeding conviction while driving a commercial motor vehicle (CMV) are much greater than for non-commercial drivers. A conviction leads to more Negligent Operator Treatment System (NOTS) points, and CSA points, which stay on the driver's record longer. The risks are greater as well considering most CMVs, particularly 18-wheelers, are hauling tens-of-thousands of pounds. However, CDL holder could lose their job even for a speeding conviction in their private vehicle.

There are three levels of CSA points for speeding convictions in a CMV. Four CSA points for 6 to 10 mph over the speed limit; seven for 11 to 14; and ten points for 15 mph over the posted speed limit or speeding through a construction area where workers are present and warning signs or devices are posted. These are also time-weighted. A conviction within six months of a previous conviction of any kind is multiplied by three; 12 to 24 months, by two; and after two years they are weighed at face value for drivers.

Fifteen mph over is also considered a serious violation under Federal Motor Carrier Safety Regulations. If convicted of two serious violations within a three-year period, an OOS order of 60 days is sent to the state DMV. A third violation conviction within the same three years will result in a 120-day OOS order. Drivers caught driving with an OOS order can be fined \$2500 to \$5000.

All convictions received while driving a CMV carry a heavier fine and greater penalties. Plus, these convictions stay on the driving record of a CDL holder much longer than a regular driver. This is particularly true when the speeding conviction leads to an Out-of-Service Order, which could result in the violation lingering for 15 years.

Slow down when approaching small towns and in construction zones!



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# Staying Hydrated This Summer

Summer is prime time for dehydration, electrolyte imbalances and even heat stroke—all of which are more common than you might think. Let's explain.

Today, more than 50 percent of all children and adolescents in the U.S. are not getting the hydration they need, according to [research](#) from the Harvard T.H. Chan School of Public Health. And that number jumps even higher when you put them, or adults for that matter, on the playing field. This summer, stay on top of the game with these six hydration-boosting tips:



## 1. Help Yourself to Hydration-Boosting Nutrients

To stay hydrated, you need more than water. You also need electrolytes and carbohydrates.

While both nutrients can help your body absorb whatever fluids you drink, electrolytes – sodium, chloride, potassium, magnesium and calcium – are especially important because they are critical to healthy nerve and muscle function. And, all of these electrolytes can be lost through sweat. Fortunately, electrolyte drinks like [Pedialyte](#) contain both electrolytes and carbohydrates, which is advised consuming when exercising for longer than 60 minutes or during any activity performed in extreme temperatures.

## 2. Don't Forget Foods

Your food (not just beverage!) choices can account for approximately 20% of your daily fluid intake, and are therefore a major contributor to you and your family's overall hydration status. Luckily, many foods that are in season in the hot summer months – such as melon, tomatoes and strawberries – are naturally rich in water, carbohydrates and minerals, including those all-important electrolytes.

In addition to dishing out juicy produce as a pre- and post-workout snack (orange slices, anyone?), infusing water with fresh fruit and vegetables like cucumber can give your ordinary bottle of water an extraordinary and healthy dose of flavor.

## 3. Check the Toilet

Without getting too vivid, your urine color can function as a simple indicator of your hydration status. Before, during and after outdoor activities, take a quick look at your urine output. If your urine is a light lemonade color, it's likely that you are properly hydrated. Dark yellow urine (as in dark or darker than apple juice) typically signals dehydration and need for immediate rehydration.

## 5. Drink the Night Before a Morning Workout

To stay one step ahead of the disastrous effects of dehydration, it's important that everyone starts their day and or workout hydrated, drink during activity and rehydrate when it's over. You need to prioritize hydration the night before. That's because, after spending eight hours in bed not drinking anything, it's easy to wake up in a dehydrated state, and that's even before you factor in exercise.

It is recommended drinking plenty of water a couple of hours before bed and upon waking. Try water and healthy juices at breakfast to get your drink up.

## 6. Opt for Water (Not Soda!)

During summer it's easy not to drink as much as you usually do.

Keep an empty refillable water bottle in your truck. Pack a [Pedialyte](#) powder stick to add to your water to make sure you're replenishing needed electrolytes. Skip the soda, vending machine soft drinks do a poor job at rehydration and the high sugar concentration can interfere with your body's ability to absorb water.



## Did you know?

450.4 billion total miles traveled by all registered trucks in 2015. To put that into perspective: the sun is 93 million miles away. That's a round trip to the sun and back more than 2,421 times!

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## Fun Facts

- The first day of summer is between June 20th and June 22nd every year.
- The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding the tower grows about 6 inches every summer.
- The month of June is named after the Roman goddess Juno.
- The average American eats 15 pounds of watermelon a year and these juicy favorites are 92% water.
- Mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years.
- The first women's bathing suit was created in the 1800's, it came with a pair of bloomers.
- In the US over 650 million long-distance summer trips are made.
- Warmer weather causes certain diseases to peak during the summer, such as Valley Fever, West Nile Lyme Disease and food poisoning.
- Between Memorial Day and Labor Day Americans eat over 7 million hot dogs.
- Summer is by far is the busiest time at Movie Theaters.
- Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin and squash family.
- Summers spent throwing a frisbee back and forth owe their game to the Frisbee Baking Company whose empty pie tins were the product's inspiration.
- The frequency of a cricket's chirps fluctuates with the temperature. If you count a cricket's chirps for 15 seconds and add 37, you will have the approximate outdoor temperature (in Fahrenheit).

## The Mission

The May food collection, rice, salsa, refried beans, taco seasoning, shells and other food items was very successful. June we will be collecting Sunblock, Chapstick and Bug Spray. Every month the Mission is so thankful for the items we bring to them and the money that is collected. Everyone comes together every month and has made a huge difference in the community. Follow Guaranteed Transport on Facebook and you will also see a donation button for The Mission, a lot of you have offered to help and this is an excellent way to give if you are not in the Winter Haven area to drop items off. Anything you can do is greatly appreciated by many at The Mission.

## Trucking Simulator Game

Not sure what to get your child for their Birthday or Christmas.....

**Truck Driver**, a truck driving simulator game, is coming to Playstation 4 and Xbox One Sept. 19 in digital and physical formats. The game lets you set up your own rig and take it out over the road hauling various freight while building your own virtual trucking business.

"When you inherit a truck from your uncle, you decide to take your chance and move to a new city. Here, it's up to you to make a name for yourself and earn the respect of the local community. Drive through a seamless open world, work with all kinds of people ranging from a constructor to a lumberjack and honor your uncle by making it as a truck driver," said SODESCO, the game maker, in a news release.

A Stream version of the game will be available Nov. 11.

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*"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*

*"It is hard to fail, but it is worse never to have tried to succeed."*

*- Theodore Roosevelt*

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# The History of the Semi Truck

Aside from electricity, it could be argued the no greater 19th century invention shaped shipping in the United States of America more than the semi truck. Predating airplanes and interstates, semi trucks allowed American farms and businesses to sell beyond their borders in ways that trains simply could not. In fact, semi trucks are still such an integral part of the American economy that they haul over 70% of the goods we consume. So, where did the semi truck come from and how has it kept up with technology to evolve into the dominate force in shipping that it is today?

Prior to the invention of trucks, freight was hauled by horse drawn carriages and trains. Railroads were highly efficient at moving large amounts of cargo but could only deliver those goods to centralized urban centers where train stations were. While this helped grow urban areas, it fundamentally limited the growth of rural areas and even towns located miles away from city centers. In 1897 the Winston Motor Carriage Company was incorporated in Cleveland, Ohio and they launched with a series of handcrafted automobiles. Each vehicle had ornate exteriors, with hand painted sides, as well as padded seats, a leather roof, and gas head lamps. The cars rode on B.F. Goodrich tires. By 1910, improvements in engines, transmissions, and expanded roadways gave rise to the popularity of shipping via truck. In 1914 there were over 100,000 trucks on America's roads. At this point, there were so many trucks in operation that 4 states enacted the very first weight limits for semis ranging from 18,000 lbs. to 28,000 lbs. Still, solid tires, a lack of practical trailers, poor rural roads, and a 15 mph speed limit kept trucks confined to short-haul urban routes.

While it was the need to move cars that saw the development of the first semi-truck, it was a rich guy with a boat that had to get to Michigan who's order for a trailer began production on what would eventually become the modern semi trailer. It was 1914 that Frederic M. Sibley asked August Charles Fruehauf to build a trailer for his Ford Model T that would pull the businessman's boat. In fact, Sibley was so impressed by Fruehauf's work that he then commissioned him to make trailers for his lumber yard.

Fruehauf, who was a blacksmith and carriage maker by trade, began the Fruehauf Trailer Company in 1918. Industries like dairy, lumber, and fuel oil took notice of these "go-anywhere" trailers almost immediately. Their original marketing campaign gave birth to the slogan, "A horse can pull more than it can carry, so can a truck." Fruehauf trailers would eventually see action in World War I, World War II, and the Korean War. During this period of extreme success, the company would hold over 150 military patents.

Through the next decade, a number of improvements would go a longways in increasing the proliferation of the truck. Diesel engines increased fuel efficiency by 25-40% over gasoline engines, truck and trailer sizes started adhering to standards, and power assisted steering and brakes were developed. By 1933, trucks would become so common that all states had some form of truck weight regulation.

Trucking would undergo a number of refinements and changes in the ensuing years, but none were as impactful as what would occur in 1956. The Federal Highway Act of 1956 was the first step in connecting the country. Enacted by President Eisenhower, the bill authorized \$25 billion (roughly \$232 billion in today's money) for the construction of over 40,000 miles of interstate highway over a 10-year period. It was the largest public works project in American history up until that time. The act also included the first set of federal maximum gross vehicle limits for trucks, which capped at 73,280 lbs.

It wouldn't be until the 1970's, when trucking hit Hollywood, that life behind the wheel of a big rig became synonymous with cool. With over 18 million trucks on the road, Americans took notice and gave rise to trucker culture. Seen as lone wolf outlaws, renegades, and free birds, truckers found their niche amongst an interested public. Movies like 'Smokey and the Bandit' and songs like 'Convey' rose to the top of the box office and Billboard charts. Even CB radio slang became popular enough to find its way into everyday conversation.

In 2017 trucking accounted for \$719 billion in total revenue, across 15.5 million trucks, which transported 71% of all US goods. By 2018, trucking shipments were outpacing the number of available trucks as the US faces a capacity crisis fueled by a nationwide driver shortage.

Over the next decade trucking revenue is projected to hit \$1.25 trillion. In the 2020's we're likely to see wide spread use of new technologies like platooning, autonomous trucks, and digital freight matching services as cargo gets uberized. As the history of the semi truck continues to be written, the next chapter in this industry changing saga could be its most exciting one yet.

