

# GUARANTEED GAZETTE

www.guaranteedtransportservice.com

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## How To Quit Smoking

Most people who smoke know that smoking is bad for their health and harmful to those around them. They know they should quit but they also know it's not easy. Most people who smoke have tried to quit before. Fortunately, there's lots of help available. The American Lung Association can help tobacco users figure out their reasons for quitting and then take the big step of quitting for good.

These five tips can help you on the path to success:

- 1. Focus on your motivators.** Motivation waxes and wanes and this is 100 percent normal—what can you do to increase your motivation when you feel defeated or low?
  - 2. Build confidence.** Confidence that your attempt will be successful is important! What can you do to increase your confidence levels? Your confidence can increase when you make and achieve a series of small goals, when you visualize your success and when you feel like you have the tools ready for any situation.
  - 3. Stress management is key.** Many smokers smoke to manage stress, distress, and negative emotions. Being prepared with other ways to manage these feelings can be difficult and takes a lot of practice. What do your non-smoking friends do to manage stress?
  - 4. Learn from past experiences.** Most people who smoke have tried to quit before and sometimes they get discouraged thinking about previous attempts. But these experiences tell us a lot about what to do and what not to do next time! These experiences are steps on the road to future success. Think about what worked for you last time, what didn't work and what you might do differently this time.
  - 5. You don't have to quit alone.** Telling friends and family that you're trying to quit and enlisting their support will help ease the process. Expert help is available from the American Lung Association and other groups. Friends who also smoke may even join you in trying to quit!
- Every smoker can quit!** It's never too late to quit. While it's best to quit smoking as early as possible, quitting smoking at any age will enhance the length and quality of your life. You'll also save money and avoid the hassle of going outside in the cold to smoke. You can even inspire those around you to quit smoking.

At the American Lung Association, we firmly believe that every smoker can quit. Everyone is different and each quit attempt is a little different. Find the right combination of tools, medications, and support for you! And above all, keep trying.

For anyone who is ready to try quitting for the first time, tried before and is ready to try again, or is ready to help someone else quit, the American Lung Association has the [tools and tips you need](#). Our [Freedom From Smoking®](#) program is available through an [in-person group clinic](#) or online through our new [Freedom From Smoking Plus](#). Additionally, our [Lung HelpLine](#) is staffed with smoking cessation experts who can get you started on a quit plan, answer your questions and help you on the path to becoming tobacco-free. Calls are toll-free at 1-800-LUNGUSA.



### In This Issue

- Fun Facts
- Diabetes
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The Mission So Far in 2019

# BECAUSE YOU GAVE...



Thank You



- ✓ Floors Leveled
- ✓ New A/C Units
- ✓ New Windows
- ✓ New Insulator
- ✓ Inside Restrooms
- ✓ Tripled Capacity
- ✓ Rotted wood replaced
- ✓ New Sign & landscaping

**YOUR LOVE, SUPPORT AND DONATIONS AT WORK!  
...AND WE JUST STARTED ON OUR NEW RESTROOM/SOWER AREA**



## Fun Facts

- There are more insects in the world than any other group of animals on Earth.
- Mosquitos bite more when there is a full moon.
- Butterflies taste with their feet.
- The number of insect species is believed to be between 6 and 10 million.
- Spiders are not insects.
- Moths can't fly during an earthquake.
- Bees, termites and ants live in well organized social colonies.
- Bees are found on every continent except Antarctica.
- Ants have two stomachs.
- Silkworms are used as the primary producer of silk.
- Insects are cold blooded.
- A ladybug might eat more than 5,000 insects in its lifetime.
- Only male crickets chirp.
- Dragonflies have been on earth for 300 million years.
- A bee's wings beat 190 times a second, that's 11,400 times a minute.
- Caterpillars have 12 eyes.
- One dung beetle can drag 1,141 times its weight—that's like a human pulling six double-decker buses.
- There are 36 species of dragonfly found in the UK.
- Bulldog ants can leap seven times the length of their bodies.
- Mosquitos are attracted to smelly feet.
- A hornet's favorite food is a ....bee!

# Cell Phone & Driving



The use of a hand-held mobile telephone means:

Using at least one hand to hold a mobile phone to make a call; Dialing a mobile phone by pressing more than a single button; or Reaching for a mobile phone in a manner that requires a driver to maneuver so that he or she is no longer in a seated driving position, restrained by a seat belt.

**What does this rule mean to drivers and carriers?**

**Fines and Penalties** - Using a hand-held mobile phone while driving a CMV can result in driver disqualification. Penalties can be up to \$2,750 for drivers and up to \$11,000 for employers who allow or require drivers to use a hand-held communications device while driving.

**Disqualification** - Multiple violations of the prohibition of using a hand-held mobile phone while driving a CMV can result in a driver disqualification by FMCSA. Multiple violations of State laws prohibiting use of a mobile phone while driving a CMV is a serious traffic violation that could result in a disqualification by a State of drivers required to have a Commercial Drivers License.

**What are the risks?** - Using a hand-held mobile phone is risky because it requires the driver to reach for and dial the phone to make a call. Reaching for a phone out of the driver's immediate area is risky as well as dialing because these actions take the driver's eyes off the roadway. The rule applies to drivers operating a commercial motor vehicle on a roadway, including moving forward or temporarily stationary because of traffic, traffic control devices, or other momentary delays.

A mounted phone is acceptable as long as it is mounted close to the driver.

**Impact on Safety Measurement System (SMS) Results** - Violations negatively impact SMS results, and they carry the maximum severity weight.

Make sure the mobile telephone is within close enough proximity that it is operable while the driver is restrained by properly installed and adjusted seat belts.

Use an earpiece or the speaker phone function.

Use voice-activated dialing.

Use the hands-free feature. To comply, a driver must have his or her mobile telephone located where he or she is able to initiate, answer, or terminate a call by touching a single button. The driver must be in the seated driving position and properly restrained by a seat belt. Drivers are not in compliance if they unsafely reach for a mobile phone, even if they intend to use the hands-free function.

**No Call, No Text, No Ticket!**

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*"It always seems impossible until it's done."*

*- Nelson Mandela*

*"Try not to become a man of success but rather to become a man of value."*

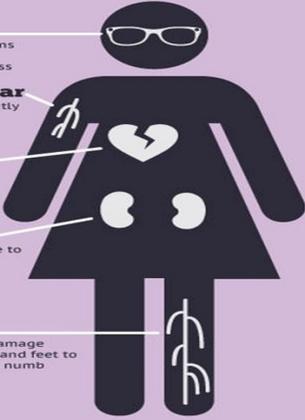
*- Albert Einstein*

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# Beating Diabetes

## Affects of Diabetes

- Eyes**  
Can cause problems with the eyes including blindness
- Blood Sugar**  
Leads to persistently elevated blood sugar levels
- Heart**  
Can increase susceptibility to heart attacks
- Kidneys**  
Can cause damage to the kidneys
- Nerves**  
Can cause nerve damage making the hands and feet to hurt, tingle, or feel numb



## How To Avoid Diabetes

There are precautions you can take to avoid getting diabetes

### Exercise

Exercise helps keep a healthy blood sugar level, maintain a healthy weight, manage stress, and improve sleep



### Eat Healthy

Eat a balanced diet low in saturated fats and sugars in order to maintain a healthy weight and blood sugar level



### Manage Weight

Make sure you are at a healthy weight for your body type and take special notice to any weight you gain around your midsection



## How to Manage Your Diabetes



### Don't Skip Medication

Follow your doctor's recommendations and do not skip a dosage, even if you feel fine



### Don't Stress

Stress can complicate diabetes so speak to someone if you ever need support



### Don't Smoke

In addition to its many other dangers, smoking can harm your circulatory system



### Keep Teeth Healthy

Higher blood sugar levels lead to an increased risk of tooth decay and gum disease



### Check Blood Glucose

Keep track of your blood sugar levels to stay in control of your diabetes



### Check Your Feet

Check your feet daily for cuts, sores, and swelling and call your doctor if they don't go away

## Sources

<http://www.ftsugar.com/Top-Five-Ways-Prevent-Diabetes-2392200>  
<http://healthnews.ediets.com/health-topics/diabetes/top-3-ways-to-prevent-diabetes.html>  
<http://abcnews.go.com/Health/DiabetesResource/12-ways-avoid-diabetes/story>  
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=4&redirect=true>  
 Obesity designed by Ana Felix from The Noun Project



# BEST AND WORST: Foods for Diabetic Truckers



*yes!*



BLACK BEANS



SALMON/FISH



NUTS



LEAFY GREENS



BLUEBERRIES



SUGARY COFFEE



FRIED FOODS



WHITE BREAD



COOKIES/SWEETS



FRUIT JUICES

## Did you know?

Diabetes occurs when your body does not properly process food as energy. When you have diabetes, your body either doesn't respond to insulin or doesn't produce any insulin at all. Insulin is a critical hormone that gets glucose (sugar that is used as energy) to the cells in your body. This causes sugars to build up in your blood, which puts you at risk of dangerous complications.

## Contact Us

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Recruiting — Option 1

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