

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

December 2020 Issue 39

2020 Going Into 2021

The COVID-19 pandemic moved the Federal Government to divide jobs into two categories, essential and nonessential. Typical jobs like doctors, nurses, police officers, and firefighters will always play important roles during a pandemic. Not so apparent industries are equally important for keeping the country moving. The transportation industry moves important products for first responders or the general public. Trucking is an essential service because it supports nearly all necessary sectors through the delivery of food, cleaning supplies, medical supplies, equipment, fuel, electronics and many other items.

America's infrastructure is held up by truck drivers. The country needs the transportation industry to remain robust and active to maintain the basic needs of citizens. Truckers are hauling products to hospitals, grocery stores, pharmacies, restaurants, and construction sites twenty-four hours a day, seven days a week. Now, more than ever, truck drivers are getting the recognition and praise they have always deserved.

The spotlight on truckers will probably dim a bit as the COVID-19 pandemic passes, and our world returns to "normal." However, the vital and essential worker role trucker drivers play in our world will remain as strong as ever.

Guaranteed Transport Service knows that it's a simple fact — truck drivers don't get to be at home as often as most other people. Staying on the road for weeks at a time, comes with some major sacrifices. Professional drivers know how to make every minute spent with family and friends count. GTS would like to Thank you for the sacrifices you make to keep this country moving and your commitment to the company this last year.

We look forward to another year of working with you!



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Driving Too Fast For Conditions

Traveling at a speed that is greater than a reasonable standard for safe driving is when truck driving is too fast for the conditions.

Examples of conditions where drivers may find themselves driving too fast include:

- Wet Roadways (rain, snow, or ice)
- Reduced Visibility (fog, winter storms)
- Construction Zones
- Curves and Intersections
- Heavy traffic

Below are some tips to help you maintain a safe speed for various driving conditions.

TIP #1: Reduce Your Driving Speed in Adverse Road and/or Weather Conditions

Adjust your speed to safely match weather conditions, road conditions, visibility, and traffic. Excessive driving speed is a major cause of fatal crashes and higher speeds may cause more severe crashes.

TIP #2: Reduce Your Speed and Enter a Curve Slowly

Speed limits posted on curve warning signs are intended for passenger vehicles, not CMVs. CMV needs to approach an exit/entrance ramp at least 10-15 MPH below posted limit. Truck rollovers are more likely to occur on exit/entrance ramps when the driver misjudges the sharpness of the ramp curve and enters the curve at an excessive speed.

TIP #3: Drive Slowly with a Loaded Tanker

Loaded tankers and sudden speed adjustment may cause the load to surge, leading to skidding or a rollover.

TIP #4: Slow Down in Work Zones

Before entering a work zone, decrease your speed, merge into the correct lane well ahead of any lane closures, and be prepared to slow down or stop suddenly.



Adjust your speed to safely match weather conditions, road conditions, visibility, and traffic. Excessive driving speed is a major cause of fatal crashes, and higher speeds may cause more severe crashes.

You should reduce your speed by 1/3 on wet roads and by 1/2 or more on snow-packed roads (i.e., if you would normally be traveling at a speed of 60 mph on dry pavement, then on a wet road you should reduce your speed to 40 mph, and on a snow-packed road you should reduce your speed to 30 mph). When you come upon slick, icy roads you should drive slowly and cautiously and pull off the road if you can no longer safely control the vehicle.

Driving faster can cause disaster!

Slow Down and Be Safe!

1-833-GTS-TANK

Fun Facts

- Christmas trees have been sold in the U.S. since 1850.
- It is believed Germany began the tradition of the Christmas tree, additionally, tinsel was once made of actual silver and is traced to 1610 in Germany.
- “Jingle Bells” was written for Thanksgiving, not Christmas.
- The first artificial Christmas tree wasn’t a tree at all. It was created out of goose feathers that were dyed green.
- Candy canes have an ulterior motive. A German choirmaster invented Candy Canes in the 1600’s as a way to keep children quiet during the Christmas church services.
- The average attendance for New Year’s in Times Square is 1 million.
- 7,000 plus Police officers patrol Times Square on New Year’s.
- Weight of the Times Square Ball is 11,875 and is covered in 2,688 Waterford crystal triangles.
- Webcast/Facebook Live viewers will be around 3.6 million to watch the Ball drop.
- In Spain, eating grapes at midnight is both a tradition and superstition. At the stroke of midnight, Spaniards eat 12 grapes symbolizing 12 lucky months ahead.
- In 1907, fireworks were banned in New York City, so instead of fireworks they lowered a 700-lb ball made of wood and iron.
- People in Italy wear red underwear on New Year’s Day to bring them good luck throughout the year.
- Americans drink close to 360 million glasses of sparkling wine during New Year’s Eve.

Understanding Your Benefits

What’s Covered Service	What You Pay	
	In-Network	Out-of-Network
Preventive Care <ul style="list-style-type: none"> ▪ Adult preventive care ▪ Child preventive care ▪ Immunizations ▪ Preventive lab, X-ray, and imaging 	\$0 per visit	40% per visit after deductible
Primary Care Office Visits <ul style="list-style-type: none"> ▪ Adult primary care ▪ Adult gynecological exam ▪ Pediatric primary care 	\$35 per visit	40% per visit after deductible
Specialist Office Visits <ul style="list-style-type: none"> ▪ Specialty care ▪ Chiropractic (limit 20 visits per year) ▪ Routine eye exam (limit 1 visit per year) 	\$70 per visit	40% per visit after deductible
Diabetics <ul style="list-style-type: none"> ▪ Foot exam (limit 1 visit per year) ▪ Eye exam (limit 1 visit per year) 	\$0 per visit	40% per visit after deductible
Outpatient Services <ul style="list-style-type: none"> ▪ Diagnostic lab, x-ray, and imaging 	0% per visit after deductible	40% per visit after deductible
<ul style="list-style-type: none"> ▪ Medical/surgical care ▪ High-end radiology (e.g., MRI/CT/PET), nuclear medicine, and sleep studies 	10% per visit after deductible	40% per visit after deductible

People’s behavior makes sense if you think about it in terms of their goals, needs and motives.”

- Thomas Mann

“The time is always right to do what is right.”

- Martin Luther King

Benefits of Trucking with Pets

OTR trucking can be a lonely profession. There are many hours spent on the roads, without the companionship available in other career fields. Thankfully, though, Guaranteed Transport has an allowance for pets, giving drivers much-needed companionship while on the road. Below is information on the benefits of truck driving with a pet.

Health Benefits:

- * Heart attack patients with pets survive longer when compared with those who don't own pets.
- * Pet owners have lower cholesterol levels and triglycerides than those who don't own pets. These levels are in direct correlation with heart disease.
- * Pet owners who are over the age of 65 years-of-age tend to visit the doctor up to 30% less often when compared to those who don't own pets.
- * Interacting with a cat or dog has been proven to elevate levels of dopamine and serotonin. This relaxes and calms the nerves, improving the mood.
- * Pet ownership tends to reduce hypertension when compared with those who do not own pets.
- * Studies have shown pet owners have a lower risk for and experience depression less often than those without pets.
- * Pets don't have to just include dogs to derive benefits. Cats are also beneficial.

Pets Provide Motivation For Healthy Changes

In addition to the points listed above, pets also benefit drivers by causing the following changes in their lifestyle:

Adding Structure: Pets need regular exercise, bathroom breaks, and require a specific feeding schedule. A driver on their own might have no motivation to stop and stretch their legs after hours on the road, even though it would likely benefit them. However, having a pet along with them will prompt a driver to stop regularly and let their dog exercise, use the bathroom, or eat. This, in turn, is beneficial for the driver as well as the act of walking their dog will give them an opportunity to walk around as well.

Keeps Them at a Healthier Weight: Drivers who walk their dogs regularly are more apt to lose weight when compared with those without pets. Having a pet, in essence, works similarly to having an exercise buddy. Truck drivers tend to neglect their own health when it relates to weight. Having pets along will get them moving.

Fulfilling The Need For Human Touch

The science behind this is vast, but one of the most basic reasons it is believed pets provide benefits to their owners is their ability to provide something all human beings are born needing. That is the experience of basic human touch. All people need this, and when a truck driver is on the road for hours, days, weeks, or even months at a time, they will find themselves wanting when it comes to human touch. When a driver can stroke the fur of their ride-along pet, it meets the basic human desire for human touch and interaction.

The Biggest Benefit of Truck Driving With Pets

Again, as mentioned above, companionship is obviously a benefit of pet ownership for truckers. Truckers can talk to their cat or dog while making a long run, which helps them feel less alone. Also, truckers who have to consider their pets, their health, etc., when they need bathroom breaks means they stop more often than they otherwise might.



Did you know?

Wreaths Across America began as a small ceremony led by the Worcester Wreath Company in 1992 as a way to distribute a surplus of wreaths, but as plans were underway several other organizations and volunteers stepped up to help. The annual tribute went on quietly until 2005, when a photo of the wreaths at the cemetery garnered national attention. By 2007, Wreaths Across America was formed as a non-profit organization and has grown exponentially each year since.

Last year the organization along with numerous volunteers and donors were able to place wreaths in 2,100 cemeteries across the nation and 70 trucks brought more than 254,000 wreaths to the national cemetery.

Contact Us

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