

TRUCKERS' Gear Guide

LET'S TAKE
AN 'ELFIE'!



**MARRIED
2 THE ROAD**



**TRUCK
DRIVING TIPS**
BRITA NOWAK

MUCH MORE INSIDE

IN THIS ISSUE



EATING CLEAN OVER THE HOLIDAYS



PRACTICAL GIFT IDEAS FOR TRUCK DRIVERS



MARRIED 2 THE ROAD

HOLIDAY GIFT HUNT

FIND AND WIN

GIFT LIST FOR TRUCKERS

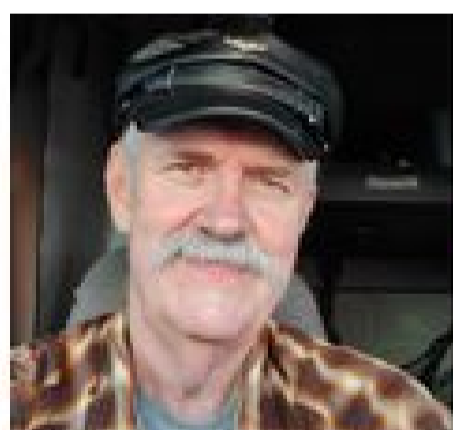


LET'S TAKE AN 'ELFIE'!

PRO DRIVER TIP

**WHAT TO KEEP IN YOUR TRUCK
IN THE WINTER**

Brita Nowak



COOKING WITH ROADPRO® TRUCKER EDITION

with Ron McClain



WINTER'S CHALLENGES



STAYING FIT





OVER THE HOLIDAYS

By Hope Zvara – Mother Trucker Yoga

For most, when the holidays come around every ounce of health logic goes out the window, and the phrase “after the holidays I’ll eat better” comes out. Which is really a free pass to yourself to have zero self-control and awareness of what you are about to do for nearly two solid months.

And for drivers who may already struggle with finding a healthy balance between nutrition, exercise, and lifestyle, the holiday-free pass can put them even further out of alignment with their health goals.

No matter if you are on the road or at home for the holidays, it’s essential to keep splurges in check – especially on the go.

Health does not and should not be something you turn off and on, but rather something that you integrate into your lifestyle in a way that you feel as though you can maintain where you are right now. Now is not the time to come up with crazy fitness goals or adopt extreme health diets, nor is telling yourself you will flip an unrealistic switch once the holidays are over. Because you and I both know that is a lie (yep, I said it).

When to Indulge:

No matter if you are on the road or at home for the holidays, it’s essential to keep splurges in check – especially on the go.

And while everyone else is telling you all about the new, fanciest diets, I’m telling you that moderation, no matter what, is key. The key is to moderate the calories and at the same time choose foods packed with more nutritional value.

What foods to choose from?

- Lean meats: chicken, turkey, or fish, opt for fun seasonings rather than dressings to keep your calorie and sugar consumption in check.
- Nuts and seeds: raw, or lightly salted, be careful of trail mixes with dried fruits, chocolate, etc that can pack on extra sugar and calories when consumed in high quantities.
- Vegetables: Opt for raw vegetables, grilled, oven-roasted, or steamed, and have fun with seasonings; opt for coconut oil, olive oil, or even toasted sesame oil and fresh herbs for a little extra flavor.
- Whole grains: Opt out of refined grains, and look for barley, brown rice, buckwheat, bulgur (cracked wheat), millet, and oatmeal and consume them in moderation.

Holiday eating is often a mindset shift more than a diet shift. Having a plan and not arriving at a holiday party stressed, or eating simply because everyone else is, can be key to keeping a healthy body and not feeling the stress of extra pounds come the first of the year.

Holiday Health Strategies:

Create a healthy routine now, rather than later. A big part of any lifestyle change is your mind and how you think about it. If you keep telling yourself, you will care about your health later, what you are really saying to yourself is “my health is not a priority”. Hence the reason you then struggle to make any healthy changes come the first of the year.

Instead, create a plan you can adopt through the holidays and beyond.

Healthy Holidays Strategy Guide:



Hydrate. Dehydration not only leads to brain fog and constipation, but often we think we are hungry when we are thirsty. So, drink up. Opt to get your water in at the beginning of the day to curb hunger and help you feel your best when unhealthy foods are coming your way.



Healthy foods first. Holidays or not, instead of making yourself choose healthy foods or indulgent ones, choose healthier foods first. Then allow yourself a dessert, or piece of pie afterward. By filling up with good nutrition first you can hopefully curb that desperate need to eat any food when really your body is craving nutrition. And when you don’t get that nutrition, you just keep eating and we all know where that approach leads us.



Move and breathe. Anxious eating and stressful holidays are not a good combination. Stress eating is often an unconscious coping mechanism much used during the holidays when they aren’t comfortable with their company. Make it a point to schedule a few minutes of activity, walking, yoga, a few bicep curl reps, and breathing exercises. They all can help you get your mind in a better place so you can step into the holiday festivities

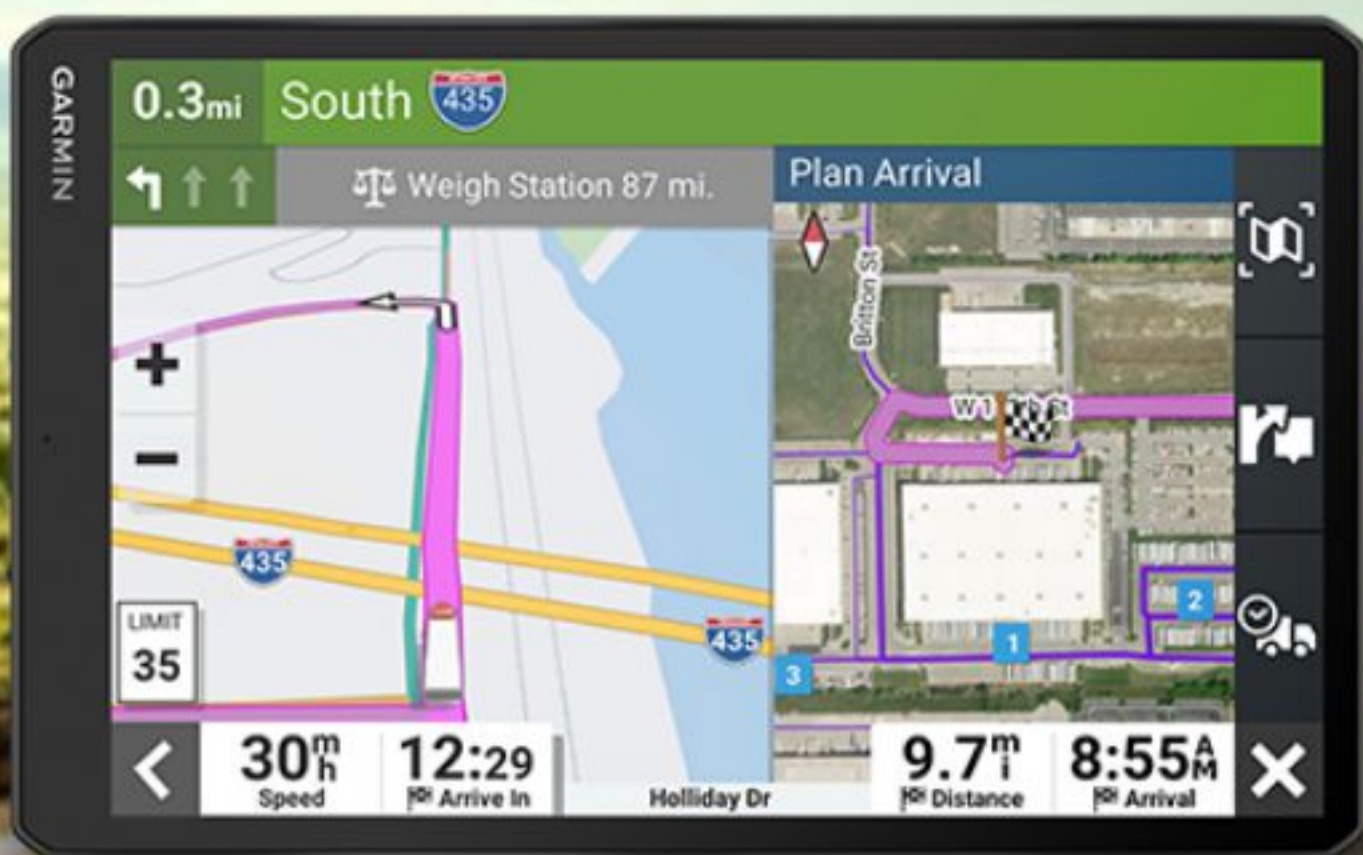
feeling more in control. Remember no one makes you put food in your mouth except you. And if you don’t feel in control, take back control. Adopting activities even for just five minutes a day can help you destress and feel like you can be the driver of your life.

No matter what the holidays have in store for you. opt for a holiday game plan so you can prioritize your health and change lanes towards a happier, healthier, stress-free you. It’s your job to create a game plan so no matter what you come up against you can stay in control and feel like you can have a slice of cake but not eat it all. ●

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PRACTICAL GIFT IDEAS

FOR TRUCK DRIVERS

By David Hollis

Even with the best pre-trip planning and inspection, things can go wrong. Tires blow out. Foul weather occurs. Accidents happen. Over-the-road trucking can, at times, be fraught with emergencies, and you need to be prepared.

Fortunately, there are several devices, gadgets, and tools that can help minimize the impact of such situations whether they are large or small. Having any of these in your truck improves your level of safety.

Additionally, any of these items makes a thoughtful holiday gift for the trucker on your giving list.



Emergency Rescue Hammer

This is one of those tools that most drivers will wish they never needed. This emergency rescue hammer may be designed with firefighters, police officers, and other first responders in mind, but it could be a lifesaver for the trucker who gets in a wreck. The tool's double-sided steel striking heads will shatter a truck cab's window if the doors won't open. Its concealed blade easily cuts through a seatbelt. It's about 6.75 inches long and comes with a mounting cradle. [Available online for \\$11.99.](#)

ChargeTab

Never be caught with a dead smartphone battery again. ChargeTab is an emergency pre-charged 2900 mAh lithium battery that delivers standby power for most devices. The ChargeTab is designed for most Android devices and comes with a short USB-C cord attached. It delivers about half a charge for your smartphone. It has a two-year shelf life so you can keep several of them in your truck's glove compartment. [Available online for \\$19.99 for a three-pack or \\$34.99 for a six-pack.](#)



Gerber Shard

Designed to fit on your keychain, the Gerber Shard is seven items in one compact tool. Made of stainless steel, the Shard has small and medium flathead screwdrivers, a pry bar, bottle opener, wire stripper, Phillips head screwdriver, and a lanyard hole. The Shard is ideal for those small jobs that crop up while on the road. [Available online for \\$19.99.](#)

BlackCanyon Outfitters Hi-Vis Safety Vest

Whether it's during a breakdown on the side of an interstate, performing your pre-trip inspection in the terminal yard before hitting the road, or just stretching your legs at a truck stop you need to be readily seen. This high-visibility safety vest is just what you need. Made of 100% polyester, this mesh vest has 2-inch reflective trim, so you are visible in low-light conditions. It's available in Large and X-Large. Find it in a [travel center near you.](#)



LUMAGEAR Head Lamp

You need your hands free when working on your truck. LUMAGEAR's Head Lamp lets you work hands-free and provides 300 Lumens of brightness so you can see what you're doing. It features 90-degree tilt flexibility and adjustable zoom. Powered by two AA batteries, LUMAGEAR's headlamp will provide up to eight hours of light. It has three settings: high, low, and strobe.

[Available online for \\$17.03.](#)

Emergency Blanket

Sudden winter storms can leave even the best pro drivers stuck on an interstate for hours, or even days. Staying warm in such conditions is essential, especially if you cannot keep your truck running. Created for backcountry campers, this super-lightweight emergency blanket is made of vacuum-metalized polyethylene heat sheets and reflects 90% of your body heat. It weighs just 2.5 ounces and can be easily stored in your truck's cab. [Available online for \\$10.47.](#)



Tobfit LED Road Flares Emergency Lights

Everyday news is filled with headlines about highway accidents that occurred because a motorist failed to move over. One way to ensure you aren't in one of those headlines is to be sure you're seen when stopped by the side of the road. These LED emergency lights can help make that possible. With nine different flash settings, the super-bright lights can be seen up to a mile away. They have powerful neodymium magnets so they can be attached to the back or side of your trailer. They also feature fold-out hooks so you can be hands-free while using one of these lights in flashlight mode. Available online, a six pack of these emergency lights in a zippered case sells for \$32.99.

Three-Piece Tactical Tool Set

RoadPro delivers three tools that can be invaluable in case of a roadside emergency. The kit includes a flashlight, a folding jackknife, and a 13-in-one multitool. Three AA batteries are included. [Available online for \\$25.71.](#)



Emergency Radio

Natural disasters, whether they are earthquakes, floods, hurricanes, blizzards or tornadoes, are happening with increasing frequency. It only makes sense to be prepared. This combination device's (AM, FM, NOAA) radio keeps you up to date on conditions while it recharges your smartphone or other devices and provides emergency lighting. You can plug it in to recharge its 4000 mAh battery or use the hand crank to replenish it if the power goes out. It features a powerful flashlight and a reading light with a motion-sensing setting.

[Available online for \\$30.99.](#)

Everlit Emergency Glow Sticks

Glow sticks are not just for raves. They are a staple in most emergency survival kits and can be a godsend in a roadside emergency. Simply bend one of the six-inch-long plastic sticks and then shake it to combine the chemicals that create a glow. Each one comes with a string so it can be hung on your truck or on yourself, so you're seen in the dark. They last about 12 hours and come in yellow or green. [Available online for \\$6.95 for six of them or \\$11.95 for 12.](#)



Helpmate Telescoping Shovel

Drive long enough and you'll encounter winter conditions requiring a snow shovel. Shoveling snow is easier with this shovel's lightweight design and D-shaped handle. It features a metal edge, foam grip and a telescopic pole that extends 3.5 feet, so it takes up less space in your truck. Find it at a [travel center near you.](#)

Certainly, all these items can help pro drivers avoid or deal with emergencies that occur while on the road. Still, there's no substitute for heads-up defensive driving.

Consider these tips:

- Avoid distraction, especially smartphone use. Save the texting for when you stop to refuel, rest, or when you arrive at your destination.
- Be aware of your rig's blind spots and four-wheelers who might be in them.
- Reduce your speed in heavy traffic or bad weather.
- Resist the urge to react to bad driving behaviors of others. The effects of road rage are multiplied in a tractor-trailer.
- Always use your directional signal when you change lanes, exit an interstate, or make other turns even if there is no traffic around you.
- Stay rested so you can stay alert on the highway.
- Use good judgment. Don't drive in dangerous conditions, especially in bad weather.
- Buckle up. Wearing a seat belt is required by federal regulations. Besides, not wearing one is a seven-point violation in the unsafe driving category of the Compliance, Safety, Accountability program. •

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MARRIED 2 THE ROAD

By Angela Baum

Larry and I met like so many other people in today's society, on a dating app. At the time he was an over-the-road truck driver for 12 years, and I was a single Mom to two girls working two jobs. After dating only a few months, Larry popped the question at Christmas in front of about 40 of my family members. Trucking was completely new to me and being a newlywed, I was not crazy about spending so much time apart from each other. He convinced me at the age of 45 years old to go and get my CDL so I could join him out on the road.

Initially, when we started team driving, we were driving for FedEx Ground, and I was trained on doubles. Oh, did I mention that Larry was also my trainer? That made for an intense first two years out on the road. The first two years were filled with a lot of arguments and disagreements as we learned how to cope with each other 24/7 in confined living quarters.

Adjusting to a work relationship full-time has not always been easy. We are like any other couple; we have our ups and downs

For the most part, I do most of the daytime driving while Larry sleeps. Then in the evening we will swap and enjoy a meal together. Larry will take over driving the nighttime shift. The truck is constantly moving unless we are fueling, picking up or dropping off a load, or showering. Adjusting to a work relationship full-time has not always been easy. We are like any other couple; we have our ups and downs. The difference is we cannot just walk away from each other. We are quite literally a team in every aspect. In moments when things are too tense with us, we have learned over the years to separate. One will go to the back of the truck to cool off before hurtful things are said.

The last 7 years have truly taught us to work as a team and to have each other's back. Even when we are home during downtime, we want to be together 24/7.



For the last 7 years, we have traveled throughout the US and Canada with our two dogs Gizmo and Bandit. We recently added another furry addition to our family, Nova a twelve-week-old husky. As I stated earlier, I started out on doubles since we got all the endorsements and clearances. This allows us to haul special Military, Government, and FBI loads.

Recently, we made the move to a new company called Fluckin Truckin. Not only did the owner see value in us as a team with all our endorsements and clearances, but she also saw the difference we were trying to make in the trucking community and wanted to invest in us. One year ago, I won the

Queen of the Road award through REAL Women in Trucking. This led me on my journey to become a board member at REAL Women in Trucking so that I could be a part of making a real difference in the trucking community.

Two years ago, at the height of COVID Larry and I started Treat a Trucker on Facebook. We saw a real problem with truckers feeling under-appreciated and having a hard time finding open places to get meals at. Each week we would take \$100 out of our paycheck and buy ten \$10 gift cards to Subway, Walmart, or Denny's. We would gift truckers along the way as our way of saying thank you for sacrificing time away from your family and friends. Since we started this, we have received donations worldwide, and have brought in other truckers to help us gift truckers. Now we have gifted over 1,500 truckers in less than two years. We hope to reach 2,000 truckers by end of the year!

Two weeks ago, we finally moved into our new home! It is an ARI Volvo Super Sleeper, which is quite literally like an RV for truckers. Our current home (aka our truck) is a 180-inch sleeper. It features a fully equipped kitchen with two electric burners, sink, microwave, conventional oven, bathroom with a shower, dining area, and a queen-size bed.

This is something Larry and I have dreamed about for 7 years, and it still does not feel real yet. We are currently in the process of listing our home for sale, so we can live on the truck full time to help us save towards our retirement. ●



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GIFT LIST FOR TRUCKERS



Presented by RoadPro Family of Brands

Although filled with joy and goodwill, Christmas can get more complicated if you're a trucker or you have one in the family. That's especially true if a driver is on the road or has limited home time when the holiday arrives.

This is a season of heightened expectations. There may be holiday parties to attend or host. Family dinners to plan and cook for. Decorations to be hung, and children's and grandchildren's expectations of Santa to be managed delicately.

And, of course, there is the question of gift-giving, which is made more demanding in these uncertain economic times. But fortunately, you certainly can give the trucker on your gift list something that improves the comfort and quality of their life on the road, and not bust your budget in the process.

Here are a few gift suggestions most professional drivers would appreciate this Christmas.



Heated Travel Mug

Having a decent cup of coffee while on the road is something as close to essential as anything in a professional driver's life. But only if it's hot. Few things are as disappointing as taking a swig of coffee and having it cold, especially this time of year. The 15-ounce heated travel mug from RoadPro guarantees that won't happen. The 5-foot-long cord plugs into your 12-volt port and can keep your coffee – or any other hot beverage of your choice – at one of five settings from low to the max temperature. With a non-slip bottom, and shaped to fit standard cup holders, the heated travel mug will keep your coffee hot and handy as you drive. It is available at most truck stops and [online for \\$29.99](#).

Tidify Front Seat Organizer

"Everybody's gotta have a little place for their stuff. That's all life is about. Trying to find a place for your stuff," said the late, great comedian George Carlin in one of his most memorable bits. That's especially true for truckers while on the road, and fortunately, the Tidify front seat organizer is a good place for your stuff. Made of heavy-duty polyester fabric, the organizer has two deep cushioned compartments, two pockets for bottles, two zipper and open pockets, spots for pens, and a separate, easily accessed pocket for your smartphone or a power bank. It hangs over the passenger's seat headrest and is secured in place by side straps. The Tidify organizer is [available online for \\$36.95](#).

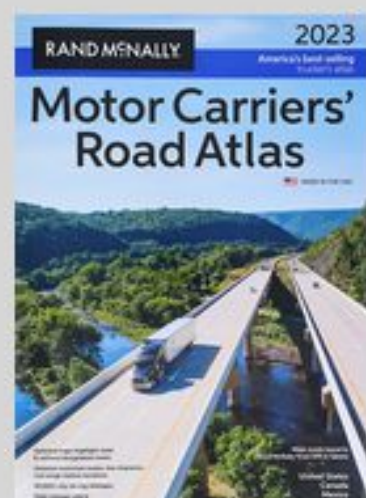


12-Volt Two Outlet Adapter

Life on the road has become more enjoyable by the array of 12-volt appliances available to truckers. However, using more than one at a time can be a problem if your truck has just one 12-volt port. RoadPro's two-outlet cigarette lighter adapter doubles your options so you can use your 12-volt stove and a 12-volt coffee pot at the same time. Its fused plug protects your truck's electrical system, and it draws 15 amps. The 12-volt two-outlet adapter is available at truck stops and [online for just \\$9.99](#).

Rand McNally Motor Carriers' Road Atlas

Around for almost 40 years, the Motor Carriers' Road Atlas has been – or at least ought to be – in the cab of every over-the-road trucker. It contains a wealth of information starting with up-to-date truck-accessible highways and restricted routes. But, more than maps, the atlas also has state-by-state trucking regulations, up-to-date state fuel tax charts, weight and size limits, registration information, hazmat regulations, phone numbers, and websites for state police and operating authorities. It makes sense to have a current GPS truck navigation device onboard. But the current Motor Carriers' Road Atlas is also indispensable. The road atlas is available at most truck stops and [online for \\$24.99](#).



12-Volt Dual Fan

Staying comfortable while driving is key to staying alert and aware. Often that means staying cool. The 12-volt dual fan from RoadPro can help you stay cool. With variable speeds, the fully adjustable fan will give you the desired airflow. With a 7.5-foot-long cord and heavy-duty mounting clip, the fan can be placed where you most need it. It features a 12-volt fused plug to protect your truck's electrical system. The 12-volt fan is available at most truck stops and [online for \\$29.75](#).

Duke Cannon Cold Shower Field Towels

Been a hard day? A warm one? Had to tarp a load or unload some freight? Now that the day is done, you need to clean up, but you may be parked where there are no showers. No worries. Duke Cannon's Cold Shower Field Towels can be a suitable solution. Not only do they clean your skin, but because they're made with menthol, they also cool you as well. Like other Duke Cannon products, the Cold Shower Field Towels are developed with a military advisory board, so they are up for the most demanding chores. A pack of 15 in a resealable pouch is available online for \$12 or at a travel center near you.



Leatherman Skeletool

Sometimes you need more than your trusty jackknife, but far less than your truck's toolbox. That's when you need a multitool like the Skeletool from Leatherman. It has seven tools including a knife, pliers, bit driver, and wire cutters. Unlike many other multitools, the Skeletool is lightweight and easy to use with one hand. It also includes a removable pocket clip so it's always at hand. Like all Leatherman tools, it's made in Portland, Oregon, and comes with a 25-year warranty. The Skeletool is available [online for \\$74.95](#).

Officemate Clipboard Storage Case

While COVID hastened the process toward electronic documents replacing paper BOLs, most drivers still have paperwork to keep organized. The Officemate Clipboard Storage Case can do that for you. With three external compartments, the case keeps supplies within easy reach, and a powerful top clip will hold a pad or your paperwork in place. It has plenty of space for other documents and supplies. At 14.5" x 11.75", it is large enough to accommodate plenty of your documents and provides a sturdy surface for writing. The storage case is [available online for \\$16.47](#).



Stanley Camp Pour Over Coffee Maker

There are times when any cup of coffee will do. Then there are times when you want a hot steamy mug of quality brew to relax with when you're taking a break. The Stanley Camp Pour Over coffee maker allows you that little luxury. Just fill the top with your favorite ground coffee and pour in the hot water. The coffee brews and drips through the stainless-steel filter into the mug below. Made by the same folks famous for their thermoses, the coffee maker is rugged enough for life on the road. The coffee maker is available [online for \\$29.96](#).

BlackCanyon Outfitters General Purpose Gloves

Let's face it, your hands are important to almost everything you do in your daily life as a professional driver. Therefore, it only makes sense to protect them. The BlackCanyon Outfitters gloves will do that for you while not sacrificing the dexterity you require. They are made of synthetic leather and have four-way stretch backs and padded palms. With hook and eye closures, they adjust to your hands, so you have a comfortable fit. The Black Canyon Outfitters gloves are available at a travel center near you or [online for \\$15.70](#).



Duluth Trading Tradesman Neck Light

Many of the jobs on your truck require both hands. That can be a concern at night. Duluth Trading's Tradesman Neck Light solves that problem and does it easily. The light rests safely and comfortably on each side of your neck, and its two lights provide 100 lumens of illumination. It is shock and water-resistant so it's perfect for working in less-than-ideal conditions. Powered by two AA batteries, the neck light provides up to three hours of illumination on high or six hours on low. The neck light is available [online for \\$29.95](#).

So, as Christmas looms and your thoughts turn to find the ideal gift for the trucker on your list, keep these few tips in mind:

Cost isn't everything. Trite as it sounds, it truly is the thought that counts, so be thoughtful about the gift you give that trucker.

Pay attention. Start listening even closer to what they have to say about their life on the road, what makes them comfortable, and what makes them happy while away from home.

If all else fails, give them a gift card to the truck stop or travel center of their liking.

Don't be afraid to ask. Just come out and say, "Give me a couple of gift suggestions."

And, most importantly of all, try to spend quality time with your loved ones this holiday season. If your trucker is on the road, call or Facetime with them to say, "Merry Christmas." And, if they're home, don't get so busy celebrating that you don't have quality time together. ●

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LET'S TAKE AN 'ELFIE'!

Joy is not just spread during the busy holiday season. Truck driver, Todd Daum brings joy to others all year long as he plays the natural role of 'Santa'.

Daum began his truck driving career for the fire department. As a member of the fire department, he was not allowed to grow a beard. After working multiple jobs and gaining a better sense of different industries, "it was a logical step to get out of doing the other jobs and go into trucking," said the Ohio native. Daum, a driver for Cliff Side Transportation, started growing a beard once he began his new role and shortly after started getting the name 'Santa'.

It brings happiness to others when they see Daum at a truck stop, warehouse, or while he is driving.

Daum is a long-haul truck driver and spends most of his time hauling loads on the eastern side of the United States. His loads occasionally take him to Texas. Along his routes, he's become recognized as a Santa lookalike.

It brings happiness to others when they see Daum at a truck stop, warehouse, or while he is driving. "Everybody calls me Santa, even the shippers and receivers I've never been to," Daum shared. "They say to look for the guy that looks like Santa Claus. It has become a way of describing me."



Daum recollects many moments when he stopped to take a break at a truck stop and someone approached him. "There was one time I was sitting in a truck stop taking a break, and a young girl walked up and said, 'Hi Santa.'" Daum was in his work attire and not in Santa mode. He found himself immediately switching into his Santa role and carrying on the conversation with the young girl. "Her brother came up and I was talking to him," Daum shared. "Their mom was standing there grinning from ear to ear." Daum takes time out of his day to speak with kids who come up to him to make sure they continue to believe in Santa. It brings joy to the children, and it makes him happy too.

Daum doesn't mind when others come up to him when he is out. "I've had parents walk up to me and ask to record a message for their children", said Daum. He sits at the truck stop and records a short message to the parent's children when he is asked. "It brings joy to families and makes someone happy," said Daum.

While you may not be able to play the role of 'Santa' this holiday season, there are still ways to spread cheer! Be respectful and kind to clerks, shippers, receivers, dispatchers, and others you encounter along your route.

Santa Daum visits several country clubs, private events, and family events during the holiday season. He purchased an expensive velvet Santa suit to make it the real deal. "I don't have to worry about a beard or anything because I have my own beard," he said. "Kids can tug on my beard and mustache all they want."

It's enjoyable for Daum to play the role of Santa at family events. "I know the families and they give me the background information I can throw at the children," Daum said. "It really brings everything home for them."

"I have done the outdoor shopping outlet mall in Cincinnati, Ohio just to walk around and spread cheer," Daum mentioned. "I will sit down beside somebody on a bench and tell them to get out their phone to take an elfie", he shared.



Daum plans his Santa event schedule far in advance to make sure he can get home in time for Santa gigs. His trucking career has given him the opportunity to see the country and continue to get products to the right destination.

While you may not be able to play the role of 'Santa' this holiday season, there are still ways to spread cheer! Be respectful and kind to clerks, shippers, receivers, dispatchers, and others you encounter along your route. There is always room for kindness. ●

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PRO DRIVER TIP

What to Keep in your Truck in the Winter

Brita Nowak



ROADTIPS
What To Keep In Your Truck In The Winter

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Born in Berlin, Brita worked as a model and actress in Hollywood before starting her trucking career. Now she owns her own trucking company, BratCat Express. In addition to all things trucking, Brita is multilingual and has a business degree. In the same week that she was voted Overdrive Most Beautiful 2016 Brita was diagnosed with breast cancer. She opted for immediate bilateral mastectomy WITHOUT reconstruction and is trying to bring awareness to the practice of selling vulnerable women on this unnecessary surgery.

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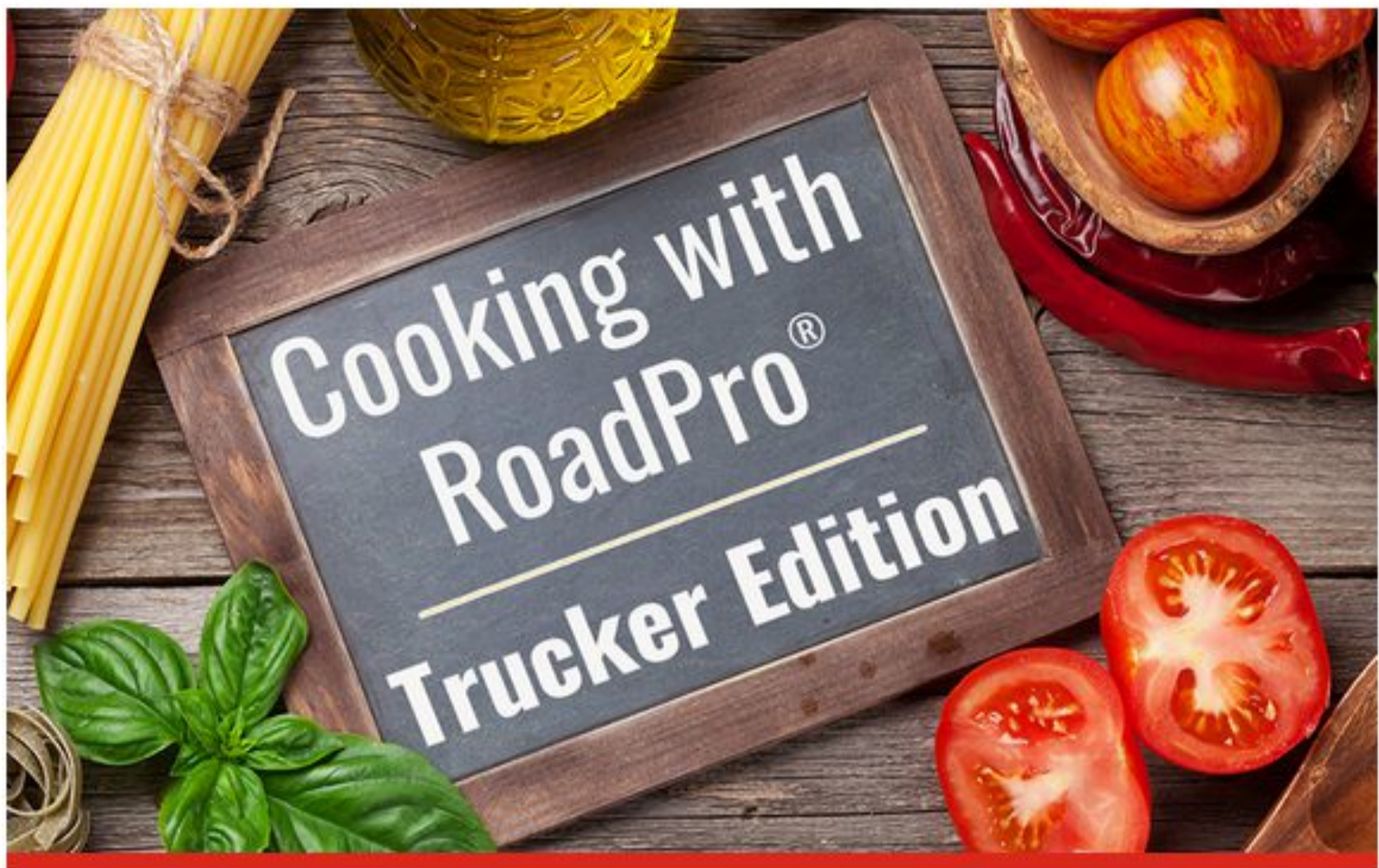
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6 EGG EAT-IT-ALL-DAY ITALIAN GARBAGE OMELET

Recipe from Ron McClain



Ingredients:

- 6 eggs, scrambled and seasoned
- Small can of olives
- 8oz can mushrooms (stems pieces)
- 1 small onion, chopped
- 1 cup (about 6 florets) cauliflower, broken up into small pieces
- 1 celery stalk, sliced
- 4oz shredded mozzarella cheese
- 4oz shredded cheddar cheese

6oz thin sandwich sliced pepperoni, cut into small pieces

Directions:

1. Line your lunchbox stove/oven with nonstick foil.
2. Scramble the eggs in a large bowl. Add all the veggies, pepperoni, and half of the cheese. Mix it all together. Pour it into the stove/oven. Top with the leftover cheese.
3. Latch the lid and plug it in. Let it cook until it sets.
4. Unplug the stove and let it cool for a few minutes as it will start to pull away from the sides as it cools.
5. Cut out what you want to eat and refrigerate it in containers to eat later. Warm up in your stove for leftovers.
6. Substitute different fillers as you desire. Examples: carrots, beans, broccoli, sausage, bacon, grilled chicken, etc.

McClain's tips for using the RoadPro 12V Stove

- Experiment and find out what works in it.
- White rice and minute rice are not good. They turn in to mush. Uncle Ben's Brown Rice works great.
- Cheap store-brand pasta turns into mush. Barilla, the yellow box with Omega 3 works great especially when you add butter to the casserole AFTER it cooks.



Ron McClain is an ex-Navy Nuke, Submariner, and Truck Driver for 26 years. He has been using the 12v stoves for 20+ years. McClain started out just warming up cans of chunky soup and stew. Later on he discovered the advantage of using foil to line the pans. It helps with cleaning up after.

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WINTER'S CHALLENGES

BE ALERT. BE AWARE. MOST OF ALL, BE PREPARED.

By Rich Guida, *Brand Manager, Howes*

Winter is often described with words like "harsh," "wrath," "frigid," and even "painful." No one knows the reasoning behind those words more than the brave men and women of the trucking industry that head out into the brutal elements all season long. Below are just some of the challenges they face and the knowledge they've shared about how to deal with them.



Gelled Fuel and Clogged Fuel Filters

In cold weather, diesel trucks run the risk of experiencing gelled fuel and clogged or frozen fuel filters. The concern is greatest when you start out in a warmer climate and travel into a colder one on the same tank of fuel. The reason behind this is that fuel dispensed in places with warmer temperatures is not always treated with preventive additives that help you avoid gelling. While the fuel may be fine in places with mild weather, it could pose real problems as you head into a place where the weather is more extreme.

Some truck drivers prefer to idle their truck when stopped to allow the cabin to heat up the filter and keep ice or gel from clogging it. But that can be costly and even ineffective, especially if you're just coming off the road. Instead, you should always try to prepare your fuel for colder temperatures by adding a quality winter additive before heading anyplace cold. At the very least, you should have a solution on hand should a problem occur, like carrying a rescue product that can help in an emergency situation.

Being prepared is always key and fuel system preparation is no exception. With **Howes Diesel Treat**, the number one trusted anti-gel on the market, you can be sure to prevent gelling by using it at every fill-up. In the event of missed treatments or over-the-top extreme weather, **Howes Diesel Lifeline** can help bail you out of any gelling or icing situation. The only alcohol-free winter rescue product, it will safely and easily get you back on the road fast, guaranteed.



Ice and Snow

Another big winter challenge is navigating through ice and snow. However, there are things that you can do to help limit the risks that come with driving in a less than ideal environment. First, simply keep up with your truck's preventive maintenance schedule. This helps you to avoid equipment failure in the thick of a storm. Next, be sure your truck is equipped with seasonal tires that have proper tread and pressure. This will help prevent you from sliding on dangerous roads. Also, take your turns slowly and steadily. Hidden patches of ice can spell disaster, especially if you're taking a sharp turn.



The Need for Speed

Although it may be tempting to travel as quickly as possible through unpleasant weather, it is imperative to take things slow when you are dealing with a winter storm. While speed is technically in a driver's control, limiting it can be an easy rule to forget about, especially if there are other drivers on the road passing you by. It's far more dangerous to try to speed through a storm than it is to take your time and pay extra attention to the task at hand.



Traffic Clusters

In icy winter conditions, it's best to stay clear of traffic as much as possible. While it is common for cars and trucks to "cluster" and drive in tandem with one another, it's actually safest to keep as much distance as possible from other vehicles. You should try your best to have a buffer zone in both the front and the back of your truck. The more space you have on any side, the better.



Faulty Equipment

It is always important to pay attention to the state of your truck's equipment, but it's even more crucial in the winter season. When you are driving in inclement weather, pay attention to any warning lights or signals that might indicate things are not running as well as they should be. The last thing you want is to be stranded on a remote highway with a broken-down truck. It is equally important to pay attention to the function of the trailer that you are pulling, keeping a critical eye on the trailer tires to ensure that they do not freeze.



Blistering Cold

While hopefully you never find yourself stuck due to any of these challenges, if you ever do, you don't want to become a victim to the cold. Instead, always carry a well-stocked emergency kit. It should include things such as a first aid kit, water, a solar blanket, gloves, and an extra set of warm clothing. It should also have a properly checked fire extinguisher, jumper cables, reflective triangles, and road flares. And just in case gelling or icing happen to be the cause of your problems, you should always have a bottle of **Diesel Lifeline** at the ready.

Wherever your travels take you this winter, your friends at Howes wish you a safe and challenge-free season, with hopes that spring arrives sooner rather than later. For more information on how Howes can help get you through the season and how the powerful "one-two punch" of Diesel Treat and Diesel Lifeline can help you beat all winter fuel challenges, visit howesproducts.com •

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STAYING FIT OVER WINTER

By Laurie Zwierzynski – Interstate Fit

As winter approaches, the weather may become a factor in keeping up with your workouts. Let's face it, few of us want to go out into the cold and snow just to do a workout. However, the cold weather is no excuse to stop working out or postpone starting. You can complete a full workout exclusively in the confines of your truck sleeper cab.

We have all heard about the benefits of exercising. Various benefits include weight control, bone strength, improved sleep, and reduced risk of chronic diseases. But exercise also increases brain function and memory, aids digestion, reduces stress and anxiety, improves skin health, and promotes a healthy lifestyle. The benefits clearly outweigh the struggle to fit exercise into your day.

Interstate Fit came to fruition through a group of friends dedicated to health and well-being. The focus is to promote over the road driver health.

I'll be honest, I don't like to work out. I do it because I know that taking the time to implement small but attainable daily workouts adds to better health, attitude, and overall well-being. If I can manage to do it, so can you. The key is to fit your workouts in when and where you can. I often do a short workout in the cab while waiting to be loaded, unloaded, or during my 30-minute break. It is convenient to do and doesn't cut into valued sleeper berth time. After all, a sleeper berth is for resting and sleeping.

My husband and I have been driving for 20+ years and know firsthand how difficult it is to stay in shape and remain healthy on the road. Bad weather, safe parking, privacy, filthy parking lots, low lighting, and a myriad other reasons make it difficult. We discussed the obstacles truckers face in accomplishing their fitness goals on the road with our friend and certified personal trainer. In response, she designed some in-cab exercises for us to do. We tried them and loved the exercises so much that we decided to collaborate and share them with the trucking community at large. Interstate Fit was born!

As always listen to your body and don't push beyond your limits. Be patient and take it slow.

Interstate Fit came to fruition through a group of friends dedicated to health and well-being. The focus is to promote over the road driver health. We are continuing to create and post short 10 – 15 minute exercise videos on YouTube. They can be completed within your sleeper cab. That's right, even in the dead of winter!

Here are a couple of great overall exercises that can be done in the cab to get you started with no equipment needed:

Modified Jumping Jack

1. Stand with feet together, core engaged, and hands at your sides.
2. Leaving your left foot in place, step your right foot wide to the right and bring your arms up to clap your hands in front of your chest.
3. Step your right foot back to the center and bring your arms to your sides to return to starting position.
4. Leaving your right foot in place, step your left foot wide to the left and bring your arms up to clap your hands in front of your chest.
5. Step your left foot back to the center and bring your arms to your sides to return to starting position. (1 rep completed)
6. Continue with steps 1-5 at a brisk pace for 30 seconds

High Knees

1. Stand tall with feet hip distance apart.
2. Lift your right knee as high as it will go and tap your knee with your hand.
3. Lift your left knee as high as it will go and tap the knee with your hands.
4. Switch back and forth briskly for 30 seconds.

Squats

1. Stand tall with feet hip distance apart. Your hips knees and toes should be facing forward.
2. Bend your knees and extend your buttocks backward as if you are going to sit down in a chair. Keep your weight in your heels and your knees back behind your toes.
3. Rise back up and repeat.
4. For added support you can hold onto the seat backs while squatting.
5. Continue steps 1-3 for 30 seconds

Seated Leg Raise

1. Begin sitting on the edge of your bed with a straight back. Place hands flat to the side for support.
2. Slowly straighten one knee until your leg is straight. Hold for 5 seconds.
3. Return to starting position and repeat with your other leg.
4. 8 reps on each leg.

Straight Leg Raise

1. Begin lying flat on your back with both legs straight out.
2. Bend one knee, keep your foot flat on your bed while keeping the other leg straight.
3. Raise your straight leg until your thigh is parallel to your bent thigh. Make sure that your back doesn't arch and your pelvis or leg does not rotate to either side.
4. Return to starting position and repeat 8 times.
5. Switch legs.

As always listen to your body and don't push beyond your limits. Be patient and take it slow.

There is no reason you can't work out during winter inside your sleeper cab. Keep it up and you will soon realize increased stamina and a better feel for each day!

For more in-cab workouts subscribe to our [YouTube page](#): Interstate Fit

Visit us on [Interstate Fit Instagram](#) •

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