

Truckers' Gear Guide



▶ **3 Tips to an Improved You**

▶ **Just Passing Through**

▶ **NEW Feature!**

WINTER TRUCK MAINTENANCE

A BUYERS' GUIDE FROM **TRUCKER GEAR** PRESENTED BY **ROADPRO**
FAMILY OF BRANDS

More Inside

TABLE OF CONTENTS

▶ 3 Tips to an Improved You

▶ Truckers' Top 10

▶ Dinner is Served

▶ Cooking with RoadPro

▶ **NEW!** Buyer's Guide - Winter Truck Maintenance

▶ Charge Up for the New Year

▶ Just Passing Through

▶ Pro Driver Tip



3 Tips to an Improved You



By Hope Zvara, Yoga & lifestyle expert, CEO of Mother Trucker Yoga

The holidays may have taken over your December, but this January it's time to make some positive alterations to the way you take care of that body of yours.

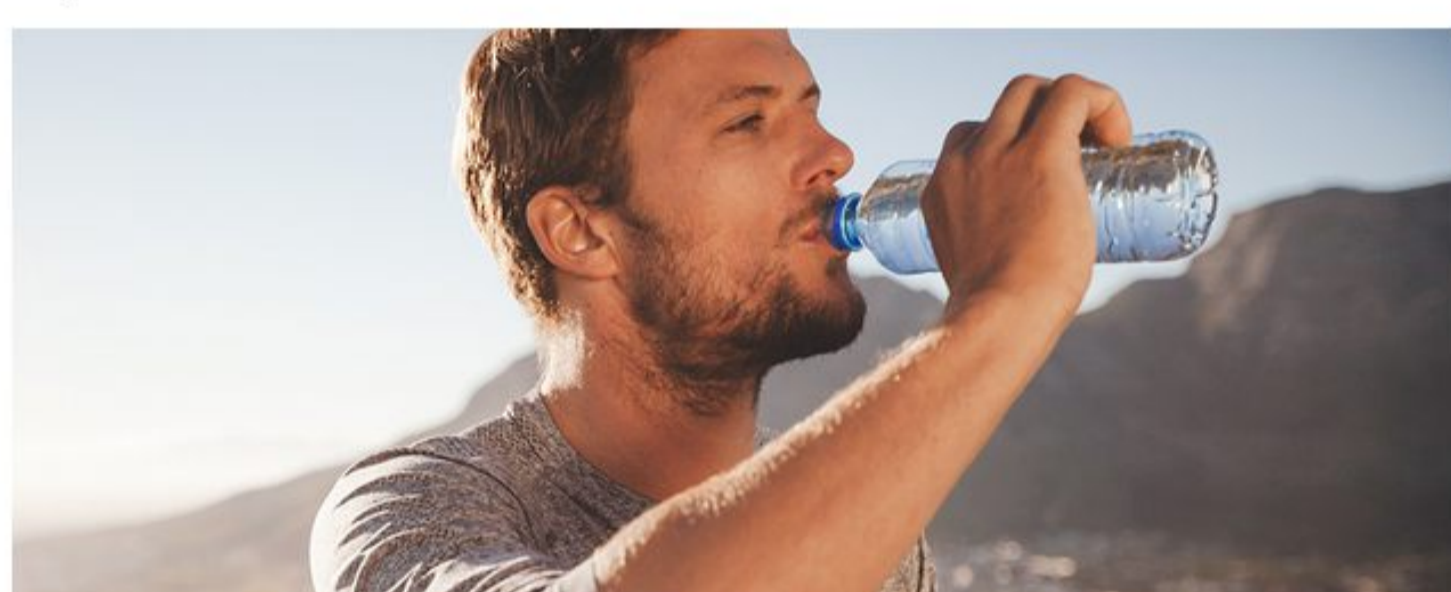
It's 2020 and it is time that you put your health as a priority. And no that doesn't mean eating kale three times a day, juicing celery and never enjoying a beverage of your choice. This year I want you to approach your health a little differently. This year let's consider making small lasting changes that over time will positively impact your life.

We all have done it, make to the moon promises and after about two weeks we fall off the wagon and are back where we started.

I'm here to tell you that building a path faster starts one brick at a time. I believe that over time, implementing one small simple change done correctly and consistently, will greatly impact you today and in the future.

It's a new year so let's make the most of it! One of the biggest questions I get from clients is "Hope, where do I start". And I'll be honest, most of the time they are expecting me to draw up a diet plan or a strict workout routine. But the truth is. It's all about what YOU will stick to. As a recovering addict I know first-hand the struggle with food and if it's not on my terms, you are wasting your time.

So, here's my new year's nudge in the right direction. I assure you that the following are not complicated and will probably feel too easy. But that's just it. Do not let your mind convince you fitness, health and nutrition must be complicated. Because I'm telling you they don't.



Drink more water! This absolutely must without a doubt be the number one thing you commit to. I get it, drinking more water equals more bathroom stops. But you can be smart about it. You can schedule in your water time, so you don't waste time on the road.

And before you roll your eyes at what you just read, I want to tell you, "I get it", I travel a lot. And when my head is not in the game, I find myself on the verge of dehydration. So, don't let this happen to you.

Ideally, we want to be drinking half our body weight in ounces per day.

That can be overwhelming to think about, so how about we start small. How about you just start keeping track of what you drink for one or two days. Because we can't change what we don't know exists. And once you do that, look at what you are drinking. Soda? Energy drinks? Coffee? Tea? Juice? Sweet Tea? Water? You are probably already drinking more than what you think you are. Plus, nearly all those beverages I listed are either dehydrating to the body or loaded with sugar. Both do not serve the body when it comes to hydration.

Next switch one of those beverages out for a bottle of water. Do that until it's as routine as shifting gears in your truck.

After that, let's add in a new habit. Consider the moment you wake up taking in 6 to 10 ounces of water before you do anything else. If you get up roughly about an hour before leave time, you can hop over to the bathroom and do your thing before you go. Plus, if you add a bit of lemon or lemon essential oil to your water it will help detoxify your body and help to balance your ph.

Remember, it's all about the little things that turn into new habits.



Get up and walk. Walking is still and, in my mind, will probably forever be one of the number one activity you can do to help your body. Walking massages your digestive system and internal organs. Walking uses major muscles critical for us to continue to move and do what we need to do every single day. Walking gets our blood flowing, our lymph flowing, our heart rate up and oxygenates our entire body.

If you are worried about being able to walk when you are 80 or 90, you best get to walking right now!

Yes, you are tired after a long day. But what if you get up earlier and do a lap around the parking lot? What if you just walk five times around the travel center building? Your rig? Or just step up and down off the step of your truck 10, 20, 30, 100 times? It all adds up.

Stop telling yourself it's too complicated or that you have a unique situation. We all do in some way. But when we want it enough, we find a way. So, get out and walk. Walk somewhere, walk anywhere. Because if you don't move it now, there won't be a body to move later.



Gain an Attitude of Gratitude. We have all heard this before, but I will say it again: "no one likes an ungrateful friend". Have you ever been around someone who just sucks you dry? How everything is wrong in their life? And then after you leave their presence, you feel drained, heavy and even negative yourself? Our mind amplifies what we choose to focus on. And if you choose to see the unfortunate things, that is all you will see. But if you choose to see the good things, no matter how small, then that is where your mind will go. And when you are more positive, you tend to make better choices for your life and health. This year's focus on noticing the small little blessings, and let's go from there.

This new year instead of an all or nothing mentality. Ask yourself what can you do? What can you do and stick to it? Do not let that voice in your head or others around you distract or reroute your intentions. ■



Hope is a yoga, movement and lifestyle expert who is also a nationally recognized speaker and best-selling author and is the CEO of Mother Trucker Yoga®. She also hosts radio show titles "A Daily Dose of Hope" and focuses on the well-being of truck drivers implementing programs that speak to both the body and mind. Providing drivers with a more fulfilling lifestyle by improving their health, mobility and mental point of view. For more information visit www.MotherTruckerYoga.com Facebook: <https://www.facebook.com/MotherTruckerYoga/> Instagram: <https://instagram.com/MotherTruckerYoga> Twitter: @trucker_yoga (Mother Trucker Yoga)



Essential Items to Carry in the Truck

By Linda Caffee

After being asked what I thought the top ten items to carry in the truck year around, I looked around at all my essentials, and I thought NO WAY! My first thought was my coffee pot as I dislike starting my day not having a cup of coffee, but after I thought for a bit, I realized that my coffee pot would not be an essential item.

When I got into our first truck, I thought I needed to bring everything but the kitchen sink, and it was insane now looking back at what all I put into that truck. After a while, I realized that we were not going off into the wilderness and that if an item was needed, we could get into a grocery store, a clothing store, or even a hospital. One mandatory thing is to keep an eye out on the expiration date of your credit card, driver's license, and any other essential cards that you carry, it is not good when they expire, and you are still several weeks from going home.

If you are going to stay on the road for months at a time as we do, you need to think ahead to the seasons and take the appropriate clothing. It also helps to think ahead to holidays and if you like to decorate your truck to bring along some decorations. Christmas cards are something I enjoy sending out, and that means planning to have stamps as well as cards in the truck to send out the first part of December.

First, let's get the obvious essentials out of the way and go from there:

- Driver's License
- Appropriate clothing for the time of year
- Electronics like a Cell Phone, charger, headset
- Bedding
- Shower Bag – Shower Shoes
- Medication if needed in the prescription bottles
- First Aid Kit

Now for the top ten essential items that need to be in the truck year-round, from my point of view as a team driver. Keep in mind that any of these ideas could change due to the type of freight you haul or the area of the country you typically run.



Paper Map or Road Atlas

When working with disaster relief loads often roads are closed and perhaps your GPS is not recognizing the closure or is trying to send you a way that does not appear to be the best for a truck, a paper map can be used to figure out alternative routes.



Extra Food

Nonperishable items like protein bars, nuts or other items that can be easily stored and provide nourishment.



Water

Always carry extra bottled water for not only drinking but cooking and clean up.



Flashlight

Always make sure you have at least one good flashlight on the truck. I know drivers that carry several for different purposes. And make sure you have spare batteries on hand or invest in rechargeable batteries.



Leather Work Gloves

Have a pair of gloves that you use for specifically for fueling as well as checking oil and belts etc.



Truck GPS

Invest in a GPS that has customized trucking routes such as hazmat routing and truck-legal roads. They also work well for saving addresses that you may deliver too frequently.



Dash Cam

This is probably one of the most important essential things to have on your truck not only in the event of an accident to capture the footage but also to protect your truck against vandalism.



A Backup Set of Glasses

If you wear glasses or even if sunglasses that are a must while you drive, make sure you have a spare pair in case you break or misplace them. It may be awhile until you are able to replace them or find ones that are suitable to your taste so best to be prepared.

Trying to narrow the top ten things down was difficult as each of us has something we do not want to do without, and that is great! One item that kept popping into my mind was an emergency kit, and yes, we carry one at all times. The question, though, was how often we have used the kit? For an emergency, never, but it is a great place to store Band-Aids, aspirin, and antibacterial ointment. It was hard to narrow it down to the top 10 so the emergency kit did not make the list, but I believe it should be something you have on hand -so this comes in at number eleven. I am sure many of you will review my top ten and have some very different opinions. If you would like to weigh in on what you think your top ten would be visit RoadPro's Brake Time community and join the discussion. ■

Linda Caffee has been a truck driver since the early 80's and in 2005 joined her husband Bob as a full-time team driver. She is also involved in many organizations including Trucker Buddy, Women in Trucking and is a Freightliner Team Run Smart Pro. She also is a fill in driver for Dale Coyne IndyCar Race Team.

Dinner is Served

Cooking Tips from the Pros

By Kim McDonnell

To control costs and calories many drivers prefer to prepare and cook their own food in their truck. Fortunately, there are plenty of options in cookware and appliances that are making for endless possibilities. We recently reached out to our Brake Time community, a gathering place for professional drivers who have a passion about the industry and the on-the-go lifestyle, to ask them what tips or tricks they may have when cooking in the truck. Here are a few that were shared in the discussion specific to RoadPro's 12-volt travel appliances:



When using the RoadPro 12-volt portable stove **set an aluminum pan on a foil snake** that can be made by twisting a piece of aluminum foil, then add a little water under the aluminum pan. The steam will speed up the cooking process and will also keep the food from burning on the bottom.

In whatever appliance you are using make clean-up a breeze by using an **oven bag insert**. You can cut them down to fit your appliance and easily cook a protein, potato and veggies all in the oven bag. There are a variety of sizes and options available in the same aisle of the store that you buy your aluminum foil and plastic wrap.



A **6"x9" aluminum or glass baking pan** fits perfectly in the new RoadPro Roaster to cook the food and then also to eat from, leaving you with just one dish to clean.

If you like biscuits, you can use the 12-Volt portable stove by lining both sides with aluminum foil and then flipping the stove half way through – since the portable stove (otherwise referred to as the lunch box) latches, you can just flip it over and the biscuits will cook evenly on each side – by the way we don't suggest you use this 'flip' method for anything you are preparing with liquids but for something like biscuits it works great!



Want to have something sweet to eat – one of our drivers tried cookies in the RoadPro Roaster. They lined the Roaster with **parchment paper** first to prevent sticking– they cooked them a bit too long the first time - but found about 2 hours in the roaster works perfect. They even added sprinkles!



There were also great suggestions on clean-up of the appliances on our Brake Time discussion. Several recommendations included filling the appliance with soapy water while it is still hot to not only wash up your dishes and utensils but also to clean the actual appliance. Also, using some type of liner – either foil, aluminum pans, oven bags or a glass baking dish – will allow for an easy clean up. These were just a few of the

suggestions from our Brake Time community. If you are not a member and you would like to join the conversation its easy and free – and a great way to communicate with other drivers on tips and advice of living on the road. Make sure you check it out at

www.braketime.com. ■



ON THE GO...LIVING

Eat, Drink & Live On-The-Go



RoadPro travel appliances allow truckers to prepare healthy meals on-the go.



See more 12-Volt appliances at RoadProBrands.com

Cooking with RoadPro

ROADPRO® CHICKEN AND VEGETABLES

INGREDIENTS

- 2 medium red skin potatoes, chopped
- 2 large carrots, chopped
- 1 celery stalk, chopped
- 1/4 onion, chopped
- 1 1/2 tbsp - olive oil
- 2 boneless skinless chicken thighs
- 1/2 tsp salt
- 1/8 tsp pepper
- Thyme (optional)
- Rosemary (optional)

DIRECTIONS

1. Preheat [RoadPro Roaster](#).
2. Wash and chop all vegetables.
3. Place vegetable in Roaster and drizzle with olive oil.
4. Sprinkle with desired seasonings, toss to coat.
5. Place chicken over vegetables.
6. Brush chicken with oil and sprinkle with desired seasonings.
7. Sprinkle salt and pepper over all.
8. Cover and cook for 1 hour, or until chicken is cooked through.
9. Serve and enjoy.



CHICKEN CASSEROLE

SUBMITTED BY: CINDY W, PROFESSIONAL TRUCK DRIVER
MADE FOR THE ROADPRO ROASTER

INGREDIENTS

- 2 boxes of Stove Top stuffing
- 3 chicken breasts
- Gravy
- Vegetables (optional)

DIRECTIONS

1. Boil chicken breasts until done, let cool then cut into pieces.
2. Pour all uncooked stuffing into [RoadPro Roaster](#).
3. Lay the cooked chicken pieces on top.
4. Pour gravy all over the top of the chicken and stuffing.
5. Add vegetables of your choice.
6. Cover and let cook at least 45 minutes.
7. Then dig in, it's so good!

Howes

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New Feature!

WINTER TRUCK MAINTENANCE

A BUYERS' GUIDE FROM **TRUCKER GEAR** PRESENTED BY **ROADPRO** FAMILY OF BRANDS



Keep your rig healthy when temps plunge

For a week in late November, most of the U.S. was held in the grip of a massive winter storm that complicated already heavy Thanksgiving travel, covered 30 of the 50 states with at least 4 inches of snow, and dropped record amounts of snow in some locations.

The coast to coast storm slowed, stopped or stranded numerous tractor-trailers from Oregon to Maine. But, for the prepared professional driver, it was just another week at the office because tricky winter driving is part of the job.

Those are the drivers who always know what they're driving into before they start out, keep their CB on, have tire chains handy, and know that ice forming on their mirrors could also mean ice forming on the highway. Such drivers know to watch the water coming off the tires of other vehicles. If a lot of water is being sprayed, the road is most likely just wet. If there is less spray, it's a good bet the highway is freezing or has frozen.

They also know:

- a proper pre-trip inspection is even more important in cold and/or snowy weather, and a thorough review when you stop to refuel or during a break is not a bad idea
- maintaining at least half a tank of fuel is important
- to increase their following distance, moderate their speeds, brake and accelerate with a light touch, and be especially cautious on bridges
- it's important to have additional warm clothing, an extra warm blanket, enough food and water to see them through a weather-related delay
- to keep digital devices - especially their smartphones - fully charged
- to pay attention, not get distracted, be vigilant and prepared, but at the same time is not tense and prone to overreact
- watching other trucks can provide valuable insights, but also know their limits and those of their truck
- that as simple as it sounds, getting into and out of their truck can be tricky - if not downright dangerous - in winter

They also know when enough is enough and find a place to park and wait out the worst of the storm.

But, being properly prepared also means tending your truck's mechanical needs. That's as simple as checking battery strength, ensuring tires are properly inflated, and that all belts and hoses are in good shape.

There's also a variety of products that can improve your chances of having a successful, uninterrupted winter trip. Numerous companies the likes of Howes, FPPF, Lucas Oil Products and Power Service make numerous helpful products that can prevent winter engine problems and fix them should they happen.

As robust and powerful as your truck's engine is, cold weather and even a modest amount of moisture in your fuel line can cause problems. Paraffin in diesel can crystalize at a modest 32 degrees and turn to gel and clog up the works by the time the temperature reaches 15 degrees. Fortunately, there are additives to reverse that process and get your truck running properly again.

Even something as seemingly modest as a clean windshield and headlights matter even more in the winter. To see properly, your truck needs winter-worthy wiper blades like those by WeatherAce. That windshield -- inside and out -- needs to be clean and that is as simple as having Armor All Glass Wipes in your truck.

When all is said and done, winter driving is one-part preparation, one-part skillful driving, and one part having the right resources before you hit the road.

Howes

Additives to keep you rolling in any season

Winter trucking can get frustrating and downright unsafe when you have engine troubles brought on by moisture and the bone-chilling temperatures found across much of the country. Fortunately, there is a long and effective roster of essential additives like those produced by Howes.



Its Diesel Treat prevents gelling, adds lubricity, safely removes water, and boosts fuel economy. It does all of that without alcohol or solvents. The company adds that Diesel Treat also corrects problems inherent in today's ULSD fuel, and eliminates smoking and rough idle. Available in 15, 32 and 64 ounce sizes.



If you do find yourself with a temperature-induced emergency, there's Howes Diesel Lifeline. Fast-acting and alcohol-free, Lifeline reliquifies gelled fuel, deices frozen fuel filters, re-liquifies gelled fuel and prevents fuel filter icing down to -35 degrees to get you rolling again. Lifeline requires no mixing or fuel filter changes. Available in 32 and 64 ounce sizes.



A good multipurpose fuel additive can ensure you can truck on when the snows and temperatures fall. Howes Diesel Defender improves power, performance and mileage by cleaning injectors, eliminating harmful deposits, preventing coking and providing more complete fuel combustion. It also safely removes water from your truck's fuel system. Available in 32 and 64 ounce sizes.

Howes products are available at travel centers and auto parts stores across the country.

What Drivers are Saying about Winter Chemicals

62%

of drivers purchase chemicals once a month



49%

of drivers purchase chemicals at a travel center



48%

of drivers say that brand name is extremely or very important



brand drivers purchase and recommend the most

WEATHERACE

Stay safe in every condition

Premium Flex Beam Wiper Blades



WeatherAce - All-Weather Wiper Blades




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Patented Flex Blade Technology



Natural Multi-Edge Rubber Blade



Aerodynamic Spoiler Design



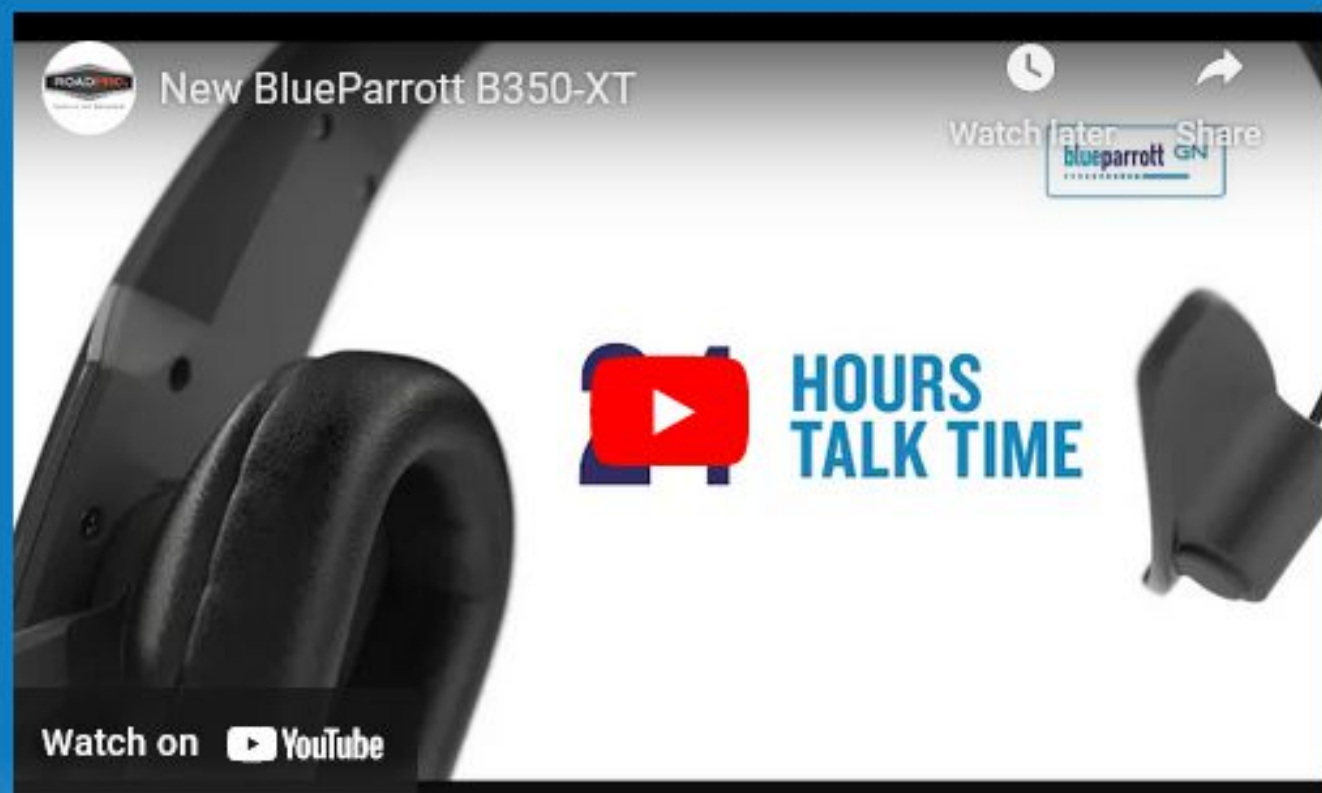
98% Universal Connection

NEW B350-XT



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The NEW B350-XT has an extended wireless range of 300 ft; added VoiceControl™ which enables you to take/reject calls using your voice; an IP54 rating for dust and moisture resistance; and a more comfortable headband and ear cushion.



B550-XT



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Simply talk, to talk. The world's first 100% voice-controlled headset. When you need your hands to do your job, use your voice to activate the headset and control your calls, GPS directions, music, voice assistants, and more. Complete hands-free use lets you concentrate on the task at hand.





Charge Up for the New Year

Everything you need to know about fast charge

By David Hollis, Editor, Truckers News

Trucking in 2020 often comes down to one thing: time.

Electronic logging devices track every minute of your day. Shippers and receivers often devour precious hours of your driving time. Highway congestion and bad weather chew through your available hours.

Every minute counts. That goes for making sure the devices you rely on are fully charged.

Fortunately, new technology makes it possible to quickly charge smartphones, tablets, and other devices so they are always ready when you need them.

That technology – fast charging – allows you to refill your devices quickly, saving you time and worry. It does so by safely increasing the amount of current sent to the battery in your device, reducing the time it takes to recharge it.

“New fast chargers are safe, affordable, and up to three times faster than the old ones many people have had lying around for years,” says the product evaluation newsletter, Wirecutter.



In general, fast chargers increase the amount of power in your battery quickly, but do not fill it completely in a short amount of time. Depending on your device and the fast charger you use, it could bring your battery’s level up to, say, 50 percent in as little as 30 minutes. However, the remaining 50 percent will take considerably longer – an hour, maybe two or more – to fill. *(Note: This is, in the end, to your benefit. Fast charging heats up your battery, but devices have built-in safety mechanisms that slow down the charge and protect your battery and device. You may also wish to check your smartphone’s settings to ensure they allow fast charging.)* Also, keep in mind that not all fast charging devices are the same. Different companies have different standards for fast charging their devices so check to be sure what your device can use. Likewise, not all charge/sync cables are the same.

Fortunately, there are numerous devices on the market to provide fast charging. Remember that they must be paired with cables capable of delivering extra juice. Many new fast chargers are three times faster than older models, including the one that may have come with your phone.

There is a slew to choose from, including many that will work well in your truck.

MobileSpec® and RoadKing® offer an array of chargers that plug into your truck’s 12-volt port. Most are 18-watt, have both USB and USB-C ports, can accommodate fast charging and are compatible with all devices.

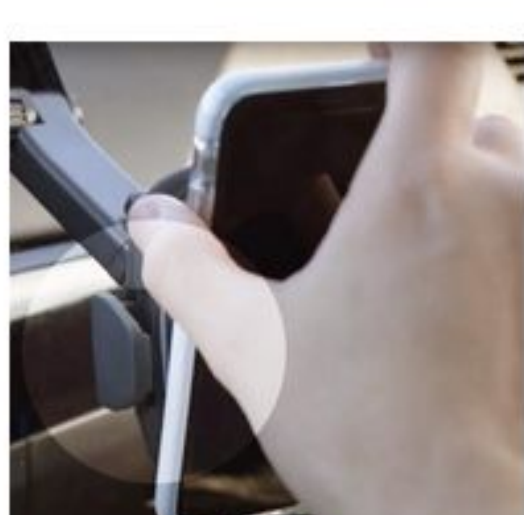
Likewise, you have many to choose from when shopping for a fast charger you can plug into a wall socket at home, in a hotel or a truck stop. And, the good news is that none is too expensive: a good one can be had for under \$20.

The other essential part of any fast charge solution is getting the juice to your smartphone. Not every charge/sync cable is up to that task. Cords that feed more power from the electrical outlet to your device must be heavier, stronger and made of stouter stuff. The first thing you will notice is that most cords made for fast charging are thicker, and that’s good.



The MobileSpec MBS06900 and MBS06903 both have USB-C to Lightning® tips and are a convenient 6 feet long. Both are rated for 18 watts. RoadKing’s RK06934/35/36/37 cables are also rated for 18 watts, heavy-duty, and ideal for trucking use. And, everyone from Anker to Amazon Basics makes fast charging cords, so you have plenty to choose from. Just be sure they match the rest of your gear and how you plan to use them.

It’s also possible to quickly charge your phone with no cord at all. More and more smartphones are being built to accommodate wireless charging. All you do is place your phone on a wireless pad and the Qi charger does the rest. It’s also possible to use wireless chargers with older phones with the addition of a small pad or case – but rather inexpensive – that connects to the phone’s charger port.



MobileSpec’s Qi universal wireless charging mount features an automatic sensor that keeps your phone secure and allows for one hand operation. The Fast Charge 10W mount is compatible with Apple®, Samsung®, Motorola®, LG® and other Qi-enabled smartphones. The non-slip rubberized coating also keeps your phone secure.

RoadKing makes a heavy-duty universal charging pad for Qi-enabled smartphones that has a non-slip rubberized coating keeping devices secure. Compatible with iPhone X, 8, 8+, Samsung, Note 8 and 9, S8, S8+, S7 and other Qi-enabled devices.

In addition, RAVPower makes both a wireless charger with a stand for your phone to rest in, and a smaller, less expensive round pad. Both are highly rated and accommodate a variety of phones. Tech giant Anker also makes similar wireless chargers – standing and round pads – that do the job and about half the price of the ones from RAVPower.

All that being said, fast charging is also a fast-moving technology, one that is changing rapidly. More devices – many that are smaller and more powerful – are becoming available. And, charging speeds are increasing, as are options for cords.

Something to remember about charging...

Volts are a measure of voltage. Amps are a measure of current. Watts are a measure of electrical power. Now, think of a firehose: volts are the water pressure in the hose, the current is equivalent to the rate of flow, wattage is like the volume of the spout’s spray. So, volts (V) multiplied by amps (A) equals watts (W).

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Voyager 104

The headset
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Made for truckers, the Voyager 104 Bluetooth® headset is built for life on the road. With a balanced over-the-head design, memory foam padding and up to 24 hours of power on a single charge, you can comfortably stay connected all day. Rugged materials with moisture-resistant coating make this headset durable for the long haul.



Just Passing Through

What Truckers Do to Pass the Time on the Road

By Kim McDonnell

While the ideal schedule is for a truck driver to unload and reload on the same day – very often that doesn't happen and there is a good chance you will be in an area of the country longer than you expected. While many drivers don't want to or can't afford to venture much further than the local truck stop there are many drivers that take advantage of the interruption in their schedule and explore the area, they are in.

"I remember I unloaded on a Wednesday and wanted to pick up my reload that same day but found out the company where I was picking up was closed that day," said Brita Nowak, owner operator of BratCat Express. "This was an unusual situation but my reload wasn't until Friday," she continued. Deciding to make the most of her time at the location in Minnesota and being a huge fan of the musician Prince, she knew that his home, Paisley Park, had opened to the public shortly after his death and was located nearby. "I bobtailed over to Paisley Park and they let me park my tractor there," she recalled, "It was a once in a lifetime opportunity and I decided it was worth the admission cost."



It is important just to take some time and get out of the truck.



Al and Jenn Kohl also like to channel their inner tourist when they are in new places. "I am basically paid to be a "commercial" tourist and take every chance I get to see something new along the way," said Al. "You are basically limited to your imagination and your funds," he

added. When his daughter was younger, he recalled a time she was with him on the truck and he had a load to Florida. "I was shut down for four days, so we went to Disneyworld." As experienced over-the-road drivers, Al and Jenn travel cross country and have hit that time when after three weeks to six months out on the truck they just needed to get out of the truck. They have found free concerts in Cincinnati, taken a dinner cruise in Portland, visited Fisherman's Wharf and Chinatown in San Francisco and taken in the sites of Hoover Dam. They both advise to always call ahead to the place you want to visit. Very often they can provide options that can accommodate your truck or may even have provisions on site. If all else fails, utilize a ride sharing service and see if anyone else in the driver's lounge wants to split the cost of transportation.

If you may not have all day to explore, Robert Greene says it is important just to take some time and get out of the truck. He will take a walk or has even caught a ride to the local movie theater to see a movie. Again, depending on where the movie theater is located you may be able to call and find out if you would be able to park there.

Most drivers these days will just hide in their trucks, but we try to meet new people wherever we go.

When the weather permits, Mark and Holly O'Donnell will make the most of their downtime by parking at the very edge of the truck stop and pulling out their canopy and chairs and firing up the grill. "We will invite other drivers to join us," said Holly. "Most drivers these days will just hide in their trucks, but we try to meet new people wherever we go, and this is a great way to do that." They will also make sure to get some exercise on their stops and will often take advantage of those travel centers that have trails adjacent to them or may have exercise facilities. Holly also likes to do crafts and will make scarves that she gives as gifts or hands them out to other drivers.



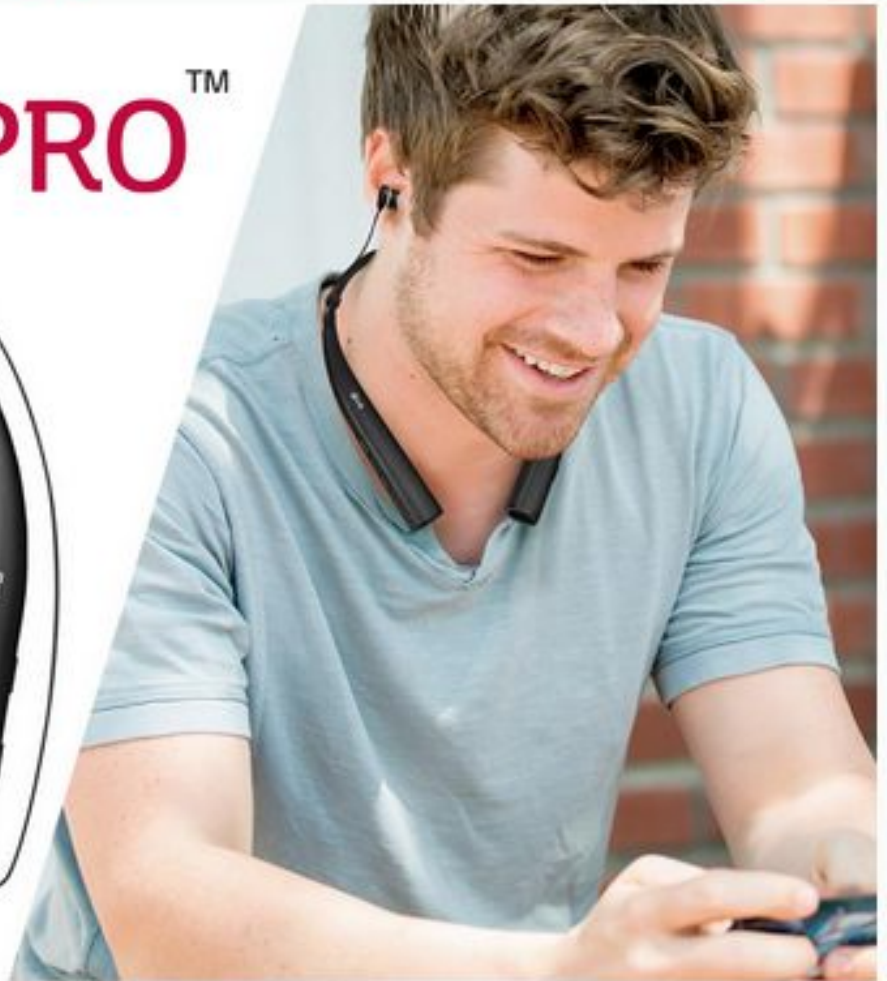
Bill Weaver, who in addition to his job as a truck driver is also an accomplished musician, will use this time to write new songs or do live social posts for his fans where he takes requests to play some of their favorite songs, including those that he has recorded. Bill has played guitar since he was a kid and has always traveled with a guitar or two on board. "When you are out here driving for hours on end it gives you a lot of time to think and I often come

up with lyrics for a new song," said Weaver, "When I stop and have time I write those lyrics down and start to concept out my next song." He also listens to his favorite musicians for inspiration like Leon Everette, Waylon Jennings and Buddy Holly to name a few. The downtime also gives him the time to plan out his scheduled performances at truck shows.

So next time your schedule has you waiting on your next load and you may be in an area for longer than expected take the time to get creative and find a better way to pass the time than just sitting in your truck. Take up a new hobby, get out and exercise, explore a nearby tourist destination, or ask the locals what cool places are in the area to check out. At the very least get out and share a meal or a cup of coffee with another driver. Who knows, you may make a new friend along the way or experience something that is a once in a lifetime opportunity? ■



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Premium Wireless Stereo Headset with a Curved, Lightweight Design

Meet the perfect companion to your mobile life: the LG TONE PRO. Experience contoured comfort & exceptional audio clarity on a premium Bluetooth® headset with the next generation TONE PRO.

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Pro Driver Tip



Winter Driving Tips

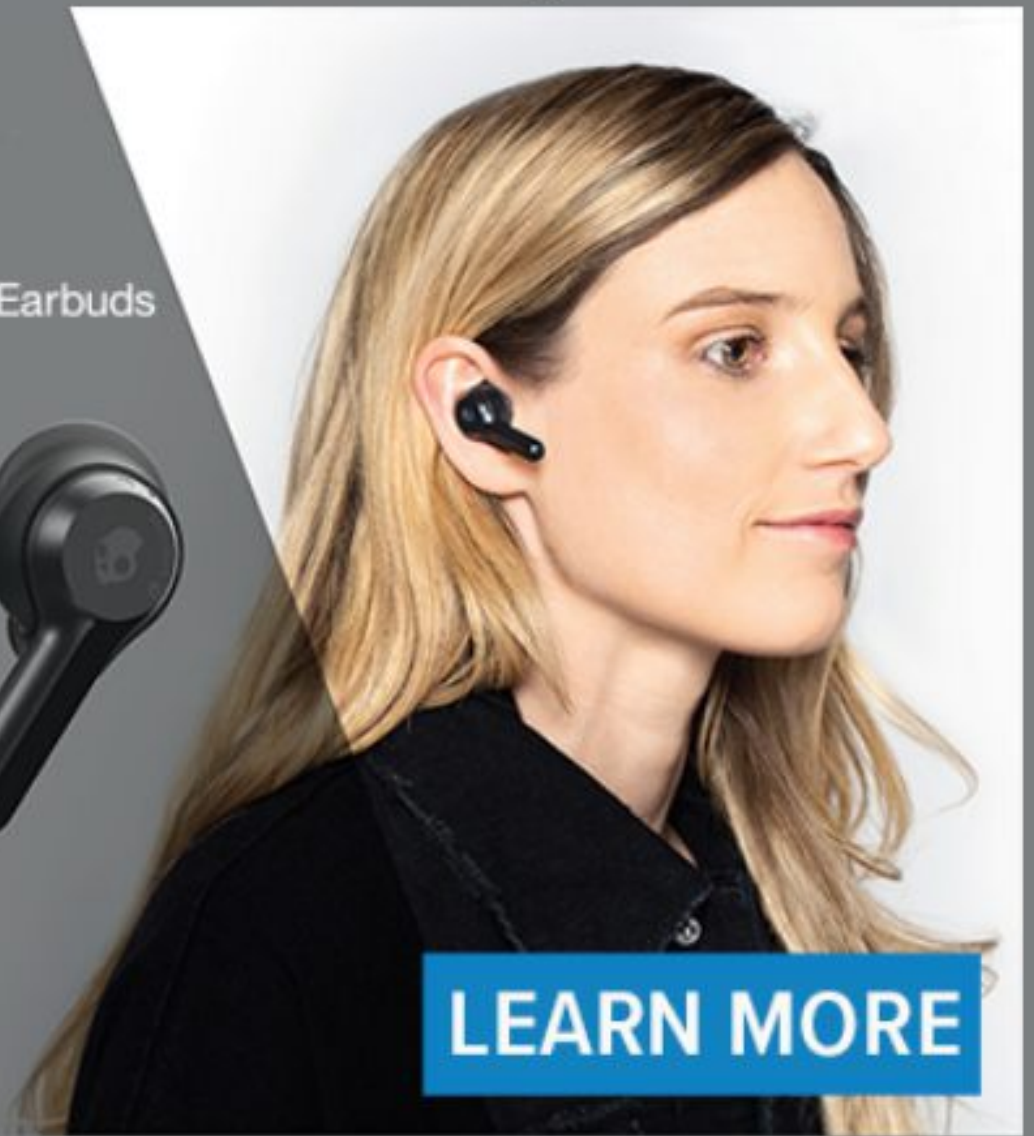


Bill Weaver comes from a military family which made him a gypsy and wanderer from birth. He also joined the military and served in the Army where he drove truck. He then started a career as a county Sheriff but drove truck part time eventually making trucking his full-time job. Now a driver with Heniff Transportation, Bill has been driving

for 34 years. He is also an accomplished musician, writing and recording songs that relate to his life on the road. Bill is a familiar face and performer at many truck shows releasing his first album, "Every Mile I Drive" in 2016 followed by "Burning the Old School Down" in 2018.

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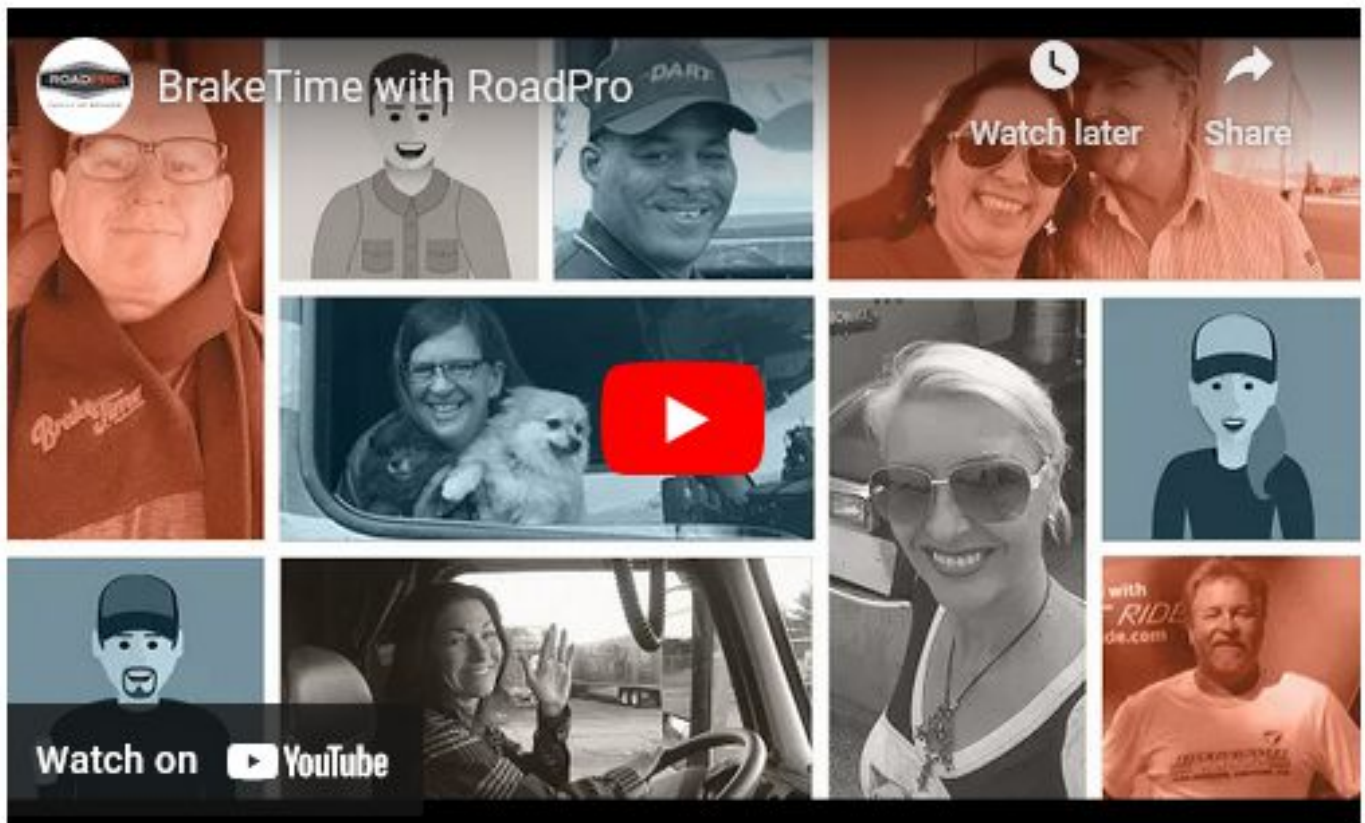
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