

Life of a Truck Driver

Men and women make the choice to become truck drivers as a career to support their self and/or their family. But how does it affect their lives when they work such odd hours or gone for days or weeks at a time?

It takes work to make sure that every aspect of a trucker's life is covered. For example, if they have a family it is not possible to be home for all the important moments, holidays, birthdays, or even just family meals.

Often the driver only has himself to keep company. Of course there is a CB radio or a cell phone to reach out to others while driving, but it is not the same.

Driving and sitting for long hours can take its toll on a person physically and mentally. Make sure to get plenty of rest, eat right, and exercise, Taking time to learn

how to cook in your truck could help not only with eating healthier food, but it could help reduce stress with the actual preparing of the meal. Rest and sleep is very important in making sure you are making the best choices. Driving while fatigued can cause problems like falling asleep at the wheel and causing an accident.

Here are some things you can do to help take care of yourself out on the road:

- Communicate with as many people as possible—family, friends, and other drivers.
- Get involved in the driving community to stay fresh. Make sure to use social media such as Twitter and Facebook.
- Make calls, instead of only texting.
- Use Skype and Facetime as

much as possible.

- Communicate on a regular basis and when you have good energy.
- Take as much home time as possible.
- Consider taking longer periods of home time to reduce adjustment periods.
- Listen to podcasts and audio books
- Listen to radio shows that are positive—stay away from all of the negative talk shows.

Buck Black is a licensed therapist (LCSW, LCAC) that has a private practice and helps people work on anger, stress, and relationships in his Lafayette, Indiana. He also specializes in working with truck drivers and families over the phone or Skype at TruckerTherapy.com

Source: thehealthytrucker.net

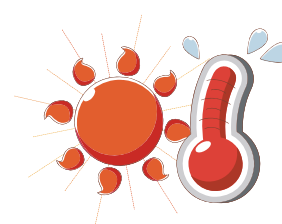
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Upcoming Deadlines

- If you haven't already filed your 2013 UCR, do so ASAP. Roadside enforcement is in full effect. Brokers, freight forwarders, and leasing companies are required to file annually too.
 - Oregon permit holders must file their monthly report with the state by August 30th.
 - Federal HazMat permit holders were required to renew their permit by June 30th.
 - SCAC codes were required to be renewed by June 30th.
 - You must file and pay your 2013-14 Heavy Vehicle Highway Use Tax (IRS Form 2290 by August 31st.
- For assistance with any of these permits please call 405-701-4173 or visit our website at www.dotprocessagents.com Representatives are stand-

ing by to answer your questions and process your orders!



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Cross-Border Pilot Program

The cross-border trucking pilot program has been in the works for quite some time. It appears that recently a federal appeals court ruled that this program, which would allow certain Mexican fleets to run in the United States, move to the next step.

The process has been delayed because of resistance from the Teamsters Union and other critics that believe that Mexican trucks would create safety hazards on U.S. roadways. They also fear that it would take away from U.S. jobs.

There are some regulations that U.S. drivers are required to have or do whereas Mexican and Canadian drivers are not required to have or do. The court did disagree and states that all drivers in the U.S. regardless of where they are from must abide by the same or similar requirements.

There have been test programs in the past, but the question of whether or not Mexican trucks and drivers would pose safety issues is still in debate.

Source: www.ttnews.com

Alabama Toll Bankruptcy

In the state of Alabama the economy is taking a direct effect on American Roads LLC, a private company that owns and operates 4 toll roads in that state; Foley Beach Express, Emerald Mountain Expressway, Alabama River Parkway, and Black Warrior Parkway. The company is streamlining its balance sheet due to the fact that they can not meet their financial obligations because of the decrease in traffic on these toll roads.

It would appear that traffic has decreased anywhere

from 1.9% to 8.6% from 2007 till 2012. The main causes of the lower numbers could be because of high fuel cost, along with the cost of the toll road itself.

American Roads LLC has decided to file bankruptcy as their only option to get out of the debt at this point. It is said that the amount of debt is around \$830 million.

Source:

www.ttnews.com

Flying J Under Investigation

It appears that a popular truck stop is being investigated by the FBI and IRS for possible fraud. There have been complaints from customers that they were not getting the full rebate amount that was owed to them. On April 15, 2013 a search warrant was issued for "Pilot Park", which is head office of Pilot Flying J, and some items detained.

James Haslam II paid \$6,000 for an existing location and opened the first Pilot in Gate City, VA in 1958. The company has been on a downward slope for the last few years and has been under scrutiny for purchasing an NFL team, the Cleveland Browns. While the NFL has stood by Mr. Haslam, the fans have had a different view.

Mr. Haslam has stated that he was not involved in any wrong doing; however, some employee's have reported that he was in on the scam. They even say there was a meeting on November 19 that showed how to swindle certain customers out of money that was owed to them through a rebate offer.

The investigation is still on going at this time.

Source: <http://online.wsj.com>



Port of Los Angeles Ruling

On June 13th the U.S. Supreme Court ruled collectively that the Port of Los Angeles would not be able to enforce fleets to submit parking plans or put placards on truck before being allowed to operate at the port.

In 2008 the American Trucking Associations filed a lawsuit stating that the plan went against the Federal Aviation Administration Authorization Act, which does not allow any type of guidelines for price, route, or service of any motor carrier.

Los Angeles argued that the port is a "market participant" which in doing so would exempt it from the FAAAA's regulations. The

Supreme Court 9-0 vote found that the port does not meet the requirements for market-participant exemption.

The main plan for the port is to clean up the air quality by reducing the amount of emissions that trucks produce. In 2008 the first step taken was to prohibit trucks that were made in 1989 or earlier. That eliminated approximately 1500 trucks from drayage operations. In that one cut emissions were reduced by 90%.

Source:

www.ttnews.com



Diesel Prices Decline

As of the first week of August, the price of diesel has declined for the first time in five weeks. The Department of Energy states that the national average fell 0.6 cent to \$3.909 per gallon.

This is after an increase of about 10 cents per gallon for the past 4 weeks. That shows the price per gallon today is 5.9 cents per gal-

lon more than last year at this same time.

There was a drop in the cost of gasoline, 1.4 cents to \$3.632 per gallon, as of the first week of August as well. That shows a 5 cent decrease in the last two weeks of July.

It is said that since the conflict in Egypt has eased, summer driving season is almost over, and

the reopening of numerous refineries that were closed for maintenance is the cause for the lower fuel prices.

It is hopeful that we could see even lower prices at the pump in the near future.

Source: ttnews.com



Proposed Insurance Bill

A recent bill in Congress proposes raising the insurance minimum from \$750,000 to \$4.4 million. There has not been a change in the minimum since 1980.

The bill's sponsor, Rep. Matt Cartwright (D-Pa.), says that the increase in the insurance reflects the increase of medical care over the past 33 years.

"This legislation is essential to protecting our nation's highways and ensuring that victims receive the proper amount of compensation for

their losses," stated Cartwright.

Some trucking groups disagree with the increase. The fear is that it would drive the smaller company's out of business due to the higher insurance premium. It would add significant cost to their bottom line each year.

Cartwright does have seven fellow Democrat supporters for this bill.

Source: www.ttnews.com

Trailer Sales

There has been an increase in trailer sales in May and June of this year which has resulted in an 8.6% increase over last year. However, when comparing the same time frame of 2012 and 2013 during the first 6 months of the year, it shows that sales are down 7.1% in 2013.

It is said that most companies have already done their big purchases for this year and are thinking about the next year. At

this time most of the purchases being made are replacing existing trailers with more efficient models instead of adding to their fleet.

The market is being described as a steady level of fabrication. It is believed that 2013 will end pretty close to last year in total volume.

Source: www.ttnews.com

Tu' Habla Espanol?

FMCSA Spanish Home Page:

<http://www.fmcsa.dot.gov/spanish>

Mexico-Based Motor Carrier Home Page:

http://www.fmcsa.dot.gov/spanish/mmc_spanish.html



Don't get overburdened with paperwork or information! We are here to help make this industry as easy to understand as possible! Feel free to contact us at any time to answer questions!

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Off Duty

Sudoku

		6	7		2	3	1	
8				9			2	7
7		5			8		9	
		9	3	6		8		2
4	7			1				3
2	6				9			1
	9	7				1		
	8		9		1	4	3	5
3	1				6	2	7	9

Easy

Instructions:

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Word Search

L H G R T O T G J M B U N T S
 C A N O V I A X F M F O O G E
 W T N L O L M C L C X G I M L
 P U O O L S P R N M L O T K I
 J V R O I A E C E A O V A R M
 M M N H B T Y N I P R E R I G
 N S P Z H U A C E R B R T K S
 R J B F U D R N J C S H S H X
 L K V S E E A N R D K A I L U
 C G B O M E B O J E B N G X W
 B L R M G H S F T R T G E G M
 L J O N E D A L N U D N R I M
 N C D I M E N S I O N S I Z B
 Y N A H O S V C A S M B K D W
 J N Z V C S T B D U B S S T I

- COMMERCIAL HOS PERMIT
- DIMENSIONS INTERNATIONAL REGISTRATION
- GALLONS MILES UNLADEN
- GOOSENECK OVERHANG VOLVO

Instructions:

Using the word bank above, circle all the words in the puzzle.

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Did You Know?

- In 1960, California was the first state to pass legislation requiring all cars to install equipment to limit exhaust pollution.
- In 1962, the first law requiring all cars sold to have installed seat belts was passed in Wisconsin. Prior, seat belts were available as an option.
- In 1966, the National Traffic and Motor Vehicle Safety Act became law mandating equipment such as better door locks, side-impact beams, safety belts, head restraints, penetration resistant windshields, and energy absorbing steering columns.

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