

Overdrive

TRUCKERS NEWS

Truckers' Gear Guide

A man in an orange t-shirt is refueling a truck. He is holding a black fuel nozzle with a silver handle and a red light. The truck's fuel tank is open, and the nozzle is inserted into the tank. The background shows the side of the truck and a clear blue sky.

▶ Add Miles, Lower Fuel Costs

▶ Tackling Tinnitus

▶ Be Prepared for Hurricane Season

▶ Buyers' Guide: **Personal Grooming**

More Inside

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Add Miles, Lower Fuel Costs

Fight ever increasing diesel fuel costs by squeezing more miles from your fuel.

With the prospect of rising fuel costs continuing for the foreseeable future, it is becoming crucial for drivers to try to squeeze more miles out of their diesel fuel. Drivers are facing drastic increases in the price of fuel with diesel now selling at over a 25% premium as compared to this time last year. That equates to a huge chunk of change. For example, when filling up 320 gallons (160 in each saddle/tank), the cost has skyrocketed from a national average of \$816 to a whopping \$1015 per fill up. That's some unsettling math. The higher prices go, and the more fill ups drivers need, the heavier this burden is bound to become for truckers.

With those staggering price jumps in mind, taking advantage of every opportunity to stretch your miles per gallon is critical. Below are some easy tips to help stem the cost of fuel. Whether you're learning them for the first time, or just in need of a refresher, they are important tools to use when trying to keep that precious cash in your pocket and out of your fuel tank.



Regulate Your Speed

Time is money. But sometimes, faster isn't better. A truck traveling at 75 mph consumes 27% more fuel than one going 65 mph. Uneven acceleration adds to this percentage. When you accelerate, you burn fuel. But the faster you accelerate, the more fuel you burn. Accelerating and braking smoothly and gradually while trying to maintain a constant speed can save you big dollars over time.

Check and Inflate Your Tires Regularly

Pressure can be a good thing, tire pressure that is. When your tires are properly inflated, your fuel efficiency will improve. Every 1 psi drop in pressure that your tires have can lower your fuel mileage by .4%. Properly inflated tires also have a longer lifespan and are safer on the road.



Improve Aerodynamics

Around 50% of a truck's fuel is used to overcome aerodynamic drag when traveling at highway speeds. NASA studies had proven back in the 1980's that streamlining the front, rear and undercarriage of a rectangular vehicle can reduce fuel wasting drag by over 30%. If your truck has roof-mounted or side-mounted air deflectors, you can adjust them to guide air over the

highest part of your trailer, around, and under your rig. If you have an uneven load height, this should be at the front of the trailer.

Avoid Idling Your Truck

Too often, drivers leave their trucks idling – while they run a quick errand, to maintain temperature, or simply because they think it will save them fuel. It is a common misconception that restarting a vehicle uses more fuel than letting it idle. But just 10 seconds of idling wastes more fuel than simply restarting the engine. You should never let your semi-truck idle for longer than five minutes. On average, one hour of idling will burn a gallon of gas. That same hour per day for a year can cost you 64,000 miles in engine wear. If your truck is going to be sitting for a while, turn it off. It's one of the easiest ways to save fuel and increase the life of your engine.

Don't Overfill Your Tank

You may think that topping off your tank is the best bang for your buck, but that's not the case. A tank filled to absolute capacity can expand and overflow when the fuel is heated. Overflow is not only wasteful but can be dangerous to other drivers on the road. The extra fuel can also add excess weight, which slows down the vehicle. Instead of topping off your tank, fill it to 95% capacity, just to the top of the neck under the filler cap.



Use a Quality Fuel Additive

One thing that may not come to mind when you think about fuel economy is the cleanliness of your fuel system. But injector deposits can lead to coking and fouling, and without a clean spray pattern from your injectors, you are wasting fuel. Using an additive that restores lubricity and fights to keep your engine free of harmful deposits can help ensure your vehicle is operating at peak efficiency. One such product to aid in this endeavor is Howes Diesel Defender with IDX4 Detergent. It cleans and prevents future deposits from forming on your injectors, while providing maximum lubricity to your fuel. Howes is the only product that guarantees a minimum 5% increase in fuel economy when used regularly.

You may not be able to gain all the costs of fuel back by implementing these tactics, but you can definitely have an impact on your bottom line. ■



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Tackling Tinnitus



By Hope Zvara, CEO of Mother Trucker Yoga

That constant annoying ringing, no, it's not a buzzer on your truck, no, it's not an alarm on your phone. It's coming from inside your ears. Tinnitus can be described as a ringing in the ears, but it can also sound like clicking, hissing, roaring, or buzzing. You quickly notice tinnitus when there is no external noise present, such as at bedtime.

As a young adult, I would notice a ringing in my ears but never thought much of it, the ringing would come and go, and I never heard anyone else speak of it, so I thought it was normal. The sound can be very soft or deafening and high-pitched or low-pitched. Some people hear it in one ear, and others hear it in both. It wasn't until I suffered a fall that landed me in the hospital with a severe concussion that I knew my friend tinnitus was here to stay.



Tinnitus is not a disease. You can't catch it, you don't come down with it, and most don't get rid of it but rather learn to manage it. Tinnitus is a symptom, a sign that something is wrong with your auditory system. Your auditory system includes your ear, the nerve that connects the inner ear to the brain, and parts of the brain that process sound. When this pathway is altered or damaged in any way, it can cause tinnitus.

Many people who have tinnitus may not even notice it, or it comes and goes so that they cannot pinpoint that it is tinnitus, and it never really affects their everyday life. But for other people with severe tinnitus may have problems hearing, working, or sleeping. Tinnitus can alter a person's mood, outlook, health, and happiness when not managed properly.

If you suffer from tinnitus, then the goal should be to develop techniques to help you lessen the perceived sound and intensity and learn to turn the volume down and notice it less.

There is no cure for tinnitus, and when I heard this, I was devastated. It took me more than two years to recover from my concussion and even though my vision was affected, leaving me tied to my glasses more than ever, what began to weigh on me was the constant ringing in my ears and the notion that it may never go away.

It's like when you buy a new vehicle, and it's white, and then you notice every other white vehicle on the road too, but before that, you never really paid attention. That is tinnitus, now more than ever, I would find myself listening to find the ringing, "was it still there?" "Oop, what about now?" "Still"?

The causes for tinnitus are vast and can include:

- Hearing Loss
- Ear Blockage or Damage
- Ear Ache
- Head or Neck Injury
- Medications: nonsteroidal anti-inflammatory drugs (NSAIDs) and certain antibiotics, cancer drugs, water pills (diuretics), antimalarial drugs, and antidepressants.
- Meniere's Disease
- TMJ
- And other chronic disorders: diabetes, thyroid problems, migraines, anemia, and autoimmune conditions such as rheumatoid arthritis and lupus.

Louise Hay, author of *You Can Heal Your Life*, notes in her book that tinnitus is a symptom of refusing to listen, not hearing the inner voice, and stubbornness. She discusses in all of her books how physical symptoms are the bubbling up of unresolved internal issues. And considering 85 to 90% of all disease has physiological and or emotional ties, I'd say she might be onto something. Plus by being aware of the connection can make it easier to find the relationships. I may have suffered from a concussion, but there is most definitely truth in her teaching for me and others.

If you suffer from tinnitus, then the goal should be to develop techniques to help you lessen the perceived sound and intensity and learn to turn the volume down and notice it less.

Strategies for Reducing the Effects of Tinnitus:



Hearing Aids. Because some people develop tinnitus due to hearing loss, when you use a hearing aid, you can turn the volume of external noise up and, in turn, reduce the sounds of internal noise.



Watch Your Diet. Reducing your intake of foods containing high amounts of sodium, caffeine, sugar, or citrus may help reduce your tinnitus symptoms. Also, be mindful that highly processed foods containing unhealthy fats and alcohol may also trigger symptoms. These foods can raise your blood pressure and blood sugar levels, which can cause tinnitus symptoms.



Herbal and Vitamin Supplementing. Although there isn't enough research by western medicine standards, many swear that taking supplements like zinc, ginkgo, and vitamin B-12 has helped manage symptoms and relieve some relief.

It can be overwhelming receiving a diagnosis about your health that you didn't see coming. But that doesn't mean there isn't hope or help. In all things in life, you have a choice, to keep on the path you are on or step off and try something new.

Spending your time focusing on the ringing can lead you down a path of depression, anxiety. Learning to shift your mindset about your tinnitus from something you will never get rid of to learn how to come to peace with it, manage the symptoms and even find some relief is the approach that will help you move forward and continue to live a great life.

We all get thrown curveballs in life. We all get dealt a hand of cards we didn't ask for. We all get overwhelmed or find ourselves sad and even depressed at times.

That is normal, but it's what you do after that counts. I have come to terms with the fact that I will live with tinnitus for the rest of my life. But I have also made an effort to do all I can to reduce the symptoms, shift my attention away from the ringing onto other things, and work to keep in perspective that everyone has something. Everyone has something they are dealing with; for me, it's tinnitus. For another, it may be cancer, or Parkinson's, or a nerve disorder. Whatever it is, we all have something, and with a perspective like that, we can have compassion for others and ourselves. ■



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

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Be Prepared for Hurricane Season

By Kim McDonnell, RoadPro Family of Brands

The 2020 Atlantic hurricane season was one for the record books, producing 31 tropical storms, 17 hurricanes, with seven classified as major. Forecasters predict that the 2021 hurricane season, which started on June 1, will be equally active, and NOAA expects three to five significant hurricanes will occur. Will you be prepared?



Last year Hurricane Laura, a category four storm that missed being a category five (Laura had 150 mph winds, where Katrina, a category 5, had 156 mph winds) by a slim margin, hit Texas, Louisiana, Arkansas, and Alabama hard. In addition to closing major truck routes in those states, many truck stops and travel centers were also forced to shut down. This could and most likely will happen again, and if it does the best time to be prepared for a hurricane is before the hurricane ever happens. As they always say, "Remember, when disaster strikes, the time to prepare has passed."

While the [American Red Cross](#) lists several things like extra water, non-perishable foods, and a first aid kit, there are also some other items as a trucker you will want to have in your cab.



The first would be lighting for both inside and outside of the truck. There are some great options from LUMAGEAR to be found in the truck stops and travel centers. These include a complete line of tactical flashlights and in-cab lighting. There is also a spotlight lantern with a 90-degree tilt and rotating handle and several headlamps options for additional lighting. BlackCanyon Outfitters also offers a foldable COB work light that will come in handy for multiple uses. Check them out on our [website](#).

Power may be out at the truck stop – but you can still power devices inside your cab with PowerDrive power inverters. Select from a range of inverters that include those that can be plugged into a 12-volt port starting at 100 watts up to a 3,000-watt inverter that provides more power and is hardwired. For the inverter that would work best for you, check out our informative video [here](#).



Yes, it is wise to store non-perishable foods to prepare when no other food options may be available due to power outages or closed restaurants, including soups or stews or other canned goods, but they are best served warm. That is where RoadPro's 12-volt appliances come in. There is an excellent selection from our infamous 'Lunch Box' portable

oven to a single-serve slo-cooker that will surely come in handy to provide you with a warm meal. There is also a 12-volt coffee pot to make sure you can brew that nice hot cup of coffee or make hot water for tea.

Most important is the ability to communicate during a hurricane. Cell towers could be knocked out, and your mobile devices may not be working. Having a CB radio in your truck can save the day in more ways than one. You will have the ability to stay in touch with others in your area that can provide you with updates on road conditions, tell you what places may still be open for a meal or a hot shower, and direct you around accidents, closed roads, or other issues that may slow you down. Most CB's also feature NOAA weather alerts that will provide the most up-to-date storm information.



Hurricane season is upon us – be prepared and make sure you have what you need to see you through. ■





RAND McNALLY

OverDryve™ 8 Pro II

Stay connected for the long haul™

Redesigned with improved hardware and Rand Navigation, this 2nd generation 8-inch, all-in-one truck GPS, tablet, dash cam, and satellite radio is faster, sleeker, and more powerful.

The advertisement features a central image of the OverDryve 8 Pro II tablet. The tablet screen displays the device's home interface with the following elements:

- Top left: RAND McNALLY logo and "OverDryve 8 Pro II" title.
- Top right: Search, settings, and app drawer icons.
- Grid of six icons: TRUCK TOOLS (with a red truck icon), RAND NAVIGATION (with a navigation icon), OVERDRIVE (with a blue truck icon), CAMERAS (with a camera lens icon), COMMUNICATION (with a smartphone icon), and ENTERTAINMENT (with a music note icon).
- Bottom left: RAND McNALLY logo.
- Bottom center: Android navigation bar.

Overlaid on the tablet is a red YouTube play button. In the top left corner of the overall image is a "ROADTRIP" badge. In the top right corner is a "Watch later" button with a clock icon and a "Share" button with an arrow icon. Below these is the RAND McNALLY logo. At the bottom of the image, the text "Watch on YouTube" is followed by "OverDryve™ 8 Pro II". The background is a scenic road at sunset.

PERSONAL GROOMING

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



Trucking can, at times, be a dirty business, but especially if you're a flatbedder tarping loads, a tanker driver, or on a route where you have to do some or all of the loading/unloading. And, as the COVID-19 pandemic drags on, getting clean while on the road is more important -- but not more convenient -- than ever.

It's not just a question of proper hygiene or personal safety these days, freshening up on your break or getting clean when you're done for the day can also make you feel better, more relaxed, and drive better.

That being said, there is research that suggests most of us are showering or bathing too often. Studies show that two-thirds of Americans shower every day, and mostly out of a force of habit, not necessarily because they are dirty. However, showering can leave your skin dry, irritated, or itchy. It also can kill off helpful bacteria necessary to your good health.

According to the Harvard Medical School, "While there is no ideal frequency, experts suggest that showering several times per week is plenty for most people (unless you are grimy, sweaty, or have other reasons to shower more often). Short showers (lasting three or four minutes) with a focus on the armpits and groin may suffice."

Regardless of how often you shower, bathe or simply tidy up in your cab at the end of the day, you need to have the appropriate gear.

Cold Shower Cooling Field Towels

One of the immutable truths about trucking is that you will, from time to time, find yourself in need of something, and because of living much of your life on the road and it is not readily available. That's true about a parking spot, about a decent hot meal, and a place to take a shower.

Colgate Max Fresh Wisp Disposable Mini Toothbrush



Even on the road, proper dental hygiene is important. However, it can be difficult to accomplish. The Colgate Wisp Mini Brush changes that. This pocket-sized brush delivers all you need to have fresh breath and clean teeth without ever having to leave your truck. It has a built-in, sugar-free peppermint bead that easily dissolves and delivers minty freshness while the bristles gently remove food and other particles. The Wisp removes plaque and no water or rinsing is necessary. A soft pick at the handle base of the disposable toothbrush removes food particles from hard-to-reach areas. A package of [24 Wisp brushes is \\$4.49 at Target.](#)

Helpmate delivers travel size personal care products



There's no need to lug a full-sized bottle of shampoo around. Likewise, you can stay clean and safe with small containers of body wash and hand sanitizer that tuck easily into your toiletry kit. Helpmate offers one and two ounce bottles of hand sanitizer, which is still good to have with you even as the rate of COVID vaccinations increases. The member of the RoadPro Family of Brands also has convenient one ounce bottles of shampoo and body wash, both of which are easy to take into the shower. All three of these products are available at travel centers and truck stops.

PackTowl Personal Microfiber Towel



This absorbent, fast-drying microfiber towel is a favorite of campers and hikers, but is ideal for truckers. It uses Polygiene odor control to stay fresher longer, and dries 70% faster than similar cotton towels. Sizes include face, hand, body and beach. The body-sized towel is 25" x 54". Prices range from \$11.95 to \$41.95, depending on size.

[Available online.](#)

Waterless Dry Shampoo



On those days when you can't find a shower but need to wash your hair, this product's name says it all. Made of micro-fine tapioca starch, this dry shampoo absorbs oil and refreshes hair, and leaves no residue. No water is necessary and it is great for all hair types and hair colors.

[Available online for \\$6.91.](#)

BlackCanyon Outfitters Toiletry Organizer



When you do have the time and opportunity to take a shower, it makes sense to have all your needed items in one place.

BlackCanyon Outfitters, one of the RoadPro Family of Brands, has a bit of luggage that does that well. This durable, water-resistant toiletry organizer provides convenient storage of liquids, gels, or other products that could spill and prevents leakage into your luggage. It has five internal pockets and a built-in hook so you can hang it near where you shower. At 10" x 7" x 5", this toiletry

organizer provides plenty of room for everything you need when you hit the showers. Made of durable ripstop nylon, the organizer retails for about \$13 online, at big box stores and travel centers.

Here are some of the other items you ought to include in that organizer to ensure you have what you need when you need it, be it a truck stop shower or cleaning up in the cab of your truck:

- A bar of soap or some sort of body wash gel
- Shampoo (and conditioner if you use it)
- Razor, [shave cream and aftershave](#) and/or beard oil and balm
- Toothbrush, toothpaste, floss, mouth wash
- Soothing foot powder
- Your favorite deodorant
- Fingernail/toenail clippers
- Brush and comb
- First aid ointment like Neosporin
- Itch-relief salve like Benadryl
- Sun screen
- Over-the-counter pain reliever like ibuprofen, aspirin, or acetaminophen (Tylenol)

So, regardless of when and how often you shower, having a well-stocked toiletry organizer or dopp kit can make the process easier and more convenient. And, it means you will not have to worry about not having what you need once you get in the shower.

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


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All Charged Up & Ready To Go

By David Hollis, Editor, Truckers News

If your pre-trip inspection routine doesn't include checking to be sure your various devices are fully and properly charged, then you ought to add that critical process to your list immediately.

Fortunately, that's done easily. There are a slew of good, reliable, and affordable charging options available, most of which are compatible with your life on the road.

But, whatever you buy, be sure to look for some basics.

Size and Capacity



A good rule of thumb for power banks says the bigger the battery, the greater its capacity and the more ports it can accommodate. It's easy to find an inexpensive one that will fit in your pocket and with 5,000mAh, reload your phone once or twice. It's also not hard to find something a bit more robust.

Power In. Power Out.



When shopping for a charger or power bank, be sure it's compatible with the device(s) you'll be using it with. Most will have a USB-A port for reloading the battery and for sending the juice to your device. More and more devices are relying on USB-C ports as they are also compatible with most fast-charging options. And, of course, Apple has a port all its own: Lightning. However, with the new Apple iPhone 12, charging can be done with a USB-C port.

So, regardless of the charger or battery pack you buy, be sure its ports match up with your device's cords.

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Wireless Charging Is a Real Thing



Newer models of smartphones and other devices may be set up to be charged without having to be plugged in.

Wireless charging relies on electromagnetic induction to reload your device. In short, wireless, or Qi, charging works by transmitting power from a coil in a charging unit to a coil in the receiving device. All you do is place your smartphone or other device on the pad of the receiver.

As we said, there are hundreds of charging devices on the market. With even modest study, you can find one at a travel center, truck stop, big-box store, or online that fits your device and your budget.

Anker 24W Three-Port USB Portable Solar Charger



Anker is well known for producing reliable, affordable chargers and other digital devices. Among them is a solar charger, the Anker 24W 3-Port USB portable solar charger includes a foldable CIGS (thin-film) solar panel. It's suitable for iPhone 12/SE/11/XS Max/XR/X/8, iPad, Samsung Galaxy S20/S10/S9/S8. The solar panel's three USB ports share a total 21W output, allowing you to

simultaneously charge up to three devices. When you're not charging, the PowerSolar folds away for easy storage. The built-in storage compartment can hold cables or small mobile devices. It comes with an 18-month warranty.

[Available online for \\$79.99.](#)

myCharge HubMax 10050 Portable Charger



The myCharge HubMax 10050mAh portable charger has an integrated Apple Lightning cable, an integrated USB-C cable, and a USB port. It also has self-contained wall prongs so you can plug it into a wall socket or an inverter. With a 10050mAh internal battery, the HubMax 10050 delivers up to 54 hours of charging power.

[It's available online for \\$89.99.](#)

Belkin Boost Charge Wireless Charging Stand



This wireless charging stand can reload a typical smartphone from empty to 50% in about an hour. It comes with a cable and wall plug and delivers a 7.5 W charging speed for iPhones and 10 W for Android smartphones. The Belkin Boost is compatible with Qi-enabled devices including iPhones, Samsung Galaxy, and Google Pixel. You can charge your phone in portrait or landscape

modes.

[Available online for \\$32.99.](#)

Given the selection of chargers easily available at reasonable prices, it's easier than ever to ensure your smartphone is always fully charged and ready to keep you properly connected while on the road.



Pro Driver Tip



Summer Driving Tips on Staying Cool

 Tips for Keeping Cool in the Summer in a Semi-Tr...  

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Frederick graduated from Daly's Truck Driver School in Buford, Georgia after his career in the armed forces. He served in the Marines, the Army and the Air National Guard and is a driver Dartco for the past 5 years. In August 2015 he was named the winner of the fifth annual Mike O'Connell Memorial Trucking's Top Rookie Award.



Cooking with RoadPro

ROADPRO® CHICKEN BARBEQUE

MADE FOR THE ROADPRO SLOW COOKER

INGREDIENTS

- 1 cup BBQ sauce
- ½ cup brown sugar
- 1 tbsp apple cider vinegar
- ½ tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper
- 2 chicken breasts

DIRECTIONS

1. Heat [RoadPro Slow Cooker](#).
2. Add BBQ sauce, brown sugar, apple cider vinegar, olive oil, and seasonings to the slow cooker.
3. Stir to combine ingredients.
4. Add chicken breasts and cover with sauce.
5. Cook for 3½ hours, or until chicken is fully cooked.
6. Shred the chicken using forks.
7. Serve and enjoy! Pairs well with RoadPro Mac and Cheese.



ROADPRO® MAC & CHEESE

MADE FOR THE ROADPRO SLOW COOKER

INGREDIENTS

- ¾ cup milk
- ⅔ cup evaporated milk
- ⅓ tsp salt
- ¼ tsp pepper
- 1¼ cup elbow macaroni
- 1½ tbsp margarine
- 3 oz. cheddar cheese
- 2 oz. Monterey Jack cheese, grated

DIRECTIONS

1. In the [RoadPro Slow Cooker](#), whisk together the milk, evaporated milk, salt, pepper, and paprika.
2. Add the uncooked macaroni and top with margarine and cheeses.
3. Stir to combine.
4. Cover the slow cooker and cook for 1 hour. Stir. Then cook an additional hour.
5. The mac and cheese will be done when all the liquid is absorbed, and the pasta is cooked.
6. Serve and enjoy!





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6. *You must submit receipt within 30 days of purchase.*

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