

Truckers' Gear Guide

▶ **Summer Ready**

▶ **The Power of 12-Volt Cooking**

▶ **A Moment with Marcia**
The Nighttime Angel

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Loving the Light

By Robert Greene

One of the most important and smallest pieces of equipment used in a truck is a flashlight. Of everything on your truck, a flashlight is a vital tool that truck drivers use every day. We use them daily for pre-trips, pinpointing problems on the truck, warning other drivers if we are broken down, or as additional lighting in the cab to illuminate dark areas or provide additional lighting at night.



I personally carry various styles and sizes of flashlights on my truck. I always have a small one I carry in my pocket in case of a break down so I can signal to oncoming traffic or to guide another driver into a parking space. Having a flashlight in your pocket provides a quick way to light any situation I may encounter during my trip. I also carry another flashlight with an angled adjustable head. The one I currently have is one of the latest models from LUMAGEAR®. This flashlight's adjustable head has a 90-degree tilt and four modes of operation that include high, low, white and flashing red. It also has a 6-hour battery life and serves a multitude of purposes with a magnetic bottom to attach to a fender or other metal surface allowing me to work hands free. I also carry a larger tactical flashlight that has an adjustable beam and a scalloped edge that could come in handy if you would have to break a window in an emergency.

While most might not think that carrying multiple flashlights - it is important to make sure you have at least one flashlight on your truck. If you chose to only have one – make sure it is one that serves a multitude of purposes and provides various functions. Other things to consider when purchasing flashlights are LED lights, rechargeable batteries, the ability to change the focus of the beam or one that has a flashing featured. And of course, quality! Invest in a good quality flashlight that will withstand life on the road.

While you may not realize it – you probably use a flashlight every day. If you question that...just wait until you need one and don't have it!



Robert Greene is a member of the RoadPro Pro Driver Council. Robert started trucking in 1986 and has been an owner/operator for 18 years. He has driven everything from oversized to flatbed drop deck, hazmat, reefer, and tankers and enjoys helping other drivers. He is the proud grandfather of 5 beautiful grandchildren who have him wrapped around their little fingers. He spends his time off with his family and

friends making memories.

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* July 6, 2018. See facts on www.blueparrott.com/commercial-claims



BlueParrott B550-XT



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Summer Ready

By David Hollis

Last winter was a hard one for most truckers, and this spring was little better for drivers in some parts of the country. But, summer's here and the driving gets easier. Well, not so fast.

Just because you have stowed your parka, turned the heater off and AC on, and won't need your tire chains for a while doesn't mean you can stop treating your fuel. It's a common misconception that you don't need to treat diesel in warm months. But, with today's ultra-low sulfur diesel fuels, you ought to consider using additives to get the most lubricity out of every gallon all the time.

Sulfur is diesel fuels' natural lubricator. By removing sulfur to meet the current federal environmental standards of no more than 15 ppm, it also loses an important characteristic for fuel system wellness and economy.

Proper lubrication helps to eliminate numerous problems, including getting rid of deposits that zap your engine's performance.

When deposits form, they reduce the effectiveness of each burst of fuel from the injectors. For proper ignition, the fuel must be turned into a very fine mist. Deposits prevent this from happening and the result is that all the fuel may not be ignited. Excess unburned fuel gets eliminated through the exhaust.

There are two types of deposits: coking deposits, which are essentially a carbon build up on the tip of the injector that reduce or change the spray pattern, and internal diesel injector deposits, which are a sticky build up inside the injector that can cause a reduction in flow or spray.

And, if your fuel system is not properly lubricated, you will not be protecting fuel pumps, and injectors from excessive wear caused by ULSD. This can cause a reduction of about 20% in the available fuel for combustion. Proper lubrication of the fuel system will improve your fuel economy and restore lost power by maximizing the amount of fuel for complete combustion.



There are several products on the market that help maintain clean injectors and lubricate fuel. One is **Howes Diesel Defender**, which uses a proprietary IDX4 detergent to clean the fuel system and injectors. It also takes lubricity to the next level adding up to 2.5 times more than previous injector cleaners.

Diesel Defender is 100% petroleum based and alcohol free. That's important because alcohol can dry out seals and gaskets. It also emulsifies water, which is important for your truck's engine.

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Trucker Appreciation

Sometimes It's the Little Things

By Kim McDonnell

As many of you know there is a week set aside in September for Trucker Appreciation. During that week you will often see many events, special offers, videos or activities geared towards truck drivers to thank them for what they do. But many feel it shouldn't stop there - we at RoadPro certainly feel that way too. **There are those that touch the lives of truck drivers every day – whether they are truck drivers themselves, the travel center employees, waitresses or others that work in the trucking industry who make appreciating truck drivers something they do daily, often without a thought.** I recently reached out to several drivers and asked them if there was a time when they were on the road where someone went above and beyond what was expected, or if they were treated in a manner that they have never forgotten. I received a variety of responses and all of them different – some of them from years ago and others more recent. I would like to share these stories from the road:

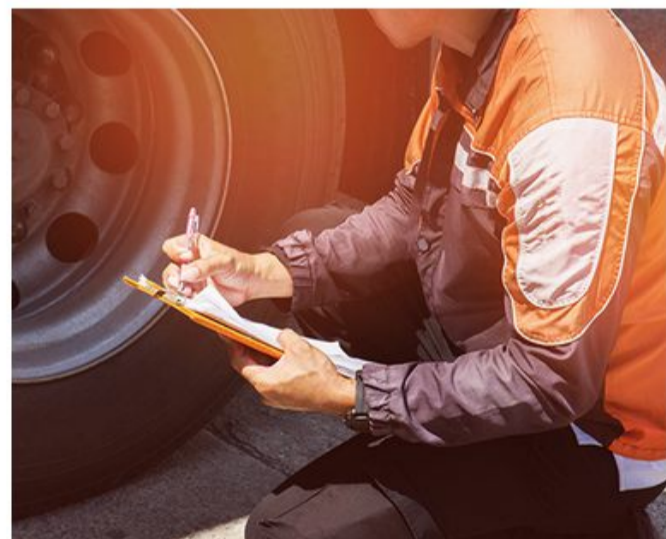


Bill Weaver remembers a time about seven or eight years ago where he was coming through Rattlesnake Pass in Utah. There was a freak ice storm that came up and he was following another truck. Suddenly out of nowhere a car came speeding by both trucks and spun out on the ice. Being forced to stop on the icy road both drivers had to get out to chain up. Bill had broken his ribs a short time before and was struggling to get the chains in place when the other driver noticed he was having trouble he came back to help him chain up. Bill recalled, "He came back and asked if I was OK and when I told him I had broken my ribs the week before he immediately started to help." The other driver wouldn't accept any money for his assistance and told Bill a "THANK YOU" was more than enough. He did convince him to let Bill buy him a cup of coffee. **"That was all those years ago and I still remember how he made a difference," said Weaver, "That small act of kindness stuck with me and I don't remember his name, but I remember what he did for me."**

During a stop for a break and a meal at Uncle Pete's Truck Stop in Tennessee, **Tom Kyrk** remembers an encounter with a waitress named Tammy that really made his day. Having changed his route for several months he had not stopped at Uncle Pete's for a long time. When he sat down, he was greeted by Tammy as she had remembered him from previous visits. "Tammy asked me where I had been as she had noticed I hadn't stopped for quite some time," said Kyrk. He told her he would be back this way more often as his route had changed again and remembers that she smiled and said, "Welcome Home!" He has never forgotten that and how appreciated that made him feel.



Robert Greene shared a more recent story. When his mother was not well, and he headed home to see her he parked at the Flying J near his house. He paid for several days of parking thinking he would return to his truck in the next few days after his visit. He had explained his mother was not well so he was uncertain of when he would return for sure. Unfortunately, his mother passed away soon after he arrived home. His days were filled with planning to bury his Mom and until he got back to the travel center it was well after when he told them he would return. "When I got there, I told the clerk I wanted to pay for the extra parking and I would be a few more days," said Greene, "She told me don't worry about it, it's been taken care of." **Greene at first was concerned that they billed the parking to his company but instead the clerk explained that the employees of the Flying J had heard that he lost his mother and they got together and paid for his parking.** "I certainly didn't expect that!" said Robert "I got a tear in my eye for sure."



Most truck drivers will tell you that DOT inspections can be a nuisance. Although a necessary part of the occupation of driving a truck to ensure that you, your truck, as well as others are in compliance and safe, they are not a trucker's favorite thing due to the time it can take. **Taylor Barker** is no stranger to DOT

inspections after driving for over 23 years and is a stickler about keeping his truck up to date and safe. He had recently spent about \$11,000 to update his truck with various things like replacing the airbags, wheel seals and brakes, and was waiting in a long line at the DOT in Mississippi, when the officer pointed at him and told him where to pull in for further inspection. **"When I got out of the truck, I told him, no matter what happens, I want to Thank You for your service," Taylor recalled he said to the officer with a smile, "He noticed I was veteran when he looked at my license, and thanked me as well."** That launched a great conversation between the two of them while the officer inspected his truck. In the past Taylor very often assumed that these inspections were more about revenue than anything else. But quickly realized with this officer it was all about the safety of the vehicle and nothing to do with revenue. When the officer was finished, he thanked Taylor for caring enough to keep his truck in top safety condition and wished him well as he left. After Taylor pulled away, he took the time to call this officer's supervisor and told him how courteous and professional the officer was. After a long pause the supervisor responded and told Taylor he typically only gets calls complaining and never gets compliments. **Before he ended the call, the supervisor thanked him and told Taylor if he was ever down that way again and needed anything at all just to give him a call.** "I felt like I knew this guy for 30 years and he was one of my good friends," commented Barker, "I could feel the kindness, concern and hospitality."

It's not always about a week, month or day of appreciation– it can be a small act of kindness or a word that that will mean the most to another trucker. So, when you are out there on the road remember to be kind, share a smile, buy someone a cup of coffee or just appreciate those around you. It's the little things that go a long way.



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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.

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A Moment with Marcia The Nighttime Angel

By Kim McDonnell

Recently I had the opportunity to speak with Marcia Campbell, host of the popular WSM All Nighter. I wanted to know how it all got started and what made her want to be on the radio when most of us that are not on the road prefer to be in their beds. Well, it was an interesting story indeed, one I thought worth sharing.



Marcia saw a need – a need for a radio program that would take a break from the normal political and industry bashing or the never-ending complaining that some talk radio shows are all about. She wanted something that not only entertained but also offered a friendly voice or someone to listen in the middle of the night. With a background of over 20 years behind a microphone and a broadcasting career in radio programs that spoke specifically to the trucking industry she created a program that has become one of the top radio shows in the country. It all started when she decided to continue a tradition

started by Ralph Emery who hosted an all-night radio show on WSM that played country music and could be heard over most of the Eastern and Central US. It became a favorite of many overnight long-haul truck drivers who had a love of country music and the entertainers that Emery introduced to them. Since she already had a background in trucking radio programs, she reached out to friends in the trucking industry to gain sponsorships and launched her own overnight show on WSM called the All Nighter with “America’s Trucking Sweetheart” Marcia Campbell. **The show is heading into its 9th year on the air and is heard in over 38 states. Marcia, who is the only live overnight female host in the country, creates and produces the entire show.**

While the show is popular with the truck driving community, Marcia points out that she has many other faithful and loyal listeners that are not drivers. But the show’s heart and Marcia’s are based around the trucking community who she considers family. **“Truck drivers work hard for all of us,” Marcia commented, “They are so good hearted and would give the shirt off their back for anyone.”** There is a lot of comedy and laughter on the show and a two-minute newscast from OOIDA every night – but what touches her are the callers. “Everyone is going through something,” explained Campbell, “I want to be the friend on the other end of the line, or the beacon in the night for those that need someone to listen.” She went on to say that what they tell you in the middle of the night they may not share with you at noon. **Marcia reflected on one call she received where the driver on the other end said, “If I don’t ever talk to you again, you take care”. She could tell by the sound of his voice something was wrong and she kept him on the line by telling him she was there for him and listening.** He went on to tell her that his Mom was suffering from dementia and that she did not know him anymore and that he just didn’t know if he could keep going. She talked to him and told him she was there for him and that his life was worth something, while he proceeded to tell her things he told no one else. By the end of the call things had changed and she knew she made a difference and kept him from taking his own life. Over the years she has shared moments with many listeners that were sick or in the hospital and just needed someone to listen. She encourages her audience to make a ‘Gratitude List’ – and to take 5 minutes and write down 5 things they are grateful for, making them realize there are some things in their life that are good. Marcia lives by the mantra that people will forget what you say but will never forget how you made them feel.



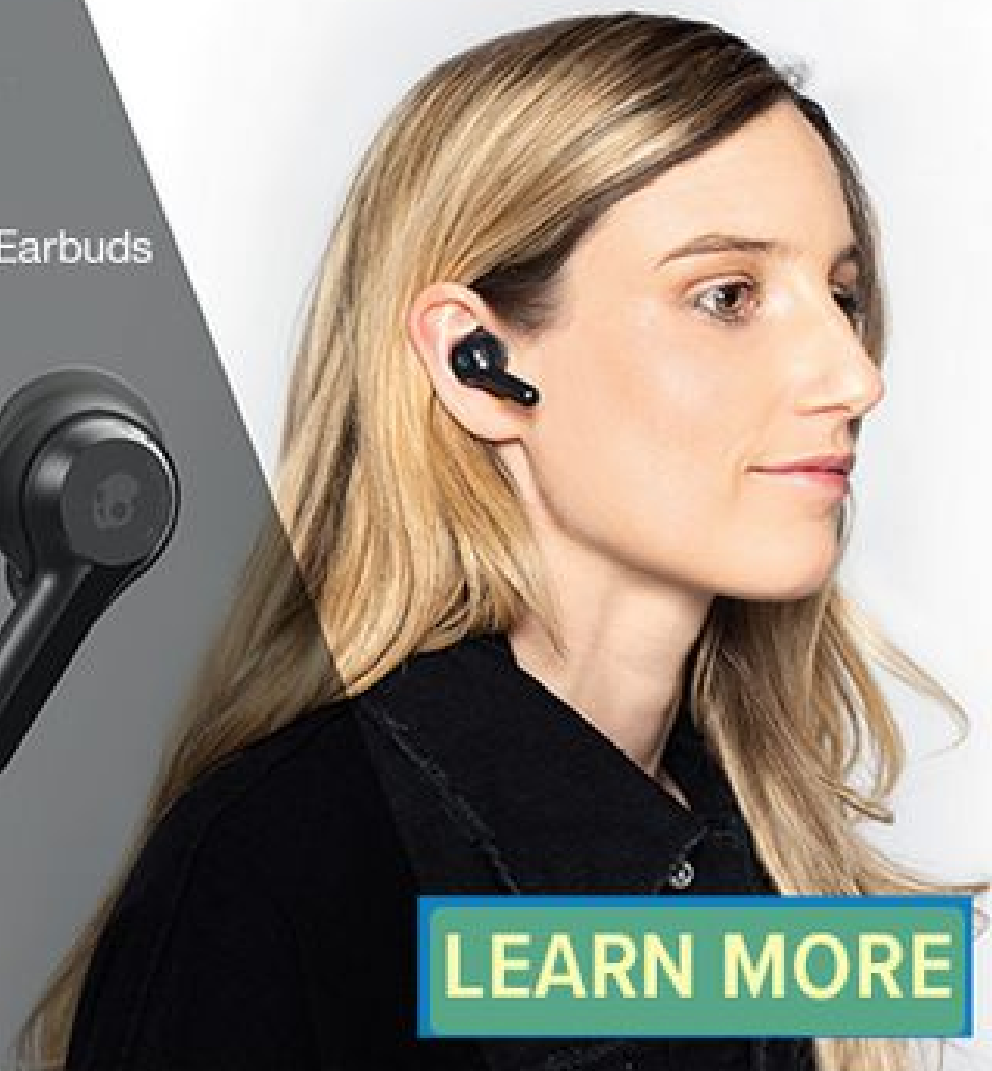
We felt that one of you might want to meet Marcia and be part of her show which is housed within the Grand Ole Opry in Nashville, Tennessee. Now through August 21 you will have the opportunity to enter to win the Ultimate Nashville Getaway Giveaway. An all-expense paid trip to Nashville which includes 2-night accommodations at the Gaylord Opryland and Resort Hotel, \$250.00 gift certificate to the Opryland Hotel restaurants, two round-trip tickets to Nashville, and two tickets to see the Grand Ole Opry show as well as backstage passes to meet that evenings performers. Visit NashGiveaway.com to find out more and enter to win.

Marcia will serve as your host while at the Opry so you will have the chance to spend some time with this wonderful lady who means so much to so many. Who knows - she may make a difference in your life too?

A YouTube video thumbnail for a giveaway. The background is dark blue with a cityscape. At the top left is the Road Trip Central logo. The text "Nashville Giveaway Getaway" is at the top. In the center, the word "WIN" is written in large, white, distressed letters. Below it, a red play button icon is visible. At the bottom, the text "ALL-EXPENSES PAID TRIP FOR TWO TO NASHVILLE" is written in large, bold, yellow letters. In the top right corner, there are icons for "Watch later" and "Share". At the bottom left, it says "Watch on YouTube".

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The Power of 12-Volt Cooking

If you work on the road, you probably have at least an idea of what mobile 12-volt cooking can do for you. Let's face it, when you pull in after rolling for hours, you might not want to spend even more time finding an eatery – a place that might not serve a meal you'll like, but still might put a big hole in your wallet. Plus, you're already hungry and don't want to wait!

Travel appliances let you skip all that. You have quality food you like because you chose and prepared it yourself. With good, simple recipes, front-end time and prep are minimal. You decide the portion size, and you save money versus eating in a restaurant. Maybe best of all, supper can be cooking while you drive, ready to eat when you get there.

Different appliances handle different cooking jobs. If your vehicle's your kitchen, it pays to keep a stable of several types for top results with lots of different meals. Also, remember: these units, which plug into your vehicle's cigarette lighter or other 12-volt outlet, work just as well when you're camping, tailgating or touring.



Non-slip rubber feet



Lid with locking handles



Illuminated on/off switch



Vented glass lid

Introducing the Roaster

The latest RoadPro 12-volt cooking unit, the RPSC200 Portable Roaster, was designed to make the most of all these advantages. It's handy, reliable, compact and sturdy, delivering outstanding meals and adding variety to foods you can prepare on-the-go. (Even if you love stew, you might not want it every time out. Roaster puts welcome changes on the menu.)

The vented glass lid has locking handles, so you can see what is cooking as well as keep the contents from spilling. With an illuminated on/off switch the roaster heats to 225°F in minutes and has non-slip rubber feet to help it stay put while you roll down the road. It fits a standard 6" x 9" glass baking dish or aluminum pan, and connects to power with a heavy-duty, 5-foot cord.

Prep the meal before you head out, and let the Roaster do its work while you do yours. If you'd rather cook when you arrive, that works fine too. Either way, enjoy delicious, juicy roast beef or chicken or other slow-roasted meals done just the way you like them, when you want them.

More road-worthy cooking appliances

All these RoadPro units plug into 12-volt power ports. All can make eating on the road healthier, more affordable and more enjoyable.

12-Volt Portable Saucepan with Non-Stick Surface

This pan's two-quart (1.9 liter) volume gives you plenty of capacity to heat soups and stews or steam hot dogs and many other meals. The pan's equipped with a stay-cool handle, non-slip feet, non-stick inside surface for easy cleanup, and vented, tempered-glass lid. (4.5' power cord with in-line fused plug and included

20 amp replaceable blade fuse; current draw: 12 amps/165 watts.)



12-Volt Portable Frying Pan with Non-Stick Surface

At your service to make bacon, eggs, hamburgers and more, this 8" (200 mm) diameter pan comes with a special stay-cool handle, non-stick inside surface and vented, tempered-glass lid. Non-slip feet help keep the pan secure when cooking. (4.5' power cord with in-line fused plug and included 20 amp replaceable blade

fuse; current draw: 13 amps/180 watts.)



12-Volt Portable Stove

This is the real powerhouse of the line with its iconic lunch box design, cooking or warming many delicious meals up to 300°F in RoadPro's own 8" x 3.75" x 2.5" disposable aluminum pans, Model RPSC-90820. (5.5', 15-amp fused power cord; current draw: 12 amps/144 watts.)



12-Volt 1.5 Quart Slow Cooker

Weighing in at just 3.8 pounds, this good-looking black-finish cooker features a removable, easy to clean 1.5-quart stoneware crock for heating or cooking foods between 140 and 170°F. To keep things secure, it includes easy-grip handles on the base and a stretch cord to keep the glass lid firmly in place. (6' power cord; current draw: 8 amps/96 watts.)





ROADPRO® BEEF STIR-FRY

INGREDIENTS

- 1 tbsp cooking oil
- ½ lb thinly sliced beef
- Dash of salt
- Dash of pepper
- 1 small onion, chopped
- ½ red bell pepper, sliced
- ½ green bell pepper, sliced
- 1 tbsp soy sauce
- 1 cup rice (optional)

DIRECTIONS

1. Heat up your [RoadPro Frying Pan](#) and add oil.
2. Add beef to frying pan and season with salt and pepper.
3. Once cooked, remove beef from pan and set aside.
4. Add onions and peppers to the pan, cook until softened
5. Add cooked beef and soy sauce. Stir.
6. Serve over rice, if desired.



HAMBURGERS

SUBMITTED BY: CAROLYN O'BYRNE, AUTHOR OF GUT INSTINCT
MODIFIED FOR THE ROADPRO® FRYING PAN

INGREDIENTS

- ½ lb of ground meat
- 1 tsp onion, chopped
- 1 tsp garlic powder
- 1 tsp turmeric
- Dash of salt
- Dash of pepper

DIRECTIONS

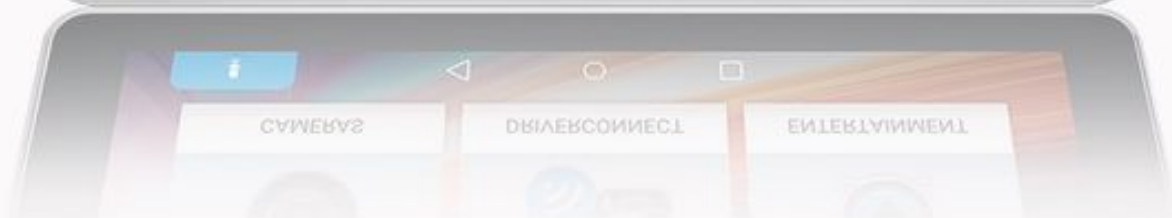
1. Mix all ingredients.
2. Pat out to desired size and cook in [RoadPro Frying Pan](#).
3. Gather fresh ingredients to put on top.



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Pro Driver Tip



Summer Driving Tips



Libby Uselton drives team with her husband Johnny and they have a combined career of 53 years in trucking. They drive team for a major retailer based out of Texas. They both have their T and N Endorsements and enjoy their time on the road together. Libby is also an experienced photographer.



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LG TONE Platinum α^{TM} **Bluetooth[®] Wireless Stereo Headset**

The new LG TONE Platinum α^{TM} delivers the ultimate performance in a Bluetooth[®] wireless headset without sacrificing comfort. Tuned by world renowned Harman Kardon[®], the new TONE Platinum α^{TM} features a metal-layer speaker unit that provides powerful bass and less distortion, as well as dual MEMS microphones for clear calls.

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*Cannot receive encrypted or some proprietary type of digital systems.

**Some states restrict the use of scanners in vehicles. Please check your local state laws for any restrictions.



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