

# TRUCKERS' Gear Guide

THE LATEST IN  
BLUETOOTH<sup>®</sup>  
HEADSETS

THREE  
REASONS  
YOUR HEALTH MAY  
CAUSE DISTRACTED DRIVING

WARM  
WEATHER  
DIESEL PERFORMANCE

MUCH MORE INSIDE



YOUR HEALTH MAY BE CAUSING  
DISTRACTED DRIVING

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THE LATEST IN  
**BLUETOOTH® HEADSETS**

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**ONE DRIVERS**  
QUEST FOR A CAUSE

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**WARM WEATHER**  
DIESEL PERFORMANCE

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**COOKING**  
**WITH ROADPRO**

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**TRUCKER  
GEAR** BUYER'S GUIDE

**MOBILE TECH**

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# ARE YOU READY FOR SPRING?

After this grueling, cold winter, you are most likely ready for Spring. Your truck has taken a beating, too, with all the salt, ice, snow, and whatever else you may have driven through.

Here are a few products that will get your truck looking great and get rid of all that dirt and grime accumulated during the winter months.



RoadPro's incredible offering of **cleaners and foams** will surely get your truck clean and shiny in no time. The 19 oz. All-purpose cleaner comes in a pack of two and provides reduced cleaning time, which will disinfect surfaces and produce streak-free results. There is also a 19 oz. Foaming glass cleaner that provides a crystal clear view and is made of a safe, odorless formula. The 20 oz. Tire foam protects against harmful elements and restores the tire's shine without the need for scrubbing.

Helpmate's **telescopic 10" dip brush** comes with a telescopic pole that extends up to 60 inches for those hard-to-reach places. The brush head is made of heavy-duty soft nylon bristles to prevent scratching but still produce optimum results. It has a comfortable foam grip and is designed to clean surfaces quickly and easily.

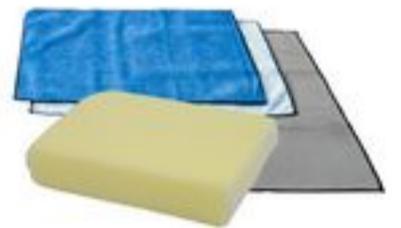


The **12-volt wet/dry canister vacuum** from RoadPro is excellent for cleaning up wet or dry spills. It has a heavy-duty 12,500 RPM motor, with a 36-inch flexible hose and several attachments to clean even those hard-to-reach places, and comes with a reusable filter.



HelpMate's **8" deluxe squeegee** head is perfect for scrubbing away all that debris and build-up on your windshield. It features durable netting and plastic side guards to protect your windshield from scratches.

RoadPro's **multi-purpose towels** are sure to come in handy as you clean up all the dust, dirt, and whatever else might have built up over the winter months. These 12" x 6" towels are ultra-absorbent and come in a three-pack. They are perfect for washing, scrubbing, and detailing most surfaces and are made of a soft microfiber blend. For even more scrubbing power, you may need RoadPro's **strong mesh durable sponge**. It is extra tough on bug and tar dirt and is safe to use on all surfaces.



The **2-in-1 wheel cleaner** from Helpmate provides a perfect clean for your wheels. This flexible design allows you to scrub with one side and use the opposite side to wash your wheels thoroughly. It is designed to reach all areas of your wheels, including the smallest of crevices.

These are just a small selection of the items you will find in your favorite truck stop or travel center. Make sure you check out the entire offering in-store; you are sure to find the right products to make your rig shine! •

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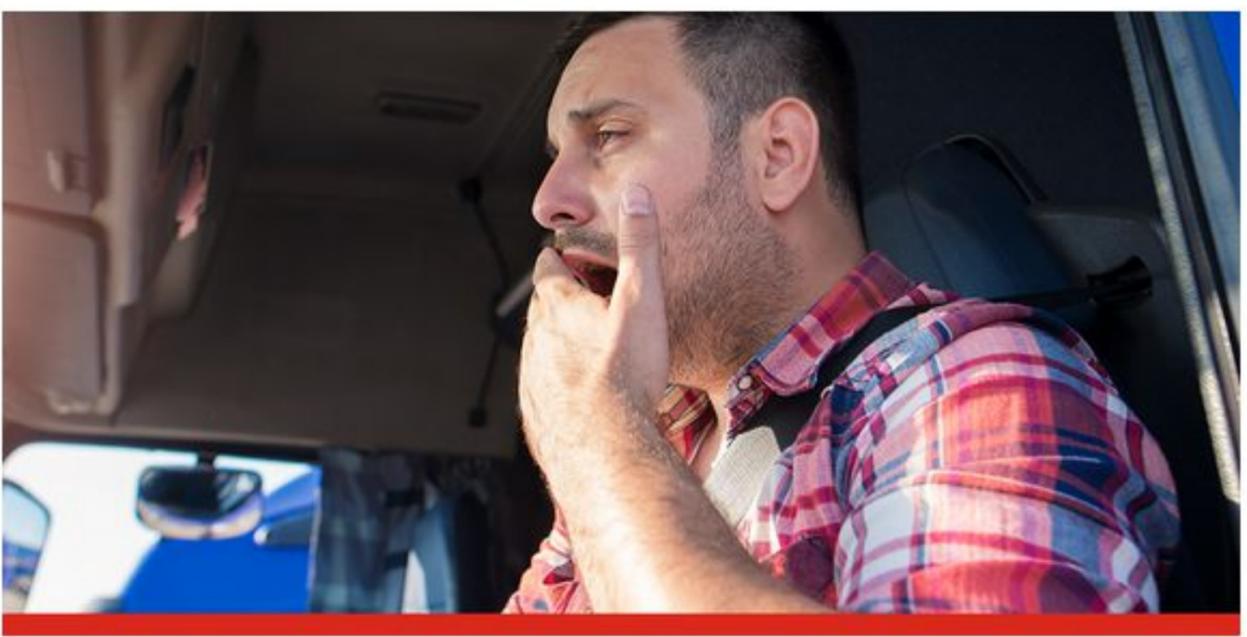
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\*Mid-OTR500 and dezl OTR700 only include a suction cup mount.

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# THREE REASONS YOUR HEALTH MAY BE CAUSING DISTRACTED DRIVING

By Hope Zvara, Health and Wellness Coach

It's distracted driving awareness month, and I want to bring to your attention some reasons why your health may be causing your distracted driving. You might think distracted driving is caused by using cell phones, eating, and bad weather. Yes, this is true all those things and more are reasons accidents happen on the road, but it is not the only cause.

**In this article, I want to highlight three reasons your health may be causing distracted driving and what you can do about it today.**

It is easy to blame others when things go wrong in today's world. But whether you are a truck driver, an Uber driver, or a commuter, distracted driving is everywhere, and you can do something about it.

Being a fit driver doesn't just mean running sprints or doing sit-ups; it means you are safe on the road. Your health affects everyone else on the road with you.

In this article, I want to highlight three reasons your health may be causing distracted driving and what you can do about it today.



## Smoking

If you're a smoker, that can affect your driving and result in distinctive driving. How? The National Institutes of Health has examined the consequences of smoking while driving on road safety and found that cigarette smokers averaged 12 seconds of distraction – the equivalent of traveling 525 feet without looking at the road. Nicotine withdrawal symptoms occur when the supply of nicotine decreases.

Initially, it improves mood and concentration while at the same time reducing anger, stress and helping you feel relaxed.

Withdrawal symptoms any nicotine user may experience at any time can include:

- Headaches
- Nausea
- Dizziness
- Feeling anxious, jumpy, irritable, cranky, or angry
- Feeling frustrated, sad, or depressed
- Trouble sleeping
- Trouble concentrating

The good news is there are dozens of opportunities to kick the habit available out there today, patches or gum allow a slow release of nicotine for a smoker, so they feel fewer side effects as they kick the habit. There are programs like Rigs Without Cigs designed for a class A CDL driver to assist in becoming smoke-free. If you are looking to ditch the cigs, consider finding a support system that can help hold you accountable and encourage you during hard times and work to stay positive. Add a daily devotional to your morning or practice deep breathing to help boost endorphins to the brain during stressful times.



## Sleep Deprivation

Being sleep deprived has many effects on our health, and as a driver, quality sleep can be hard to come by. Poor sleep can cause a lack of focus, feeling dizzy, poor concentration, and the inability to make quick decisions, something every driver must be ready to do at any moment. This can be very harmful to a driver's fitness because driving requires full focus and sharp vision. If you don't get ample sleep,

sleep deprivation can also cause distracted driving at work. As a driver, you may not be able to fix all your sleep needs, but consider creating a sleep routine. This may include low lighting leading up to bedtime, no electronics (blue light) 15-30 minutes before bed), adding relaxing music to your wind down time, and practicing deep breathing once in bed. Being sleep-deprived can leave anyone making irrational decisions, a slow reaction time, and the inability to stay focused; as a driver, these are things you just can't afford to drive without.



## Not Eating Well

Food is an essential part of our lives, food is fuel, and it provides us with the energy to function properly and perform tasks. When it comes to food, many drivers are solely focused on subduing hunger, so they end up eating empty calories giving them the feeling that they are full, but nothing they have eaten has fueled them nutritionally. Inadequate nutrition can cause dozens of distracted driving symptoms and quickly go overlooked.

Issues can include:

- Muscle weakness can be a sign of low potassium
- Numbness and tingling in the fingers can signify a lack of calcium
- Fatigue and shortness of breath can be linked to low iron

By shifting your focus to fueling your body with nutrition instead of just trying to eat food to feel full, you may find your focus improves, and you feel better. Want to get more potassium in your diet? Try eating more bananas or spinach. Looking to increase your calcium in your diet, look for foods like cheese, dark leafy greens, and sardines to add to your diet. Concerned about your iron intake, add spinach, pumpkin seeds, turkey, and raisins to your food list. Distracted driving may have plagued you in the past, but it doesn't have to be a concern for the future. Focused driving plays a vital role in any driver's fitness for effective driving. One of the significant problems that hinder attentive driving is the causes of distracted driving. Often, distracted driving may result from any external element; however, sometimes, it's also the result of your health. This month make it your focus to reduce distracted driving, and you might find you improve your overall health and driver fitness in the process. ●



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 a radio show titled "A Daily Dose of Hope" that focuses on truck drivers' well-being, 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](http://www.MotherTruckerYoga.com)

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WITH ACTIVE NOISE  
CANCELLATION**

BlueParrott S650-XT

Engineered for superior calls  
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**INTRODUCING OUR  
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Engineered for superior calls  
in high-noise environments

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**GN** Making Life Sound Better





## THE LATEST IN BLUETOOTH® HEADSETS

By **David Hollis**, Editor, *Truckers News*

Wireless headsets are no longer nice additions to the cab of any professional driver. They are all but "must-have" devices for numerous safety reasons, driver comfort since they are likely to be worn for extended periods of time, and employ up-to-date noise-canceling technologies, so you don't struggle to hear or be heard as you drive down the interstate. The good news is this: truckers have a large field of Bluetooth headsets so they can make and take calls hands-free. (This is a welcome feature as more and more states pass "hands-free" smartphone use laws.) Even further good news is that the current crop of wireless headsets are comfortable for all-day wear, are loaded with features, and most offer superior value for the money.

### BlueParrott Offers Two New Models



BlueParrott has numerous wireless headsets aimed specifically at professional drivers. The company has two new ones coming soon: the B650-XT and the S650-XT. Both offer what it calls "Active Noise Cancellation" to ensure the folks you call hear you clearly and do not hear any highway noise. The two also have 36 hours of talk time and a range of 300 feet, and they are rated IP54 for superior protection against dust and water. The big difference between the two models: the S650-XT has a second ear pad you can attach for stereo sound when you're streaming music or a movie after your driving day is done. There's no word when these two new headsets will be available or their prices. Until then, BlueParrott has a line of Bluetooth headsets built just for truckers. All deliver superior clear sound and all-day wearability.

All BlueParrott devices can be found at travel plazas, online, and the [company's own website](#).

### RoadKing Delivers New Line of Bluetooth Headsets



RoadKing, part of RoadPro Family of Brands, has a new line of wireless headsets making its debut at the Mid-America Trucking Show in Louisville. There are four different styles to choose from, including a convertible design that allows you to switch between mono and stereo easily. All deliver value for the money and are designed with the professional driver in mind. They're sturdily built but are lightweight so that you can wear them all day. All four models boast noise-canceling technologies so you can hear your calls clearly and be properly heard. All use the latest 5.0 Bluetooth technology and pair with all other Bluetooth-enabled devices. The primary difference between the models is battery life. The RKING1000 offers 14 hours of talk time, enough for an entire shift. The RKING2000 delivers 24 hours, and the RKING3000 has the most with 30 hours. The RKING4000 convertible offers 28 hours of talk time. Also, ear pads differ from unit to unit. All are ultra-soft for all-day comfort. The RKING2000 has "ultra-soft large" earpads, while the RKING3000 has earpads that RoadKing says are ultra-soft and extra-large but also have memory foam padding. The RKING4000 features voice controls for making and receiving calls hands-free and converts to a stereo headset for use when the driving day is done. The RKING4000 also features superior noise cancellation and ambient noise reduction. All four RoadKing Bluetooth headsets come with charging cords, a charger that plugs into your 12-volt port, and a replacement windsock for your unit's microphone.

These headsets are due to hit stores in late Spring and will be priced from \$49.99 to \$109.99.

### Rand McNally ClearDryve Lineup Offers Versatility



Rand McNally is well known in trucker circles for helping drivers get where they're going. The company also has a line of ClearDryve Bluetooth headsets that have several things in common:

- Outstanding noise cancellation
- Superior sound quality
- Ability to make the mono headset for driving into a set of stereo headphones for streaming music or video when you're done driving for the day.

The ClearDryve line pairs wirelessly with iOS and Android smartphones with Bluetooth 5.0 for necessary hands-free communication on the road and converts to a stereo headset that delivers high-quality music or streaming audio when you're done driving for the day. In between the ClearDryve 50 and the 220 are the 100, 180, 200, and 210.

Rand McNally headsets are available online, at the company store, and at travel centers and truck stops.

### Voyager 5200 - Take the call anywhere.



Looking for a Bluetooth® headset that moves with you? The Poly Voyager 5200, noise-canceling headset, sounds professional in any environment whether you're driving or walking around outside. With six layers of WindSmart technology and four omni-directional microphones to reduce distracting background noise, nothing gets in the way of a clear conversation – no matter what you're doing. Sleek and pocket sized, the headset is comfortable enough to wear all day, and its over-ear design ensures that it stable and does not fall out.

### Shokz Aeropex for Those Who Want an Open Ear



This headset rests near – not in or on – your ear and uses your cheekbones to deliver what the company calls "premium audio." Because it does not cover the ear, you can still hear sounds around you, including those on the highway. It is lightweight and offers eight hours of talk or listening. The Aeropex has an IP67 rating to keep it safe from water and dust. A multifunction button lets you control play, pause, skip, activate voice assistant, and answer calls.

### Jabra Talk 35 is Small but Mighty



The Jabra Talk 35 delivers exceptional sound on both ends of your calls and is lightweight enough to wear during an all-day drive. And, it won't bust your budget. The Talk 35 features HD Voice and two microphones to create clear, vibrant sound. It comes with a set of ear gels that mold to your ear to provide a custom fit. It also allows you to stream GPS directions, music, podcasts, and talk calls from your smartphone. The Talk 35 allows you to pair with two Bluetooth devices.

Price: just \$69.99.

### Sennheiser Presence Gray Delivers on Sound and Price



Sennheiser is, for many in audio-related businesses, at or near the top of the best gear available. The Presence has improved flexibility, allowing you to connect to two smartphones or one mobile phone and a PC or tablet. The company said it has been engineered to ensure "optimized speech clarity" with three digital microphones. It includes a USB charging cable, ear sleeves, and ear hook. It has up to 10 hours of talk time on a full charge. The Presence is another Bluetooth earpiece that delivers big sound at a small price: \$66.99.

### What to Look for In a Wireless Headset

So you can see that truckers have a large and varied field of wireless headsets from which to choose. As you make your decision on which to buy as your first Bluetooth headset or look to replace or upgrade an existing one, keep these things in mind:

- Find one that suits your need for all-day or long-day comfort
- Be sure it has enough battery life for your 14 hours of on-duty time
- Consider one that allows you to make and answer calls with voice controls so you keep your hands on the wheel
- Be sure they are compatible with your existing devices, smartphone, GPS, tablet, et al
- Checkout what others say. Ask other truckers what they prefer, read the review on sites like Amazon, and check out the choices of tech rating sites like [Wirecutter](#), [CNET](#), and [PC Magazine](#)
- And, of course find one that fits your budget BUT be sure to focus on ones that still meets your needs. •

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# ClearDryve<sup>®</sup> 220



## Superior headphones/headsets for drivers

ClearDryve<sup>®</sup> 220 is a premium, over-the-ear, 2-in-1 headphones/headset that delivers high-quality sound with convenient wireless capabilities in sophisticated matte black hardware.

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Experience the ClearDryve Effect



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## ONE DRIVERS QUEST FOR A CAUSE

By Kim McDonnell

In May, the Make-A-Wish Mother's Day Truck Convoy will take place in Lancaster County, PA. This event has seen over 500 trucks participate as they travel through central Pennsylvania. Unable to have an entire event for the last two years due to COVID, this year, the Convoy will return fully while moving to a new location at the Manheim Auto Auction in Manheim, PA.

Several of the drivers that raise money for this annual event have been driving in the Convoy for almost as long as it has existed. One such driver is Daryl Miller, who this year is scheduled to hit a milestone in his total fundraising efforts and is set to exceed \$250,000.

**"Travis laughed so hard, and it was wonderful to see how something so small made a difference in a child's life that had gone through so much."**

In 1991, another driver asked Daryl if he had heard about the Make-A-Wish Convoy and told him how the kids get to ride in the truck and talk on the CB. He thought about how this simple act could mean so much to the kids and wanted to get involved. He supported another driver that first year and went to see the Convoy and what it was all about. He knew he wanted to be involved and drive in the Convoy at that point, and the rest is history.

In 1992, Daryl worked for a bottled water company that marketed specialty water in a unique blue bottle. When the product line was discontinued, Daryl rescued the bottles that would be thrown out and used them for his fundraising efforts, placing them around the county in various places of business. He put special messages about the event on each jar and logged some 1600 miles, tending to the jars and changing the pictures and messages. Daryl even approached people he would meet and asked them for just \$1 to help raise money for Make-A-Wish. That first year, he raised nearly \$800, and he has been driving in the Convoy ever since. His fundraising efforts have steadily increased, topping out between \$8,000 to \$10,000 each year. The amount raised has consistently ranked him in the Top 30 drivers that lead the Convoy and also places him as one of the top 10 truck drivers to leave the lot.



Being in the top 30 also means you will most likely have a Wish Kid on board with you, and Daryl has had the same Wish Kid, Travis Patterson, riding with him for the last 26 years. He recalls how he was five the first time Travis rode with him, and he let him blow the air horn in his then International Cab Over that had no power steering or air ride. "Travis laughed so hard, and it was wonderful to see how something so small made a difference in a child's life that had gone through so much," said Miller. His favorite part is seeing Travis smile every time he gets to ride in his truck. One of the hardest things he has had to do was tell Travis that he would not be able to take him in the truck last year due to COVID restrictions for the health and wellbeing of the

Wish Kids. This year, he is looking forward to having Travis with him again.

For the last five years, Miller has also been a member of the Make-A-Wish Convoy Committee, contributing his 37 years of expertise as a driver to the planning efforts of the Convoy. He has also participated as Jelly Bean, the clown at Make-A-Wish fundraising events throughout the year, helping to promote awareness for the event.

"Daryl has been instrumental in the Convoy's success over the years. It has been truly inspiring to watch how Daryl has been a member of the top ten drivers for 30 straight years and is now striving to raise a lifetime total of \$250,000! The funds raised at the Convoy support over 75% of the wishes granted in the Susquehanna Valley each year, and I can say with confidence, Daryl has helped to make that possible." said Jennifer Davis, President & CEO, Make-A-Wish Philadelphia, Delaware & Susquehanna Valley.

Miller now drives for Cope Salt Company, which generously sponsors drivers who participate in charitable efforts and will donate up to \$1500. All of that money goes directly to Make-A-Wish. "It is so great that I work for a company that supports these types of events as long as you put in the work," said Miller. When asked why he does this year after year, he said, "It's a reality check to see how blessed I have been in my life when I see these kids that have spent so much time in the hospital, it really makes you appreciate what you have." He went on to say that something as little as taking a child for a ride in the truck means so much to them and if he can in some way make a difference, he will continue to do so.

As of this writing, Daryl is about \$4,000 away from reaching that \$250,000 milestone. [Click here](#) to help Daryl reach his goal. If you would like to become involved in the Make-A-Wish Mother's Day Convoy, visit [www.wishconvoy.org](http://www.wishconvoy.org).



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# Howes

# WARM WEATHER

# DIESEL PERFORMANCE



By Erika Howes, *Howes Products*

It is common practice to treat diesel fuel in winter when the weather is known to be harsh on your system, and gelling is a looming concern. But too often, once the weather turns, the need to treat fades away with the melting snow. However, today's diesel lacks vital elements that are necessary to keep your engine performing at its best, even in warmer weather. Fuel additives can be the simple, cost-effective solution to preventing unnecessary or premature issues with your system. But beware, not all additives are created equal. Many contain abrasive alcohol and harmful solvents that can cause more problems than they fix. It's important to know both what you're putting into your fuel, and what issues you're trying to tackle by doing so.

## Stop Problems Before They Start

Proper lubrication, essential cleaning, and safe water removal are all critical reasons to treat the fuel you're putting into your rig. As gathered from the name, Ultra Low Sulfur Diesel (ULSD) contains a minimal amount of sulfur, which was a key lubricant in diesel fuel. Without this vital lubricity, ULSD can cause premature wear in your injectors, pumps, and upper cylinders.

Operating under extremely high pressures and temperatures with their new tighter clearance specifications, High-Pressure Common Rail (HPCR) systems experience problems such as Internal Diesel Injector Deposits (IDID). These, along with the build-up of other harmful deposits, can cause the fouling of your injectors and create uneven spray patterns that waste fuel and cost you money. Water in the fuel can also be a devastating problem. Not only is water abrasive to your system, but it is one of three elements required in the development of microbial growth: water, air, and warm temperatures. Often appearing as a dark slime, microbial growth can accumulate in your tank and is both difficult and costly to remove. The use of a biocide, generally toxic to humans and harmful to the environment, is most likely required to remove the algae and bacteria. A severe case may even involve manually draining and chemically cleaning your tank. Fortunately, Howes Diesel Defender® is a way to prevent all of these issues.



## More Lubricity is Money in Your Pocket

The maximum lubricity protects and preserves your entire system. Products like Howes Diesel Defender contain 2.5 times the amount of lubricity preventing the premature wear of your injectors, pumps, and cylinders. It also helps to extend the life of your fuel system, saving you countless dollars.



## Cleanliness is Key

Diesel Defender contains proprietary IDX4® Detergent, a state-of-the-art detergent designed to rapidly remove IDID's and prevent future deposits from forming. Adding Defender every time you fill up will provide you with a superior cleaning that helps to increase fuel economy and decrease downtime.



## Get the Wet Out

With the use of harmful alcohol and solvents, many products emulsify water, mixing it into your fuel. This can cause scarring and damage to your system. Use a petroleum-based product like Howes Diesel Defender. It is 100% alcohol-free and made with no harmful solvents. It demulsifies water, safely pushing it down and out of the fuel where it can be easily removed by the water separator, leaving only pure fuel to burn.

By safely removing the water, Defender eliminates the environment that promotes microbial growth.

**Howes**

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# SUPERIOR ENGINE DEFENSE. GUARANTEED.



Nothing protects your engine like Howes DIESEL DEFENDER®  
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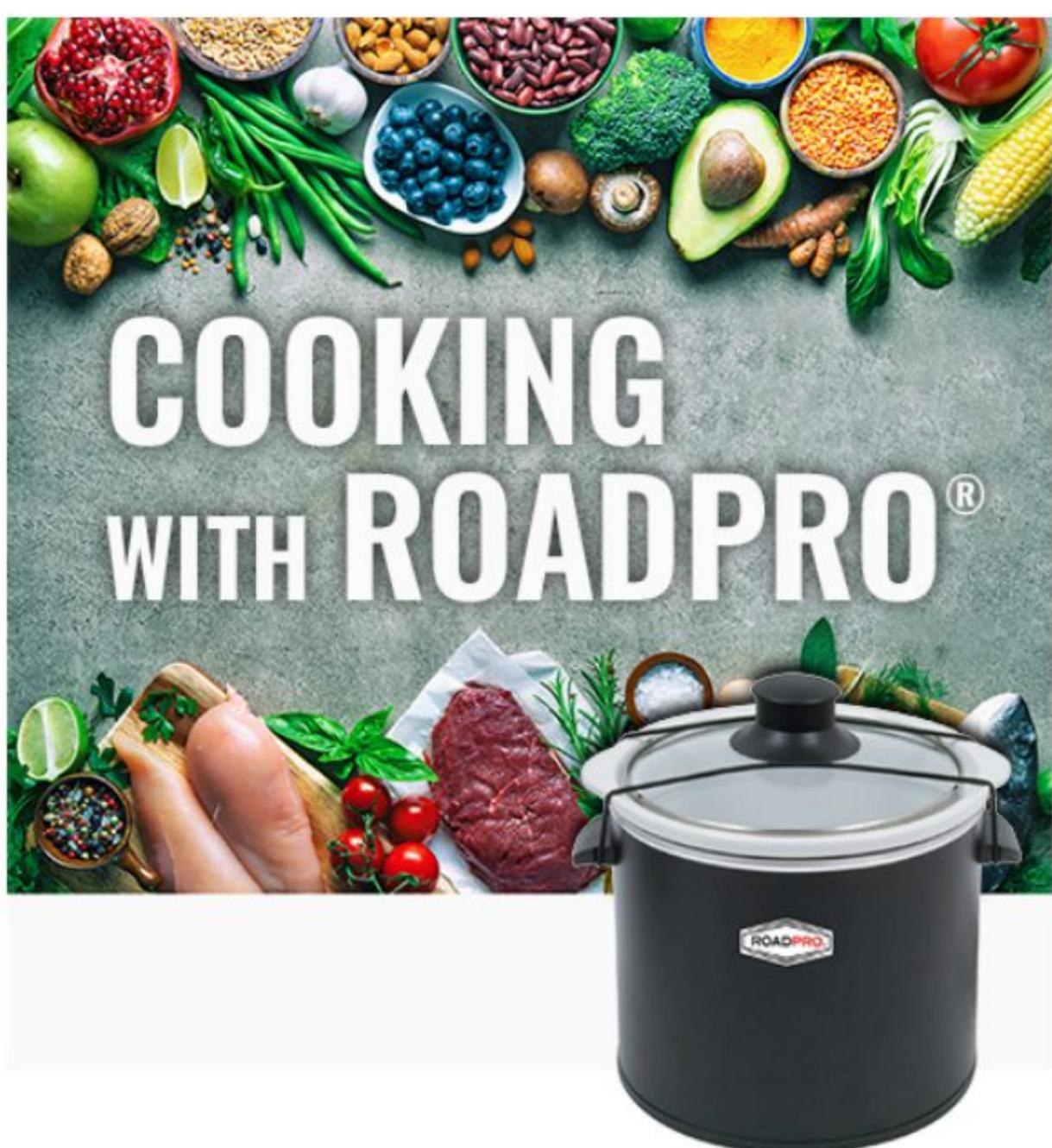
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**SOLUTION**



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# COOKING WITH ROADPRO®



## ROADPRO® POTATO CHOWDER

Made for the RoadPro® Slow Cooker

### Ingredients:

- 3 Cups of potatoes, diced
- ½ Cup onion, chopped
- 4oz Cream of chicken soup
- ½ Tsp garlic powder
- ½ Tsp salt
- ½ Tsp pepper
- 2½ Cups chicken broth
- 4oz Cream cheese, softened
- Optional toppings: bacon & chives

### Directions:

1. In the [RoadPro Slow Cooker](#) add potatoes, onion, cream of chicken soup, garlic powder, salt, pepper and chicken broth.
2. Stir ingredients together.
3. Cover and cook until potatoes are tender.
4. Add cream cheese, stirring until combined.
5. Serve and enjoy!



## ROADPRO® BLUEBERRY PIE

Made for the RoadPro® Slow Cooker and Saucepan

### Ingredients:

- 1 Pie crust
- 1½ Cups blueberries
- ¼ Cup sugar
- ½ Tsp cornstarch
- 1 Tbsp water
- ½ Tbsp lemon juice

### Directions:

1. For best results, line your [RoadPro Slow Cooker](#).
2. Unroll the pie crust & press it into the Slow Cooker. Set aside.
3. Add blueberries, sugar, cornstarch, water, and lemon juice to your [RoadPro Saucepan](#).
4. Stir together and let the mixture thicken, 20-30 minutes. Then cool.
5. Pour blueberry mixture into the crust.
6. Crimp the edges and cover the slow cooker with a towel, then the lid.
7. Cook for 3 hours.
8. Remove from Slow Cooker and serve.

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## VOYAGER 5200

Reliable call clarity—especially outdoors—from exclusive WindSmart® technology and adaptive noise cancelling.

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 Voyager 5200

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# MOBILE TECH

Presented by RoadPro Family of Brands

Truckers were nomadic workers long before the COVID-19 pandemic made working and living on the road necessary and even fashionable for others. But, making the most of living on the road means having the right gadgets and gear to make it work for you. It's possible to outfit your truck's cab and yourself with a minimal array of gear, so you just get by, or you can stock up and have all the digital comforts of home no matter where you are.

Here are some of the latest gadgets to make trucking a bit safer, more comfortable, and even more profitable.

## Orbitkey Nest



How many times have you heard – or even said to yourself – "A place for everything and everything in its place."? Often, we guess. But, how often do you actually have those places and all your gear properly stowed? Not as often as you'd like, we're guessing, because storage space can be at a premium even in a large, well-appointed truck cab. The Orbitkey Nest can help you keep some of your most important essential items properly stored. It can even keep some of your digital

devices charged. This storage/organizer lets you safely and comfortably store items while on the road. You can separate the top tray for easy access to items while you're parked and doing your paperwork. The 10-watt charger in the lid helps you keep your wirelessly-charged devices fully loaded. The other half allows you to securely store cards, spare keys, and other small items that otherwise might go missing. This main compartment can be segmented with moveable dividers.

[Available online for \\$109.](#)

## iClever Folding Wireless Keyboard

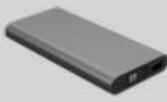


You may have the fastest thumbs in the West when banging out a quick and witty Tweet or responding to a Facebook post. But, you may need a bit more precision and staying power if you have to file a longer report, make a request to HR or explain an issue that came up on the road. If so, you can do that with speed and accuracy when you unfold the iClever BK05 keyboard and use its Bluetooth 5.1

connection to type on your phone or tablet. Using standard-sized keys, you can type quickly on any Android, Windows, or iOS device. In fact, you can switch between three devices with this handy keyboard. One of the real pluses of this particular portable wireless keyboard is that its keys are backlit. That means you can see to type even in low-light conditions in your sleeper berth.

[Available online for \\$48.99.](#)

## PowerDrive 10,000 mAh Power Bank



As truckers rely on more and more mobile devices while on the road, it becomes increasingly important that they have the power to keep them charged and useful. That means having a solid power bank is almost as important as having the device itself. PowerDrive's new 10,000 mAh power bank will keep devices well-fueled. It

has three ports, a USB, a micro USB, and a USB-C. This power bank delivers high-speed charging with a 20W power delivery output and features a compact and lightweight design.

Available in most truck stops and travel centers for \$24.99(carolyn, use PDPB1000)

## Lume Cube Conference Call Lighting



It's pretty much a fact of trucking life these days that you're as likely to be in a Zoom or Facetime video conference call as you are to pick up your smartphone and say, "Hello." Another fact of life is that you ought to look your best when on such a call, and that generally means having your smiling face well and properly lit. About the size of a credit card, this light attaches to your device and illuminates your face. It uses a simple suction cup device to attach and can provide up to 14 hours of adjustable light before needing to be charged. It uses a USB-C cable, which is included.

[Available online for \\$69.99.](#)

## Jepco G4 Pro Anti Spy Detector



OK, right out of the box, please forgive us if suggesting this device seems as though we're, at best, cautious, and at worst, paranoid. But, one cannot be too cautious when on the road these days. This modest, handheld device helps you detect hidden cameras, listening devices, or other electronics you'd prefer not to be in your hotel room, a truck stop restroom or shower, or anyplace else for that matter. About the size of a felt-tip marker, this device scans and locates any RF signals so they cannot invade your personal privacy. With ultra-sensitive

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

## PowerDrive 120W Cup Inverter



PowerDrive, part of the RoadPro Family of Brands, is introducing a whole new line of power inverters this spring, including this handy inverter that sits snugly into any of your truck's cup holders, plugs into the 12-volt port, and delivers a steady stream of power to run or recharge your mobile devices. It has a three-prong AC outlet, a standard 2.4 amp USB port, and a USB-C 3.0 amp port.

Available at truck stops and travel centers for \$34.99

## SANAG Portable Bluetooth Speaker



This portable Bluetooth speaker packs plenty of power in a small package. It delivers exceptional sound, including booming bass, and can be paired with any device you wish to listen to. It will give you 12 hours of continuous 360-degree sound while withstanding most conditions outdoors, including rain. A strong lanyard allows you to carry this speaker or hang it from a backpack or bike. Ideal for camping.

[Available online for \\$50.](#)

## Senstone Scriptor Portable Note-Taking Device



Sometimes when you're driving, something comes to you that you must – absolutely must! – remember. However, with both hands on the wheel, it's hard to jot down even a cursory note. The Senstone Scriptor does that for you. In short, the Scriptor is a small recording device that translates speech into written text. So you can keep driving and record a quick note with Scriptor, which uses a magnet to attach it to the front of your shirt. You can record as many notes as you wish. Use it

to remind yourself of things to do while performing your pre-trip, or remind yourself of every stop and turn during a new delivery. And, not to worry. All notes are encrypted.

[Available online for \\$149.](#)

## Powertraveller Extreme Solar Charger



It's good – even necessary – to prepare for as many contingencies as you can when driving over the road. One such situation could mean having your smartphone just about out of juice and nowhere to plug it in. Now you can let the sun recharge your phone with a little help from the Powertraveller Extreme Solar charger. This lightweight solar panel unfolds to deliver 5 watts of power, perfect for refilling your smartphone. It has a smart, two-color system to keep you informed: red means solar charging is minimum, while green means it's at its optimal level. Charging time is about six hours.

[Available online for \\$79.95](#)

## Garmin Instinct 2 dēzl Edition Smartwatch



Garmin recently unveiled a new device aimed at making truckers' lives on the road easier and healthier. The company released Instinct 2 dēzl edition smartwatch, which was "created for professional truck drivers seeking to lead a healthy over-the-road lifestyle." According to the company, the new smartwatch allows drivers to monitor their health around the clock by tracking heart rate, sleep, stress, and more. It also includes exercise workouts the company said fit a trucker's daily routine. The Instinct 2 – dēzl edition also allows truckers to simply look at their wrists to access

member loyalty program information from select truck stops and travel plazas and quickly pay on the go by using reward point balances directly from the watch.

The watch also has

- Extra-long battery life of up to 28 days in smartwatch mode
- The ability to use reward point balances and access member loyalty programs from Love's Travel Stops and Pilot Flying J Travel Centers
- On-screen PrePass notifications for upcoming U.S. weigh stations and bypass decisions (this requires active PrePass account and use of the dēzl app on a user's smartphone)
- The ability to use Garmin Pay contactless payments from the smartwatch to make pay at store checkout lines at participating providers
- A way to plan for stops along a route using daily break timers with timely notifications

The new Instinct 2 – dēzl edition trucking smartwatch has a suggested retail price of \$399.99. •

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True Wireless Earbuds

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TOTALLY  
ESSENTIAL.**



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**LISTEN LONGER WITH  
22 HOURS OF BATTERY.**



# PRO DRIVER TIP

## Spring Gear

Kenyette Godhigh-Bell



*Kenyette has been a driver for 3 years and is the owner of Bellwether Logistics. She was born in Indianapolis, IN, and attended middle and high school near Atlanta, GA. Calling Tampa Bay home for the last 21 years, she started trucking school at 45 years old in 2017, looking for an interesting, dynamic, and unorthodox change. Kenyette is also a licensed Real Estate Agent and investor. She has a Business degree with a concentration in Accounting. She has various work experiences to include: Social Worker, Construction Company Owner, Office Manager, Administrative Assistant, and a host of other jobs. Kenyette started out pulling Reefer freight out of Nebraska. She is currently a Power Only driver servicing the SE and is looking to slowly expand her fleet and diversify into other areas of the transportation industry.*

**SHARE ME!**



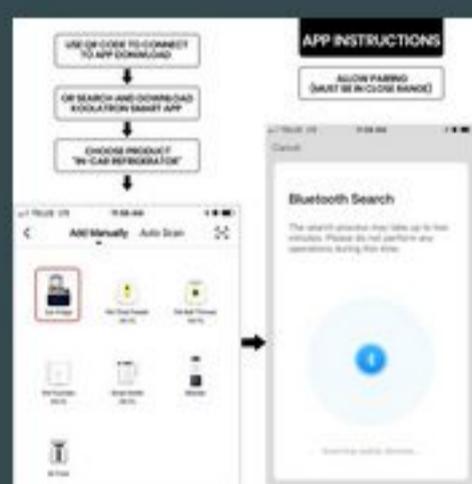


# SmartKool™ Bluetooth® Enabled Cooler Freezer

40L AC/DC



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## DRIVEN TO BE HEALTHY

By Julie Dillon, Health & Wellness Manager for St. Christopher Truckers Relief Fund

Hello, RoadPro community! My name is Julie Dillon, and I'm the Health & Wellness Manager for St. Christopher Truckers Relief Fund (SCF). I am a Therapeutic Nutritional Counselor, Holistic Health Coach, and Tobacco Cessation Specialist. I have been working at the SCF for nine years. I have a passion for helping drivers get and stay healthy, and I'm excited to tell you about a new program designed to do just that.



**"Drivers are the backbone of our nation. We must answer the call to help them get healthy at their convenience and meet them where they are."**

As you know, many professional drivers spend weeks and months on the road at a time. Because of this, they don't have access to healthy food, gyms, doctors, or nutritional therapists like most people do. Combining this lack of access with the sedentary lifestyle of a truck driver and the result is often sub-optimal health. Drivers may spend time looking for healthy tips, but those often seem unrealistic, complicated, or just aren't made for truck drivers.

The SCF has heard the frustration and is offering Driven to Be Healthy, a FREE twelve-week program that focuses on the basics of healthy living. This program offers ways to improve health and fitness, provides quick, simple strategies to move more while on the road/in the truck, and has weekly access to a health coach. At the SCF, a few of the top diagnoses we see are high blood pressure, high cholesterol, and diabetes. These issues, along with a number of cardiovascular problems, can be resolved by good nutrition and fitness. Our new program will go a long way in helping with these things.

**Driven to Be Healthy is not a fad or a diet. It is change in lifestyle habits that fosters an atmosphere of success.**

"Drivers are the backbone of our nation. We must answer the call to help them get healthy at their convenience and meet them where they are," says Julie Dillon, Health & Wellness Manager of SCF. Offering this online video-based health program allows drivers to watch the videos at their convenience. They will be able to meet with their health coach weekly to discuss what they have learned and to ask questions.

Driven to Be Healthy is not a fad or a diet. It is change in lifestyle habits that fosters an atmosphere of success. We discuss topics that go beyond traditional lifestyle diets. Each session builds upon the previous session, setting a solid foundation for healthy living.

Are you interested in getting better sleep, managing your stress, decreasing your risk of disease, and more? If so, register for Driven to Be Healthy today. It's free! <https://truckersfund.org/driven-to-be-healthy/>.



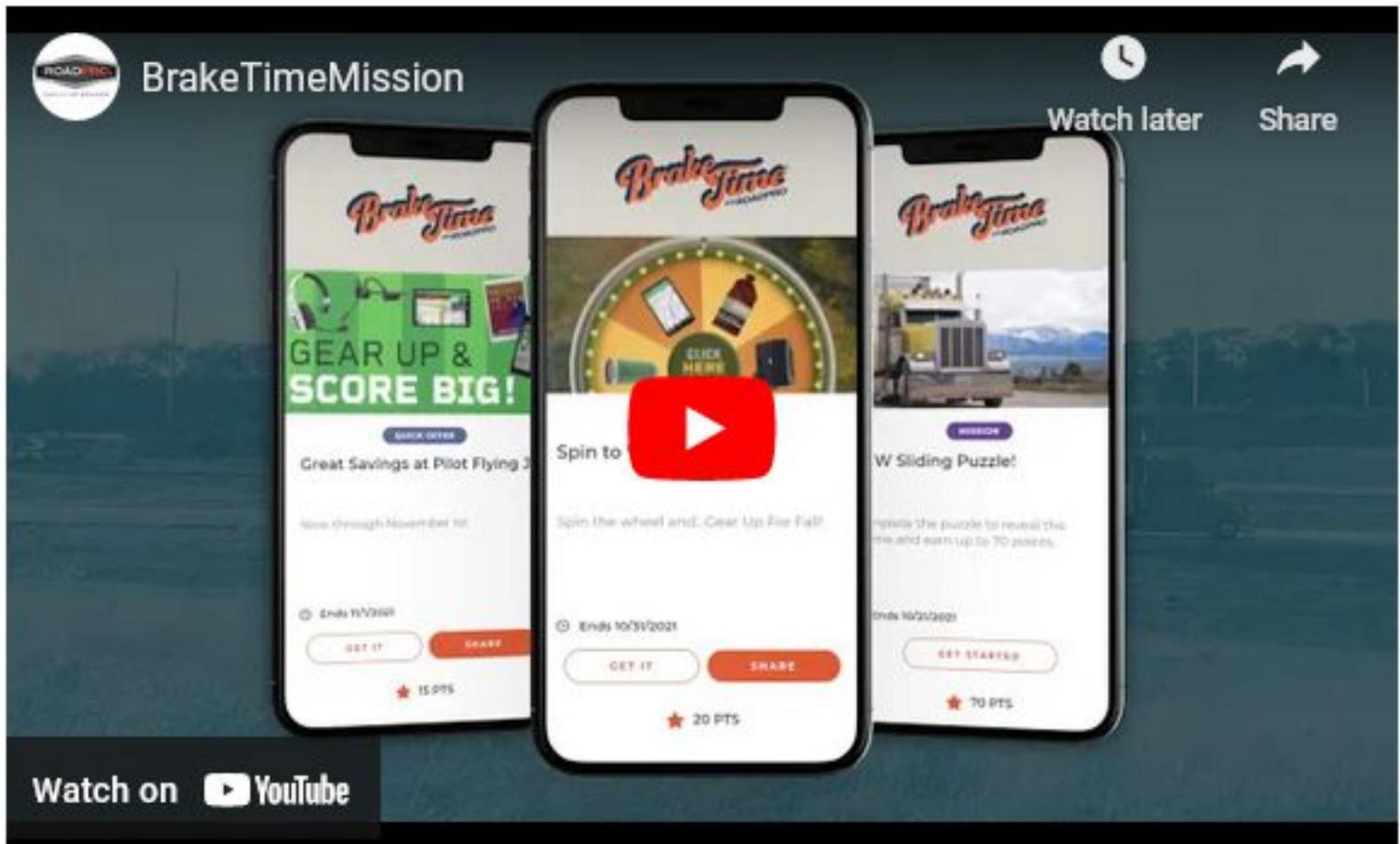
The St. Christopher Truckers Development and Relief Fund (SCF) is a 501(c)(3), truck driver charity that helps over-the-road semi-truck drivers and their families when an illness or injury, occurring within the last year, has caused them to be out of work. More information can be found at [truckersfund.org](https://truckersfund.org). The SCF is also working to provide programs that will benefit professional drivers and the trucking industry. Information on those programs can be found at [truckersfund.org/healthwellness](https://truckersfund.org/healthwellness).

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