

# TRUCKERS' Gear Guide

HOW BLUETOOTH  
CAN SAVE YOUR JOB



**NEW**  
POWERDRIVE  
INVERTERS



**YOUR RISK OF  
DEVELOPING  
DIABETES**

**MUCH MORE INSIDE**

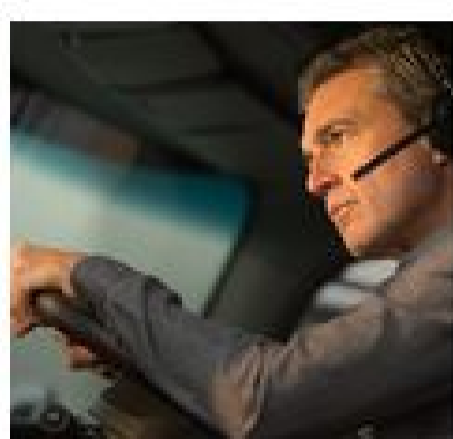
IN THIS ISSUE



## NEW POWERDRIVE INVERTERS



## MONEY-SAVING TIPS FOR TRUCKERS FROM TRUCKERS

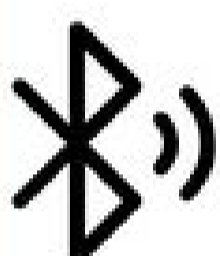


## HOW BLUETOOTH CAN SAVE YOUR JOB



## WARM WEATHER AND ITS ATTACK ON DIESEL FUEL

**TRUCKER GEAR**  
BUYER'S GUIDE



## BLUETOOTH-ENABLED PRODUCTS

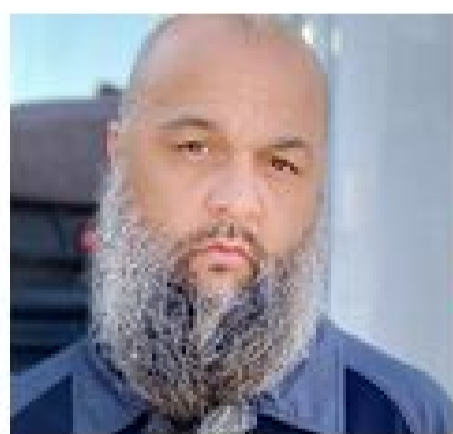
## PRO DRIVER TIP

Bluetooth: What to Look For

Oscar Jassopadilla



## DRIVE DOWN YOUR RISK OF DEVELOPING DIABETES



## COOKING WITH ROADPRO® TRUCKER EDITION

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## POWER FOR THE PRO DRIVER

By David Hollis, Editor, Truckers News

Many are the times even the best, most experienced professional driver can feel powerless on the road. There's severe weather, hours of traffic congestion, miles-long construction zones, interminable waits to load or unload, and the lack of a parking space as the final minutes tick off your ELD.



But, one thing that won't leave you without the power to deal with whatever inconveniences the highway throws at you is a reliable inverter to charge your devices, cook healthy meals, keep you connected to your family and office colleagues, and ensure your overall well being. PowerDrive, a member of the RoadPro Family of Brands, has a new line of rugged and reliable power inverters loaded with exclusive features that can help meet all those needs and more. The PowerDrive line of 15 different inverters – from 30 watts to 3,000 watts – is due out later this summer and will be available at most truck stops, travel centers, big box stores, and online.

**The PowerDrive Plus inverters are more durable**, robust, and designed to meet all your electrical needs, from recharging a smartphone to reliably operating major appliances. These are hardwired to your truck battery and installed someplace in your cab that is out of the way but also clean and easily accessed.

The new PowerDrive line of continuous power inverters includes models that deliver 3,000 watts; 2,000 watts; 1,500 watts; 1,000 watts; 750 watts; 400 watts; and 250 watts. This selection allows you to install an inverter that most closely aligns with your electrical needs.

Calculating the size inverter you require is pretty simple: just look at the devices and appliances you rely on in your truck; each has a label telling you how many watts of power they require. Just add up those amounts.

Another way to decide is to take the wattage of the device or appliance with the highest draw and simply double it.

What sets the new PowerDrive Plus line of continuous power inverters apart from others in the marketplace are the features on them.



The larger capacity inverters – 3,000; 2,000; 1,500; 1,000 watts – all have:

- Four three-prong AC outlets with port covers
- USB 2.4 amp charging port
- USB-C 3.0 amp fast charge port
- Short circuit, temperature, and overload protections



The smaller capacity models – 750, 400, and 250 watts – all have:

- Two three-prong AC outlets
- USB 2.4 amp charging port
- USB-C 3.0 amp fast charge port
- 36-foot-long cables
- Short circuit, temperature, and overload protections

Regardless of size, the **PowerDrive Plus inverters all can be accessed and controlled by an exclusive app and Bluetooth connectivity**. This allows you to monitor and control your inverter from your smartphone. These PowerDrive Plus inverters all deliver modified sine wave power, the kind required for maximum performance.

If you're a handy DIY'er or if your company's maintenance shop does the work, the PowerDrive Plus line includes two installation kits to get your inverter where it belongs and functioning.

One kit includes 72 feet of extra heavy-duty cable, which can handle up to 3,000 watts. The other can accommodate inverters up to 1,500 watts. It comes with 60 feet of heavy-duty 2-gauge cable.

Demands have never been greater for professional truckers than they are today. And while there are many you can not control, there certainly is one you can: having the capacity to operate the devices and appliances that make your driving day, safe, more comfortable, and properly connected. Having a reliable PowerDrive inverter does that. ●

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## MONEY-SAVING TIPS FOR TRUCKERS FROM TRUCKERS

By Kim McDonnell

Fuel prices continue to rise with no end in sight, and so are prices on everything else. As a truck driver, especially if you are an owner-op, you are most likely looking for ways to save. Sure, you can write off your fuel costs or utilize the fuel surcharge – but it still may be impacting weekly expenses.

You may also be planning for a downturn in your business as fuel prices and inflation affect the average consumer and their purchases. Most families, on average, are paying \$460 or more monthly for fuel and household expenses. Your expenses and household are most likely no exception.

We asked a few of our driver friends what they may be doing to offset rising costs of not only fuel but other weekly expenses, and here is what they had to say:

### Curbing Food and Beverage Costs



"Now is a great time to consider cooking in the truck," said Al Kohl, a 43-year veteran in the trucking industry, "Not only to manage your food costs but also save you time and know what you are eating." Al and his wife Jenn manage a Facebook group called [Cooking on the Truck](#) with many tips and recipes. You can buy your food before heading out for a fraction of the cost of buying your food each day at the places you may stop. On average, if you purchase three meals daily, plus water, coffee, or your other favorite drink, you could be

spending \$40 per day, which is most likely on the lower end of the scale. Cooking your meals and stocking up on snacks and beverages to carry with you on the truck will cut your food costs significantly.

If you don't have an inverter or a way to power cooking appliances, no worries, RoadPro has a full line of [12-Volt appliances](#) that will cook up a great-tasting, inexpensive meal in no time.

Don't forget the mark-up and costs of buying water or beverages on your route if you only buy one at a time; save by buying what you need before you head out. No fridge, no problem. There are several 12-volt cooler options on the market, including our RoadPro 12-Volt [soft-sided cooler bag](#) and the [Snackmaster cooler/warmer](#). Many travel centers and truck stops allow you to fill up a water bottle for free or offer an inexpensive cup of coffee. Take advantage of those perks and bring your own refillable water bottle or coffee cup. While you may not have been able to do that during the pandemic, many places have lifted those restrictions.

### Take advantage of Apps



Take advantage of travel centers and truck stops that have an App. They often include loyalty and points programs that get you free showers, food, and product discounts. Apps can also save you time when booking services ahead of your arrival. Using the app to book parking before you arrive will save you time and additional fuel costs as you are guaranteed a space, eliminating the possibility of heading to the next stop to find parking. Several apps can help you find the best fuel prices. "I pre-plan with the RTS fuel app to see the lowest-priced fuel on my

route," recommended Kenyette Godhigh-Bell, an owner-op out of Florida. "I use my NASTC fuel card for some really good discounts on fuel," added Henry Albert, owner of Albert Transport, with over 30 years in the industry. Apps can also help track traffic or construction delays or avoid dangerous weather that could impact your time and cause added fuel expenses.

### Take care of your truck



Take the time to keep your truck well maintained and take care of the little things before they become major problems. Most of the drivers we talked to stressed the importance of continually maintaining your truck and looking at new ways to improve performance. This saves on not only fuel efficiency but also costly repairs. "I change my fuel filters a lot more often and run ATF in my fuel," said David Lewis, who hauls freight from the east coast to Texas and drives a 1997 International Eagle 9300. Lewis said this saves fuel costs and helps his engine

run better, preventing possible issues. Henry Albert, who owns a Freightliner Cascadia, stresses that fuel quality should be top of mind. "I have not had the need to replace my fuel filters every 75,000 miles, and I use FA 4 oil," he said that doing this helps him average better fuel mileage and also helps preventative maintenance.

"Definitely shut your truck off any possible chance you get." Said Gary Johnson, who is a heavy haul specialist and an owner-operator. "I personally invested in PDI Stage 2, consisting of a Tuner, an intake manifold, and an exhaust manifold. It not only helps your engine run roughly 35% cooler, it boosts your fuel economy and efficiency by adding Horsepower to your system," Johnson continues. "It has more than paid for itself since installing Nov of 2021. It was \$7900 but well worth it. My economy went from 4.5 empty and 2.5 loaded to 7-8 MPG empty and 5-6 MPG loaded."

### Take advantage of CDL Discounts



Take advantage of CDL discounts. Many hotel chains offer lodging discounts; some have truck parking, complimentary hot breakfast, and free coffee. Insurance companies will often have special rates geared towards truckers. Check out organizations such as the Owner-Operator Independent Drivers Association (OOIDA) that offer specific membership discounts on everything from tires, insurance, life and health benefits, business services, and discounts and rebates from more than 90 equipment manufacturers and service providers.

Other places of business that are related to the trucking industry may also offer special discounts for those holding a CDL – make sure you ask!

### Ways to Curb Fuel Consumption



Finally, since fuel is one of the biggest expenses truck drivers typically have, most drivers we talked to gave plenty of tips on fuel conservation. "I try to drive at night to avoid traffic delays and my truck idling," said Godhigh-Bell "I keep a steady pace, and night driving also allows for less use of the AC, which uses fuel. She also recommended planning your routes out on flatter terrain. "Slow down and drive like you have an egg under your foot," said Linda Caffee, who runs expedited freight and teams with her husband, Bob. Many recommend using cruise control if you have it and trying to pull trailers with aerodynamic trailer skirts installed.

While it looks like we may be in for a "rough ride" for the foreseeable future, and fuel prices are not coming down anytime soon, hopefully, these tips will help you keep a little bit more in your pocket. ●

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**INTRODUCING OUR  
WIRELESS HEADSET FOR  
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GN Making Life Sound Better

# HOW BLUETOOTH CAN SAVE YOUR JOB

By Paul Marhoefer

By now, you've probably heard the same horror stories I have, like the one about the driver with fifteen years at the same company, no tickets or accidents. Then the company installs on-board cameras, the kind that points out toward traffic and only film the driver when there's a critical event. One day, he's looking for "Take it Easy" by the Eagles on Spotify, and his truck attains 70 mph, triggering a critical event. The camera catches him with his smartphone in his hand, and he is summarily fired, his record permanently tarnished.

**It's no secret that fleets have adopted zero-tolerance policies toward distracted driving.**

More severe examples of distraction exist, like the trucker facing murder charges in Kentucky after court records reveal he was watching a video at the moment he fatally rear-ended the driver of a Jeep who was in stopped traffic.

It's no secret that fleets have adopted zero-tolerance policies toward distracted driving. Truth be told, it is a very rare individual who does not have room for improvement in this department, with this gearjammer no exception.

But Randy O'Neal, Safety Analyst at a trucking company in Georgia, sees a huge need for better proactive training. "The first thing we do is show the drivers all the capabilities of their onboard Bluetooth speakers," said O'Neal, "We teach them how to do voice-to-text so they can do all that hands-free. We teach them how to select music using vocal commands only." he continued, "Also, we make certain there's a phone mount in every truck. That way, the phone can be operational at all times. Most of our guys use the onboard Bluetooth system provided by Volvo. Those that don't provide their own."

**With scrutiny on drivers' cellphone use on the rise, the federal guidelines include the "one-touch rule."**

What makes Mr. O'Neal's approach refreshing is that it acknowledges the need for ongoing training in an age of rapid change.

For those of us who don't have the luxury of an onboard Bluetooth system, a state-of-the-art device could pay for itself many times over in the trouble it can save.



For my part, I've been testing out Roadpro's RoadKing 4000 Premium Convertible Bluetooth Headset to up my own compliance game. There's a bit of a learning curve in that the control buttons are configured differently than my trusty old BlueParrott. That said, the capabilities are exceptional. For those drivers who consider themselves audiophiles and podcast enthusiasts, the headset converts to dual headphone speakers for off-duty listening. While I'm no tech expert, I do know what sounds good, and the sound quality on this device is the best I've ever heard.

On a recent trip, I discovered that by pressing and holding the switch button, I was able to tell Google to play "The Last of the Cowboys" by Tony Justice, and it played the song with no fumbling around with the device. The voice-to-text option enabled me to send texts in the same manner.



For mounting the phone, RoadPro can help you out there as well with several phone mounts to choose in its MobileSpec line of phone mounts. They include a cupholder mount, dash, windshield, or vent mount.

With scrutiny on drivers' cellphone use on the rise, the federal guidelines include the "one-touch rule." In other words, you've got to get the call placed, the song selected, or the text sent in one touch. Here is the language from FMCSA'S website:

- Make sure the mobile telephone is within close enough proximity that it is operable while the driver is restrained by properly installed and adjusted seat belts.
- Use an earpiece or the speaker phone function.
- Use voice-activated dialing.
- Use the hands-free feature. To comply, a driver must have his or her mobile telephone located where he or she is able to initiate, answer, or terminate a call by touching a single button. The driver must be in the seated driving position and properly restrained by a seat belt. Drivers are not in compliance if they unsafely reach for a mobile phone, even if they intend to use the hands-free function.
- No Call, No Text, No Ticket!

More can be found here:

<https://www.fmcsa.dot.gov/driver-safety/distracted-driving/mobile-phone-restrictions-fact-sheet>

So this will be everyone's assignment for next week's run (including me).

- 1) Upgrade your phone mount if you haven't already
- 2) Master the functions of your Bluetooth
- 3) One touch is all you get, no holding
- 4) Have fun on your run. •



Paul Marhoefer, known in the trucking community as Long Haul Paul, has been trucking off and on since 1979. In addition to being a seasoned truck driver, he is also an accomplished musician whose gritty ballads reflect the hardships and joys of a career which spans four decades over the road. You can find out more about him at [longhaulpaul.com](http://longhaulpaul.com)

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# WARM WEATHER



## AND ITS ATTACK ON DIESEL FUEL

By Rich Guida, *Brand Manager, Howes*

While diesel engines are generally more tolerant of high temperatures than gasoline engines, the summer heat can still hit them hard. Treating your diesel fuel will go a long way to help combat the issues that warmer temperatures can create. As the weather gets more and more toasty, more and more situations that can wreak havoc in your engine start to creep up.



As we all know, **water in your tank or fuel system is always a problem**. Water can make its way into your fuel a little easier as the seasons change. One such way occurs as the daytime temperatures begin to heat up while the nighttime temperatures continue to cool down. That daily change can cause condensation to form inside the tank and, left untreated, could ultimately lead to algae and bacteria. Another cause of condensation in the warmer months comes from pouring cold fuel into a hot tank. While avoiding these and other causes may be

difficult at times, staying ahead of the issue doesn't have to be. A product like **Howes Diesel Defender** is designed to safely address water presence problems by demulsifying or displacing the water out of the fuel. Leaving only pure fuel to burn, this both eliminates the environment that causes microbial growth and prevents wear on your system. According to major diesel engine manufacturers, demulsification is the preferred method to removing water molecules.

Another problem your engine faces is dirt and dust. Dry, hot weather is a breeding ground for dust, which is an engine killer. The first step to combating dust comes from regularly checking your air filter. These checks can substantially increase its performance in dusty summertime conditions. However, you never want to try to clean your air filter by 'knocking the dust off,' as that can create bigger holes in the filter that let in more dirt and subtract from its effectiveness. Replacing the air filter when it gets dirty is a lot less costly than a new turbocharger or engine! The second step to combating the dust comes from checking your fuel tank seals regularly. A damaged seal is unable to keep the dirt out.



Still, dust and dirt have tricky little ways of sneaking into your system no matter how vigilant you may be. Furthermore, today's High Pressure Common Rail Systems are prone to Internal Diesel Injector Deposits (IDIDs) along with other harmful carbon deposits. Luckily, Diesel Defender is armed with proprietary IDX4 Detergent that **eliminates IDIDs and other foreign particles**. Destroying all stubborn deposits, the product also prevents them from returning, helping to keep your diesel fuel system clean and performing optimally.



Regardless of the weather, an inherent issue that comes along with today's Ultra Low Sulfur Diesel (ULSD) fuel is a **lack of lubricity**. Sulfur was the natural lubricant in diesel before it was removed in high amounts to meet emission standards. Without those higher levels of sulfur, ULSD lacks the vital lubricity your engine so badly needs. **Diesel Defender** is specifically designed to tackle this issue, adding maximum amounts of critical lubricity back into the fuel system to combat the premature wear of injectors, pumps, and upper cylinders.



Along with all these built-in benefits, **Defender** goes even further, providing a guaranteed **5% or higher increase in fuel economy**. With fuel prices skyrocketing, there has never been a better time to embrace those types of savings. You can count on **Diesel Defender** to be your ultimate solution for summertime and year-round power, performance, and protection. For more information, visit us at [www.howesproducts.com](http://www.howesproducts.com). •

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# BLUETOOTH-ENABLED PRODUCTS

Presented by RoadPro Family of Brands

What do a fish finder, a dog collar, a grilling thermometer, running shoes, and the headset you use with your smartphone all have in common?

Yes, they are among the more than 5.1 billion Bluetooth<sup>®</sup>-enabled products expected to be manufactured and shipped worldwide this year. Many of them will be purchased and used by professional truck drivers.

Bluetooth, which uses short-range radio waves to connect devices and share data, has been used in consumer applications since 1999. Today, it's especially important to the trucking industry as it allows wireless and hands-free connections, so drivers answer and make phone calls while keeping their hands on the wheel.

## RoadKing Wireless Headsets



Trucking is an ideal industry for all the helpful things Bluetooth can do. This is especially true when it comes to wireless and hands-free communications technology, specifically headsets to pair with your smartphone and other devices.

Just recently, RoadKing, which is part of the RoadPro Family of Brands, introduced a new line of Bluetooth-enabled wireless headsets. There are four new styles from which to choose. They give you a choice of fit and price. All have the latest 5.0 Bluetooth wireless technology to pair with other Bluetooth-enabled devices for complete wireless freedom. With superior noise-canceling technology and reduced ambient noise levels, these headsets provide the ultimate listening experience. The new value-packed line includes:

- RKING1000 Mono Bluetooth headset has an ultrasoft earpad and delivers 14 hours of talk time. MSRP \$49.99
- RKING2000 Mono Bluetooth headset delivers 24 hours of talk time and, like the other headsets from RoadKing, has super noise-canceling technology. MSRP \$69.99
- RKING3000 Premium Mono Bluetooth headset has 30 hours of talk time and goes easy on your ears with an ultrasoft leather ear pad. MSRP \$89.99
- RKING4000 Premium Convertible Bluetooth headset is RoadKing's top-of-the-line headset. It can be used as a mono headset with one earpad while driving or converted to stereo with the addition of a second earpad. The 4000 delivers 28 hours of talk/listening time. MSRP \$109.99

Like most other RoadPro products, these Bluetooth headsets are available at big box stores, truck stops, travel centers, and online. For more information on the NEW RoadKing Bluetooth headsets, [visit our website](#).

## The Fi Smart Dog Collar



If you travel with your dog, it makes a truckload of sense to outfit your furry sidekick with a Bluetooth-enabled collar. We've read too many stories of truckers having their dog wander off at a truck stop and having to move on without them. The Fi Smart Dog Collar can help ensure your dog always goes with you even if they do get distracted. This collar tracks your dog's exercise routine but, more importantly, supplies 24/7 location tracking. It comes in four colors and four sizes to accommodate dogs big and small. [Available online for \\$149.](#)

Just because you're on the road doesn't mean paperwork and communications end. That's why it makes sense to have a reliable setup that allows you to do what you need to do while not relying on the minuscule keyboard of your smartphone.

## Logitech's K380 Bluetooth Keyboard & M557 Mouse



Bluetooth keyboards abound, and you have plenty of choices when it comes to selecting a wireless mouse. Logitech's K380 Bluetooth keyboard is a true gem. It has all the features you need and allows you to switch between three different connected devices, which means you can work on a smartphone and a tablet simultaneously. It's rugged, well built, easy to use, and with a modest price tag, it is perfect for the value-minded trucker. [It's available online for just \\$29.99.](#)

Logitech is also a good bet for a wireless mouse. They have plenty to choose from, and most won't break the bank. The M557 is a simple one-button mouse that works with iOS and Android devices. Its battery lasts up to a year, and it features programmable controls. [Available online for \\$24.99.](#)

## Shokz OpenComm Stereo Headset



Shokz (formerly AfterShokz) recently introduced their new OpenComm Bluetooth stereo headset, the first of their headsets designed specifically for communication. Like all Shokz products, OpenComm uses bone conduction to deliver high-quality sound. Their latest such device is its OpenComm Bluetooth stereo headset. It's their first device specifically designed for

communication, making it ideal for truckers. It features an adjustable DSP noise-canceling boom microphone that ensures your calls are clear and noise-free. OpenComm features 16 hours of talk time, so it's available for your entire driving day and beyond. This lightweight wireless headset has a multifunction button that lets you control play, pause, answer calls, and activate a voice assistant with a couple of taps. [Available online](#) and in most truck stops and travel centers, starting around \$140.00.

## Master Bluetooth-Enabled Padlock



Cargo theft is one of those nasty facts of life on the highway these days. Read the headlines, and there are warnings about what to do and not do regularly. Making sure your cargo and the valuables in your truck are properly secured is a must. There are a variety of solutions, and a Bluetooth-enabled padlock could be one of them. Master makes a Bluetooth padlock suitable for indoor and outdoor use. You can use your smartphone to open this lock, which features military-grade encryption. It also keeps a record of when it is opened or locked and who did it. [Available online for \\$157.92](#)

## BlueParrott S650-XT Headset



As a professional trucker requiring safe, hands-free communications while driving, the S650-XT from BlueParrott delivers superior noise cancellation and voice activation of various features. And, as a professional trucker done driving for the day and relaxing in your sleeper berth, this BlueParrott headset delivers the sort of stereo sound you expect from headphones designed just for listening. The secret to the S650-XT's successful double life is in the earpads. You use one while driving and can quickly and easily snap the second one in place when you're listening to your favorite playlist or streaming a video when the driving day is done. The S650-XT eliminates 96% of background noise so you can hear and be heard properly and delivers high-quality stereo sound with both earpads attached. You get 36 hours of talk time, 600 hours of standby time, and the company's BlueParrott Button for customized, one-touch functions. Available at most truck stops, travel centers, and [online](#) for \$249.99.

## Tribit StormBox Micro 2 Bluetooth Speaker

More than any other market, the one for Bluetooth-enabled speakers is a crowded one. You can find one that fits your needs no matter how diverse or demanding they may be. Narrowing it down for one that fits your truck and your budget can be tricky but not impossible.



The [Tribit StormBox Micro 2](#) delivers solid sound – and more – in a small package and for an especially modest price. Aside from providing all the functions, you need to fill your sleeper berth. The StormBox also functions as a power bank to recharge your other devices in a pinch. Small enough to fit in your pocket, the StormBox uses Bluetooth 5.3 and has a surprising connectivity range of 120 feet. Its battery delivers up to 12 hours of sound, including powerful bass. And the beauty of the StormBox is that it's affordable enough that you can afford two, pair them together and enjoy stereo sound in your truck. [Available online for just \\$59.99.](#) If you want a bigger speaker, consider Anker's Soundcore Motion Plus ([available online for \\$107](#)) or the much bigger JBL Party Box 110 ([available online for \\$399.99](#))

## Poly Voyager 5200



The Poly (Plantronics & Polycom) Voyager 5200 Bluetooth earpiece was made for the professional truck driver. Its WindSmart noise-canceling technology eliminates background noise in your cab and on the highway. The Voyager 5200 also automatically senses if it's being worn and it directs call audio to where you expect to hear it. The lightweight mono earpiece allows you to wear it for your entire driving day comfortably. A red two-in-one button on the Voyager 5200 activates Siri, Google Now, or Cortana. It'll also whisper alerts to update you on talk time and announce the names of incoming callers so you can simply say "Answer" or "Ignore" to calls without lifting a finger. The Voyager 5200 has seven hours of continuous talk time and nine days of standby. Available at most truck stops and travel centers and online for \$119.99.

But, not all Bluetooth-enabled products are created strictly for use on the road by professional drivers. Many enrich life at home and when truckers have time to relax and pursue personal, non-driving activities.

## Bluetooth iGrill Mini Thermometer



When off the road and enjoying being the master chef at your backyard barbecue, you need the tools to be successful, just as you do while on the road. The Weber iGrill Mini thermometer ensures the steaks, burgers, or chicken you're cooking is properly done. Simply attach it to your grill, slip the thermometer probe into the meat and then relax. It uses Bluetooth technology to send the temperatures to your smartphone or tablet. It works with iOS only; sorry, Android users. The iGrill Mini is [available online for around \\$60.00.](#)

## Under Armour's Bluetooth Running Shoe



Like many folks, professional drivers are increasingly concerned about their health and physical well-being. To become more fit and lose weight, many drivers are walking or running, and Under Armour has a line of Bluetooth-enabled shoes that connects to its Map My Run app and tracks & analyzes a variety of your running metrics to help make you a better runner. UA's Flow Velociti Wind 2 Running

Shoes are [available online for \\$160.](#)

## iBopper Bluetooth Fish Finder



Should your leisure time pursuit is a bit less strenuous, then you may want to use iBopper wireless Bluetooth-enabled fish finder. Connecting to iOS or Android mobile devices, the iBopper lets anglers find fish, map depth contours and underwater structure, save water temp, weather and location, species, photos, and hot spots, and share the information on social media directly if they wish.

The iBopper works in fresh or saltwater and has a 10-hour battery life. Packaged with a digital scale for weighing your catch, [the iBopper is available online for \\$99.99.](#)

## Wireless Photo Printer



Life on the road can be pretty interesting. Many drivers mention the job is more attractive than others because it takes them places and lets them see things they might not have had the opportunity to see before. This means trucking provides more than a few photo ops, and if you wish to share them with the folks back home, you can use the Victure 3" x 3" wireless photo printer. Compatible with iOS and Android. Just send the photo from your phone or tablet to the printer, and it does the rest. [Available online for \\$79.99.](#) (Paper is extra for \$29.99 for 50 sheets.)

## Samsung Galaxy 4 Classic Smartwatch



At home or on the road, you need to be on time, and the Bluetooth-enabled Samsung Galaxy 4 Classic smartwatch can help. It can also help keep you healthy. It tracks your sleep patterns, alerts you to changes in your heart rate, and tracks your workouts, whether running, rowing, swimming, or walking. It also provides access with your smartphone for fitness coaching. It also has a GPS and fall detection functions to help keep you safe. It's [available online for \\$299.](#) •

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Bone Conduction  
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# PRO DRIVER TIP

## Bluetooth: What to Look For

Oscar Jassopadilla



*Oscar and Natalie Jassopadilla are owner-operators, and between the two of them have been in the trucking industry for over 19 years. They travel all over the United States and have hauled all types of freight. They both love to give back to their community, and when they are not working, take part in feeding the homeless for Thanksgiving and Christmas day and do toy rides during Christmas. They also participate in Wreaths Across America, Truckers Emergency Assistance Responder, and Natalie, a Real Women in Trucking member. You can follow Natalie on her Facebook page, Living the Life with Spicy, where she documents her and Oscar's time on the road.*

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## YOUR RISK OF DEVELOPING DIABETES

By Julie Dillon, Health and Wellness Manager, SCRF

The St. Christopher Truckers Fund (SCF) is a 501(c)(3) non-profit organization that serves over-the-road semi-truck drivers across the nation. The SCF has two missions of service. The first mission is to help drivers and their families when an illness or injury has recently caused them to be out of work. The second mission is to make the truck driver population one that is healthy physically, mentally, and financially through prevention programs and education.

**One study of professional drivers showed that over 70% of drivers interviewed had at least one health issue such as diabetes, high blood pressure, obesity, or smoking.** With this and our health prevention mission in mind, we have implemented a CDC-recognized Diabetes Prevention Program, tailored it to meet the needs of truck drivers, and called it Driving Down Diabetes.

**SCF's diabetes prevention program is FREE for all Class A CDL, over-the-road professional drivers who are at risk for Type 2 diabetes.**

SCF is beginning a new Driving Down Diabetes LIVE weekly session group on July 11th. We will meet on Mondays at 6 pm CT via the Zoom app. The program is a one-year commitment to making little lifestyle changes that can ultimately save or extend your life. It's never too late to take steps to feel and be the best you possible. We have already seen lives being changed in our first two groups of drivers. One participant stated, "It's devoting one hour a week that can change your life." Another participant said, "By participating in this program it has educated me on eating habits, sleeping habits, and exercising even if it is as little as walking around your truck. I recommend every driver participate."

**DRIVING DOWN DIABETES**

**DON'T LET DIABETES PUT THE BRAKES ON YOUR CAREER**

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What exactly is this Diabetes Prevention Program thing, you ask? Great question! SCF's diabetes prevention program is FREE for all Class A CDL, over-the-road professional drivers who are **at risk** for Type 2 diabetes. We encourage each driver to participate in this evidence-based lifestyle change program to reduce their risk of developing type 2 diabetes. The program includes a CDC-approved curriculum, a lifestyle coach specially trained to lead the program, and a support group of people with similar goals and challenges. The program offers weekly meetings focusing on nutrition, getting active, stress management, sleep, and more.

Do you know that approximately one in three people in America are considered pre-diabetic, and eight of ten of those people don't know it? Could you be one of the people who are at risk for diabetes and don't know it? Want to find out? Visit [Driving Down Diabetes](#) to see if you may be at risk and/or to register for our program.

What makes our program different from others who offer similar programs? How does FREE sound? That's right; it is entirely free. There is no cost to participate. The program's sponsorship by [Southern Recipe](#) has allowed us to offer this program free and also provide scales, blood pressure monitors, activity trackers, and resistance bands for those who need them. ●



*Julie Dillon is the Health & Wellness Manager for St. Christopher Truckers Fund. Julie is passionate about helping drivers live longer and feel their best. With her expertise as a Therapeutic Nutritional Counselor, Clinical Herbalist, certified Holistic Health Coach, and a Tobacco Cessation Specialist, you can be assured she has the knowledge to help you succeed in any of the SCF's programs. If you are interested in being part of any of SCF's wellness programs, please contact Julie at [julie@truckersfund.org](mailto:julie@truckersfund.org) or 865-544-8145. You can also visit their website for more information at [truckersfund.org](http://truckersfund.org).*

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**BAKED SPAGHETTI**  
Recipe from Chris Plummer

**Ingredients:**

- ½ cup green peppers
- ½ red onion
- 2 tsp minced garlic
- 1 tsp onion powder
- 1 tsp Sazon Complete season
- 1 tsp garlic pepper season
- 1 tbsp dried basil
- 14oz tomato/pasta sauce
- 16oz ground chicken
- ¼ cup sliced pepperoni
- 1 cup kielbasa sausage
- 1 cup Mexican blend shredded cheese
- ½ lb thin spaghetti
- 2 tsp olive oil
- 1 tsp salt



**GREEN BEANS**

**Ingredients:**

- 12oz frozen green beans
- 1 tbsp minced garlic
- ¼ cup red onion
- 1 tsp Sazon Complete
- 1 tsp garlic powder
- ½ tsp garlic pepper season
- 2 tbsp olive oil



Chris Plummer is an over-the-road truck driver from Richmond, Virginia. In addition to being a truck driver, he is also a general contractor and a barber. Chris has always enjoyed cooking and experimenting with different ingredients and new cooking tools. Recently, he decided to showcase a combination of skills using creative ways to make 'home-cooked' meals when away from home. His goal is to spread his love of creative cooking with the world! You can follow Chris on Instagram: [@truckerchefchris](https://www.instagram.com/truckerchefchris)

**Click here to share your recipes, cooking videos and pictures!**



**CHICKPEA SALAD**  
Recipe from Tom Martin

**Ingredients:**

- 2 cans of chickpeas drained and rinsed off
- ¼ bag of shredded carrots
- 1 small red onion
- 2 small pickling cucumbers finely diced
- 1 red bell pepper finely diced
- 1 tomato finely diced (used a red heirloom)
- Italian salad dressing (1 cup of dressing to desired consistency)
- Mix all ingredients in a bowl
- Add salt and pepper if desired

Tom Martin has been an over-the-road driver for more than 16 years, with 14 plus years hauling a tanker. The majority of his meals when he is on the road are prepared in his truck. In addition to cooking in his truck, he also prepares many of his meals before heading out on the road. He finds them to be better tasting and healthier than the options he finds when he stops..



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