

K & J CONVOY

A Newsletter for the Drivers of K & J Trucking, Inc.



Here is Craig Ellingson's beauty of a truck! Do you have a fun picture from life on the road? We would love to see it! Text it to Carrie at 605-461-6792 or email at canderson@kandjtrucking.com!

AUGUST ANNIVERSARIES

AARON HATFIELD - 6 (6 YRS)
BILLY BOESE - 11 (4 YRS)
ZAC MINDER - 12 (7 YRS)
MICHAEL ANDACHTER - 12 (2 YRS)
RICHARD DAMM - 16 (22 YRS)
CHALO FLORES - 16 (4 YRS)
BONNIE HENDRIKS - 19 (8 YRS)
DON WEIDEMAN - 20 (2 YRS)
JOSH BECKER - 25 (12 YRS)
LARRY DEWALD - 29 (4 YRS)

AUGUST BIRTHDAYS

ROBERT HAMILTON - 1
JAYCE FELDMANN - 19
KEITH HARMON - 19
DAVE KIRCHNER - 21
JAKE CONSTANT - 25
MIKE FISCHER - 31

Quick Truck Stop Snack Ideas

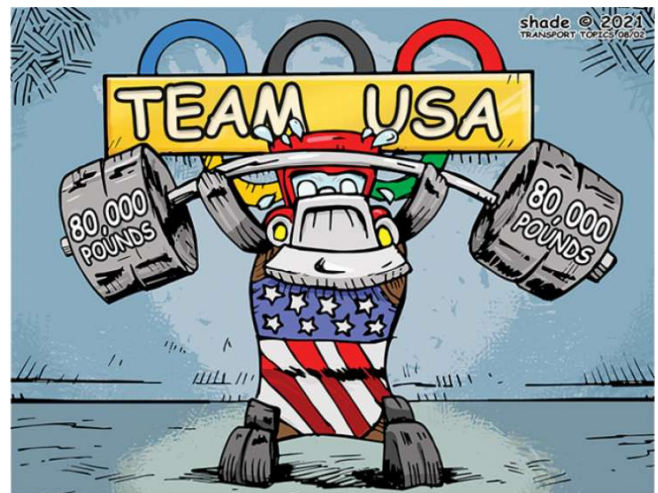
Snacking gets a bad rap, but healthy (non-sugary) snacks can actually help regulate your blood sugar by preventing deep crashes.

In a perfect world, you could plan ahead and purchase your snacks in bulk when you visit a grocery store, but in reality you are often looking for a quick snack at the truck stop. Here are a few healthy options to try on your next trip!

- Nuts
- Cheese
- Beef Jerky
- Fresh Fruit (apples, melon,
- Quest Bars
- KIND Bars
- RX Bars
- Pickles
- Hummus snack packs
- Greek Yogurt
- Hard boiled eggs

Stinky Fridge, Drained Battery

Help us help you avoid a stinky mess. If you're in for more than 2 days, please shut off your fridge and clean it out. The fridge will run down the battery which will cause you issues when you want to get back on the road, and shorten the life of the battery over time. This just isn't worth the cost in both time and money.



GO FOR THE GOLD!

AUGUST 2021

A Note From Dispatch

Good day everyone, and happy August to all. Freight is still moving well out there. I have no major announcements to make other than anything I've already said on the videos. Happy Trucking. I will take this time though to remind you all of all those little things we become complacent on as we go through our everyday battles of picking up and delivering loads.

1) Temps: It is Hot! Keep an eye on that unit and the temperature in the trailer. Make sure your temp. on the trailer matches the temp. on the bills. If discrepancies, ask the ship and/or dispatch.

2) Seals: Here we go again. You all know the drill, but be certain to get your seal records documented on the bills. Especially on multi-drop loads where we are most vulnerable.

3) Load Securement: Be sure to put up load locks or straps (vans) to secure your freight from falling backwards, sideways or any other way it can go. Secure your freight.

4) Washouts: When in doubt, "washout" it out. Cheesy, but there is no better line. Check your trailers. Make certain it is clean for the shipper.

5) Put trip #'s on all bills. Even when dropping them in our yard for someone to deliver, it must have a trip # on it for identification.

6) When dropping trailers, do not put the handle in the cradle. Leave it hang loose.

I'm sure I could come up with 25 more, but we'll stop there and ask you to concentrate on those. Take your time, do your job right the first time. Be professional out there.

Thank you,

Mike & Dispatch

Remember to Care for YOU!

We have gotten a good chunk of the 100 miles in 100 days down. We are also partnering with a company called The Trucking Fitness Company.

On the driver website, Carrie and I introduced you to Mark who is a PT that has seen the difficulty drivers have doing exercises when parked in places that are not so nice. They also have a nutritionist on staff for you to ask questions of and for guidance dealing with specific diet needs be they for lower BP or lower cholesterol or diabetes, etc.

We are fronting the 1st month (\$15) for those that send me a note saying, you want in. We will also reimburse you the \$15 for the subsequent months as long as you show me the monthly log that you are participating for 20 of the 30 days. Otherwise it is a \$15 payroll deduction. I do need a response from you.

Take a look at their website and then when you get ready to make a change let me know. www.truckinfit.com/

As a side note, we at K & J have a yearly health screening. I had blood pressure 145/86. Brenda worried I was going to die immediately. My 'little' brother has been taking BP meds for a few years. I was able to rib him that he needed to step up. You know the sibling rivalry. There was a bit of pride there and I couldn't admit I needed it too. I decided in January to do something about it. I quit eating things with added sugar, no empty starches like bread, mashed potatoes, chips and all those junk food items. I went to whole foods. Nothing processed. It has taken awhile but my BP today was 115/81. The bottom # needs to come down 1 yet. I have also unloaded 16 pounds without extra exercise. It does not come off fast folks but it does come off!! Start your Journey today. Find your "Why." I didn't want to admit to my brother I needed BP meds. (Don't anyone leak that out to him)

Jennifer

DON'T FORGET VEHICLE USE TAX - AUGUST 31!

Attention owner operators who DO NOT lease your truck! You will need to file your form 2290 Heavy Vehicle Use Tax by August 31. If you have questions or need any help please see Brenda.