

M&M Cartage

Family-owned since 1972

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Happy Birthday!

Terryll Harris - 8/6
Madeline Christian - 8/7
Jennie Satterfield - 8/10
Barry Beyer - 8/10
Clay Cundiff - 8/10
Tazha Gallagher - 8/10
Josh Cleary - 8/11
Debbie Grubbs - 8/12
Jerome Hampton - 8/13
Mark McCoy - 8/15
Alicia Lyons - 8/15
Robert Rogers - 8/17
Dan Fallahay - 8/17
Howard Love - 8/18



ATTENTION ALL DRIVERS AND CDL HOLDERS

If your DOT physical or CDL will be expiring before September 15th, make arrangements now to renew! Physicals need to be renewed 30 days in advance to allow time to get it updated with your state. If you have any questions call Paula at ext. 276 Thank you!

TIRE PRESSURE ON TRACTORS

Sure is getting hot! With warmer weather, we will experience warmer pavement temperatures. With warmer temperatures, we will experience warmer tire temperatures. Heat is a tire's worst enemy! No one likes to check air pressure in tires but it is VITAL to the life of a tire to have the correct air pressure. M&M Cartage gives every new driver a tire gauge for this exact reason. Keeping tires aired up keeps you off the shoulder of the road. Almost all tire failures are caused by under inflation, meaning that you can prevent help prevent tire failure by simply checking the air pressure during your pre trip inspection. We use flow through valve caps that allow you to check tire pressure without removing the cap. **It is critical to check your tire pressure.** Below is are the correct tire pressure levels. Thank you for your attention to this matter.

- Tractors: Steer tires -110 PSI Driver tires - 100 PSI
- Trailers: 100 PSI or 125 PSI **(FOR DROP DECKS ONLY)**

Happy Anniversary!

Jeff Williamson 8/5 - 3 years
John Capone 8/6 - 5 years
Jeff Shackelford 8/6 - 5 years
Amber Woody 8/6 - 5 years
Stanley Johnson 8/7 - 6 years
Vicki Beck 8/8 - 29 years
Danny Crain 8/8 - 21 years
Chris Sturgeon 8/8 - 1 year
Berry McMillen 8/10 - 8 years
Brian Vertrees 8/12 - 10 years
Mark McCoy 8/15 - 1 year

CLEAN INSPECTIONS

Zach Davidson, Level I, \$50

Hydration Tips for Truck Drivers

With summer in full swing and the hot weather here, it is extremely important we are all getting enough water throughout the day to stay hydrated! Below are some reminders and easy tips on how to beat the heat and stay hydrated.

Hydration Basics

- Water is the main component of blood, which supplies cells with oxygen and nutrients, and carries waste out of the body.
- Water regulates internal body temperature. Through the process of sweat production and evaporation, the body can avoid overheating.
- Water lubricates joints.
- Water cushions vital organs.

What are the signs of dehydration?

- Little or no urine
- Urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheadedness

How can I stay hydrated?

- Keep a bottle of water with you.
- Carry a reusable water bottle and fill it with tap water.
- Eat water-rich foods.
- Many fruits and vegetables are loaded with water and provide an effective way to help stay hydrated—in addition to drinking water.
- Water-rich vegetables you can use to rehydrate include:
 - Cucumbers – 96.7 percent water
 - Iceberg lettuce – 95.6 percent water
 - Celery – 95.4 percent water
- Fruits that can help you stay hydrated include:
 - Watermelon – 91.5 percent water
 - Strawberries – 91 percent water
 - Grapefruit – 90.5 percent water
- Try infusing water with fresh fruit.
- With so many water alternatives readily available, bottled or tap water may seem bland or boring. To give your water a flavor boost without adding sugar or chemical sweeteners, try infusing water with fresh fruit by adding a lemon wedge or a handful of berries to your water.
- Replace sugary sodas with sparkling water
- If you prefer the flavor and carbonation of sodas, try replacing your favorite soda with flavored sparkling water. You get the bubbles and fruit flavor without the sugar, artificial colors, preservatives, and flavorings.