



JUNE 25-26TH https://texastruckingshow.com

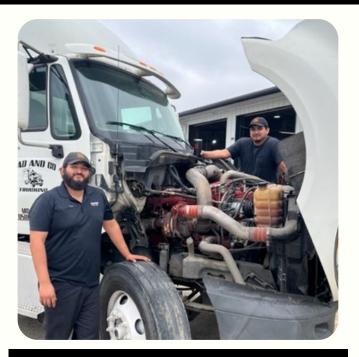
We will be an exhibitor at this year's Texas Trucking Show. Stop by and see us and enter into our big giveaways; we will be in booth #74.

We will be giving away a trip for 2 for a 6500 AcreGuided Corsican Ram Hunt in Del Rio, TX or OffshoreGETFishing Adventure in Galveston.TICKETS

# **New Mechanics & Services Providers**

We want to welcome brothers Erick & Ernesto to our Houston Shop. They come to us with many years of experience in the mechanic world. If it has wheels, they can fix it.

They specialize in Light Duty/Medium Duty Diesel. (Ford, GM, Ram, Izuzu Mitsubishi, and Hino). Transmissions, Diesel Diagnostics (Light, Medium, and Heavy), Class 8 Truck Repair, and Overhauls.



CONNECT WITH US INFO@CROWNDIESEL247.COM 682-402-0748 WWW.CROWNDIESEL247.COM





#### Marine News Full-Service Barge & Boat Services Let Us Handle Your Marine Repair

**24/7 Full Service Boat Repair Service** We Service the entire Gulf Coast from New Orleans to Brownsville.

Our professional, highly experienced mechanics are here to repair your barge and boat repairs.

You can call to schedule routine maintenance or inspections anytime! We are here for you!

Call Jhett at <u>987-328-6599</u> or visit our website at <u>www.crowndiesel247.com</u>

#### Jhett Young Marine Specialist

QUALITY work for an AFFORDABLE rate. With over 10 years of Inland Marine Engineer Barge and Boat experience. Diesel engine and generator preventive maintenance and repair.





## **Breakfast- Most Important Meal**

Eating a good breakfast helps keep your energy up. Oatmeal is a quick and easy healthy breakfast for truckers on the road. You can make it in under three minutes, and it's easy to store in your cabin. Tip- adding some fresh fruits and nuts to your oatmeal can make it even more delicious. Yogurt also makes a great breakfast. It's high in protein and can keep you full for a long time.

## **15 Minutes of Exercise, No Matter What**

Try to exercise vigorously for 15 minutes a day. It could be as simple as push-ups, planks, or crunches on the ground. Those 15 minutes add up to hours per week. Daily exercise will keep any driver in healthy condition in order to prevent the negative effects of being in a sedentary position for extended periods of time. Your body will be able to tell the difference.

### **Crown Diesel 24/7** Shop & Mobile Repair Services



# 4201 Langley Rd, Houston, TX 77093 <u>1-877-916-6765</u>

HERE ARE JUST A FEW OF THE MOST COMMON PROBLEMS WE SOLVE	
JUMPSTART (Clean and tighten terminals, load test, test alternator output)	SERVICE AIRLINES FROM TRUCK TO TRAILER
======================================	D.O.T. BRAKE ADJUSTMENT
	FMCSA ANNUAL VEHICLE INSPECTION
ССКОИТ	COMPUTER DIAGNOSTICS & ELECTRICAL REPAIR
SLIDE AND SPIN TRAILER TANDEMS	TRAILER ROOF PATCH

## TRUCK TIPS

Reduce the amount of idling-Most idling comes from drivers attempting to use some climate control.

Reducing road speed can reduce fuel consumption substantially.

Pay close attention to too much acceleration and deceleration , which can eat up fuel.

A down hill ride is a free ride. You want to use the momentum of the downhill ride to help you up the next hill.

# National Blood Crisis

The U.S. is experiencing a "national blood crisis"

https://www.redcrossblood.org/

Find a location near you! Download the donor app today!

## Download The Blood Donor App

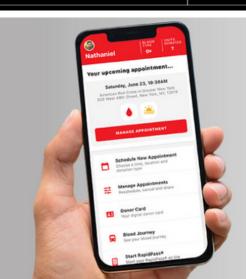
#### Put The Power to Save Lives in The Palm of Your Hand!

- Find and Map Local Blood Drives
- Easy Appointment Scheduling
- Stay Updated on Special Promotions
- Track Your Blood Donations

LEARN MORE







## SEND US YOUR PHOTOS

#### CONTEST-ENTER TO WIN

Drivers send us your photos of when you are out on the road! We want to see what you see every day. Send your pictures with your name and the company you work for to: info@crowndiesel247.com or text them to: <u>346-758-9461</u>





Attention Mechanics: We are looking for mechanics and service providers in Laredo and Dallas/Ft. Worth. We have diesel work we want to send your way.



