

# Who are the *Cupids Elves?*



How Go Plate Date  
Can Make  
**"Home Time"**  
Special

President of  
**BCP**  
Transportation  
**Nancy  
Spelsberg**  
& 2013 Rising Star Award

**We Walk  
Together**  
Christian Recording Artist

**SHAUNI  
WILLIAMS**

**Peggy Sue  
Trucking  
& Trips  
& Tips**

Author  
**R.E. Donald**  
Highway Mysteries

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Female Entrepreneur Awarded Patent for



## Join The Period Pride Movement



## MEET VIDA CALENDER CEO/INVENTOR

A women on a mission to help improve the lives of ladies around the world. With fearless moves including travelling from Cornfield, Ohio to New York to meet with her mentor Daymond John, FUBU founder and Shark. Why did she do this? She was determined after five years of research and development, countless prototypes, and extensive product testing, to put her vision person that believed she Panteez made its debut in 2012 at Tri-County Mall. Period Panteez are a boy short that provide mind, protect clothing prevent accidents and making life simple for slimming, sexy, and menstrual cycles.

- Prevent sleepless nights, costly accidents, and period nightmares,

- Prevent pad displacement, help with cramps, and no-chafing

- Machine washable, Eco-friendly, and 100% Money-back Guarantee!



in the hands of a could win. Period by officially launching in Cincinnati, Ohio! trendy, triple-layered support and peace of and bedding, and embarrassment. Vida is women to be confident, protected during their

“I am a woman, my manufacturers are women, and my product is for women” - Vida

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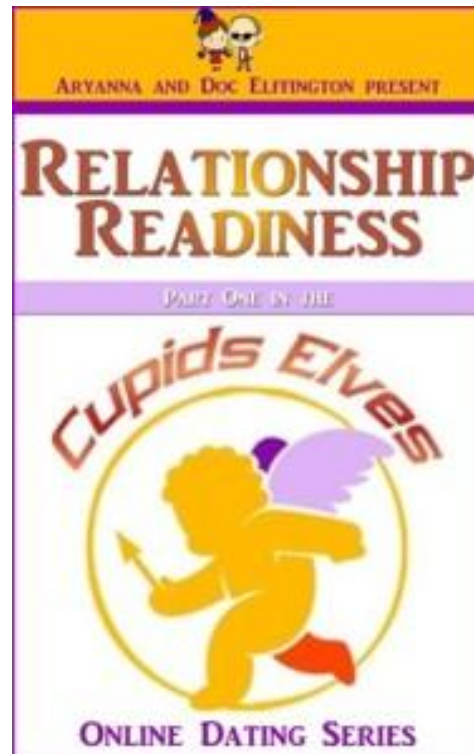
## WHO ARE THE CUPIDS ELVES?

Over five years ago two beautiful people Doc and Aryanna Elffington found love on the internet. They are sharing their personal stories with those that are looking to find love. Their blog is both inspirational, informative and full of facts! They offer “balanced, straight-forward, no-nonsense dating and relationship advice for regular people”.

## Have you checked out THE ELFFINGTON POST?

If you are looking for advice, testimonies, and romance tips you have come to the right place. Are you feeling like there is no way you can find the person of your dreams, connect with someone that “gets” you? These two as a couple have enlightened the lives all around the world with their caring and thought provoking feedback. What is so unique about these Doc and Aryanna, they are regular people helping regular people like you and I. Love is a word often overly used, misunderstood, and compounded with so much complexity.

Many get frustrated when they believe they've found "the one" especially after making a go at a relationship. Not everyone gets it right the first time we think its true love right? If that were so, we would have all married our high school sweethearts and marriage and divorce rates would be flip flopped. Clearly we have some work to do to get where we need to be in a relationship. Have you read.....Relationship Readiness



Get ready to take a journey on self- discovery, see if you're really over your ex, and learn more about what you want in a significant other. People are chatting more than ever before online.

People are still looking for love and believe it will happen. That's where the Elffington Post comes in. Relationship experts by right have been posting since 2011; sharing their experiences and advice.

**Get the free newsletter**

**[www.cupidselves.com](http://www.cupidselves.com)**

# HOW PLATEDATE CAN MAKE HOME TIME SPECIAL?

Valentine's Day only comes one day per year but celebrating special people in your life doesn't have to be. When you get out of that 18 wheeler after long hours on the road, what are you going to do?

Get caught up on your favorite television shows, take a long bath, and for most truck drivers EAT! Yes, the taste of homemade, home cooking, made with love, put your foot in it, downhome, made Grandmas way, fresh food! The problem is who wants to cook after endless hours on the road. You want to fall into your easy chair or be caressed by the warmth of your big bed.

Thinking to yourself all the while, if I could snap my fingers and it all would be done; the cooking and the cleaning that is.

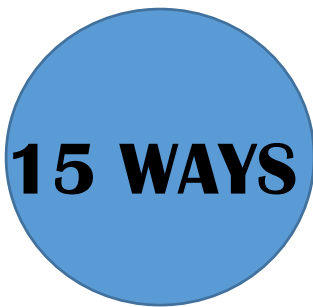
Your wish is our command here at 18 Wheels & Heels magazine. We found GoPlateDate.com What an experience to make your home time special. Whether you get the service for yourself or your significant other; you will make the night memorable.

*"Your Personal Chef Awaits at PlateDate"!*

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Make a PlateDate™ Today!



## 15 WAYS TO MAXIMIZE YOUR TIME ON THE ROAD

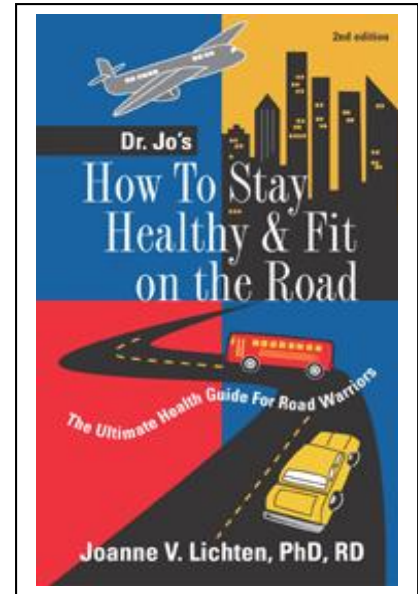
1. Listen to Best Seller audio books, Start leaning a language
2. Call into random radio stations on satellite radio to share opinions on topics
3. Start writing in a journal noting interesting things you see & experience
4. Start a food journal. Write down every time you eat or think of eating. Transforming your mind about healthy eating habits
5. Smile at people when you stop on the road, strike up conversation. Meet someone new
6. Make a new playlist on a portable device or phone by listening to new artist and like them on youtube. Make comments to encourage them to keep singing
7. Create an alter ego and say and do things in a different accent and record it playing it back for personal laughs
8. Try a new restaurant preferably a Mongolian bar. Make your own food creation. Try a new dish
9. Do some brain busters like crossword puzzles, Sudoku
10. Do your hobby that you love but never have time to do
11. Plan your meals and exercises for the week
12. Make a vine, flickr or youtube account and post funny videos to upload and share with family
13. Skype with friends
14. Play video games on console
15. Watch movies on Netflix or Hulu



**Dr. Jo**

## How To Stay Healthy & Fit on the Road

*The ultimate health guide for road warriors*



How many Mondays are there in a year? Well, that's how many times most people say, "I'll start (\_\_\_\_\_) on Monday" right! Well thanks to Joanne Lichten, PhD, RD affectionately known as Dr. Jo, we don't have to repeat that cycle. First things first. Stop reading right now, go to your tablet, cell phone or laptop and **Signup for her free "Escape the Monday Madness" enews [www.DrJo.com](http://www.DrJo.com).**

See by doing this simple task, you have conquered a goal. A small one but one that will keep you motivated to achieve your goal of a healthy lifestyle. This book is full of easy lifestyle changes and reminders that we can use to get us on the right track. Dr. Jo reminds us that vacations should be relaxing and travelling can be comfortable. She lets us know to take advantage of hotel rooms for more than just sleeping and that eating on the go can be tasty & healthy. This book is a remarkable testimony to her personal experiences and professional achievements in the fitness and nutrition industry. As a respected professional that can charge thousands for her advice, she has found a way to give it to the world at a great price with a message your whole family can find useful. The chapter *Putting the Brakes on Stress* is so critical to our everyday lives as truck drivers is safety. It's amazing how we make sure our trucks that we use to transport goods is in perfect running condition. But our bodies, our personal transport system that carries the weight of our limbs, sustains our body and balance can't even get a tune up. We know there are consequences from injury, accident to company infractions that could lead to loss of employment so we do that pre- trip inspection. This chapter talks about the pre-trip inspection. Funny right, the words are jumping out at us because it's something we must do daily with our vehicles. Chapter Highlights:

- ☐ Do a Pre-Trip Inspection
- ☐ Heed the Warning Lights - including *Dr. Jo's Quick Tips to Stop Overheating*
- ☐ Avoid the Bumps Along the Way
- ☐ Enjoy the Ride

**Just Ask Dr. Jo she knows!**

**Dr. Jo's Serenity Prayer for Travelers**  
**God, grant me the wisdom to plan well**  
**for things I can control; to retain**  
**patience, perspective, and a backup**  
**plan when things I can't control go**  
**awry; and the ability to laugh when**  
**nothing else works.**



**R.E. Donald, Author**

### **Highway Mysteries**

**(18WH) After almost 30 years in the Trucking industry, what made you leave it all behind and become a full-time writer?**

My age! That's the simple answer, but life is more complicated than that. I worked for several trucking companies over the years up until the death of my husband, Jim Donald, in 1996, as did he. I had completed the first version of *Slow Curve on the Coquihalla* in 1995, before he was diagnosed with terminal cancer. Jim was very supportive of my writing, and after he died, I gave myself a couple of years to see if I could sell my novels. I ended up having to go back to work, but in 2012 I felt ready for retirement and because digital publishing had opened doors that previously had been closed to independent authors, I decided to give writing another try.

**(18WH) How many books have you published to date? Tell our readers where they can be found?**

I've published three of the Highway Mysteries to date, and am at work on the fourth. They're available as ebooks or in print editions through

*(18WH) What is the most important advice you can give to a woman in the trucking industry?*

**"Take pride in your work, take pride in being a woman, and respect the fact that men can rightfully take pride in their gender as well. As different as we all are as individuals, at the core, we're all God's children trying to get along in life the best we know how."**

most online booksellers, and some regular bookstores. Most bookstores and libraries will order them for you if they don't have them in stock. There is information plus links to the major online retailers on my publisher website at <http://proudhorsepublishing.com>.

**(18WH) Did you start Proud Horse Publishing Company just for your books or is it your goal to ink a book deal with a major publisher at any point? How did you come up with the name?**

I started Proud Horse Publishing for my own novels, with the idea that I might take on select projects by other writers in the future. To date, I really haven't found time to publish anyone else's work, so haven't been open to it. I like the freedom and independence of publishing my own novels, and fortunately I have the computer skills to do it. I make all the decisions, work at my own speed, and never have to worry about my contract being cancelled. I would have to think long and hard before giving that up for the pressure and uncertainty of a traditional publishing deal.

I recently moved to a ranch in the Cariboo region of British Columbia with my partner of ten years, a French Canadian cowboy. We call our new home Proud Horse Ranch, in reference to the Canadian Horses (a rare breed) that we own, and my oldest mare in particular. It's her lovely head in my logo, and also how Proud Horse Publishing got its name.



**(18WH) What was it like to see your work in print for the first time?**

It's funny, but I expected it to be a bigger thrill than it was. Maybe it was because I'd been so intimately involved in creating the print edition, rather than having it done by an outside publisher. My biggest thrill was seeing all three books together on a shelf.

**(18WH) As a woman Author, do you feel you faced challenges that male authors may not have?**

Not as a mystery author. Many of the top mystery writers are women. However, given the nature of my characters and setting in the trucking industry, I did feel that it was a better choice to use my initials rather than my first name, as I felt many male readers would dismiss novels with a truck driver hero if they

knew the author was a woman. Some readers don't realize the books are written by a woman until they finish reading and see my photo at the back of the book. One reader commented on how well she thought the male author understood women, believing up until the end that I was a man!

**(18WH) Who was and is your biggest supporter?**

My two biggest supporters over the years have been my late husband, Jim, and my father, who passed away in 2012 at the age of 93. The faith they expressed in me still gives me comfort.

**(18WH) What jobs did you previously hold in the transportation industry? Can we find references to those positions in the books?**

My first job in transportation was right out of university. I went to work for Emery Air Freight at Vancouver airport in 1972 and worked there for fourteen years as an all around service agent, doing everything from checking in freight to preparing cargo and delivery manifests to taking customer calls and tracking shipments. I met and worked with many drivers during my years with Emery, especially those with Airline Cartage, who did our local deliveries. I also got to know many customs brokers, customs agents, shippers, receivers and dispatchers. I guess the closest that one of my characters comes to what I used to do is Elspeth Watson, Hunter's freight broker and dispatcher.

I then decided to give freight sales a try, and went to work for Comet Expedited, an LTL trucking company which was a division of Alltrans Express. By that time, it was a TNT company. Alltrans is where I met Jim, who was managing the Vancouver terminal. I didn't enjoy sales as much as I had the operations side, but it



gave me the opportunity to get out and meet a variety of customers at their own warehouses, including the Freightliner manufacturing plant in Burnaby. I went to night school for an industrial marketing diploma, and after Alltrans shut down, I freelanced in marketing for several companies, including Van Kam Freightways, Day & Ross, and Concord Transportation. I even did night billing for a while after I got my horses (a “someday” dream I made happen) and didn’t want to work nine to five.

**(18WH) How was the character Hunter Rayne created as the star of the mysteries?**

In spite of the usual disclaimer about the resemblance of any character to an actual person being entirely coincidental, Hunter Rayne was inspired by my husband, Jim. When he was a young man – long before I met him – he earned a black belt in ju-jitsu, ended up giving martial arts lessons to some police officers and was then recruited to do some undercover work for the police. His cover was being a truck driver, given that truck drivers can go almost anywhere without looking suspicious or out of place. (That’s how he got his start in trucking.) It occurred to me that driving truck would make a good vocation for a hero in a mystery novel, and I already had the contacts and industry experience to make the settings and situations believable.

Although I’ve never followed up on the desire, I’ve always admired big trucks and sometimes dreamed of taking to the road myself. I empathize with Hunter’s desire for the solitude and sense of freedom that his second chosen career brings him. Is he running away from something that happened when he was a homicide detective? Maybe he is, but being on the road is filling a need for him. Like all of us,

he wants to be happy in life and he’s doing what he can to get there.

**(18WH) Now Joggers is a free ebook right? Tell us a little about the inspiration behind that quick read?**

Every now and then, I like to write a short story. I love the character of Elspeth! She’s an amalgam of several women I knew many years ago, with a healthy dollop of imagination added to the mix. She’s a tough boss, but she isn’t ashamed of her soft side, even if she doesn’t let it show very often. She is a former driver who loves her work, and she has a typical dispatcher’s love-hate relationship with her drivers. Given that she’s such an important character in the series, I wanted to be able to introduce her to readers without them having to purchase a full length novel. One day I’d like to have a book of short stories featuring more of the Highway Mysteries characters.

**(18WH) Did you choose to use initials on purpose (R.E. Donald) to appear non gender like JK Rowling with her pen name for Harry Potter books most notably?**

Yes. As I mentioned earlier in the interview, I hoped that my novels would appeal to men as well as women, and didn’t want men to dismiss the books without giving them a try simply because they were written by a woman. This has turned into a double-edged sword. I love my big rig covers (designed by the very talented Steve Johnsen), but I suspect that by not making it clear that the author is a woman, many women assume the novels are written to appeal primarily to men. I encountered that same prejudice when querying female literary agents. I’m sure that many of them tossed my

letters onto the reject pile as soon as they saw that my main character was a truck driver.

Although a murder mystery is central to the plot of every Highway Mystery, my stories are really about the characters, their relationships, and their struggle to be happy in life. They are real people to me – and I hope to my readers – real people with deep feelings, insecurities and pain, all mixed up with joy and laughter and love. Although the series certainly has devoted male fans as well, I mostly hear from women who love my novels.

**(18WH) Have you won any awards or received recognition for your work?**

I've only entered one awards contest, and that was with my second novel, *Ice on the Grapevine*. It was a finalist for the 2012 Global Ebook Award in Mystery Fiction. That gave me a great excuse to spend a few days in Santa Barbara for the awards ceremony, visiting with my sister who lives in Southern California and meeting some interesting and influential people in ebook publishing. The recognition I love most is hearing from readers that they are eagerly looking forward to my next book.

**(18WH) How long have you been writing or did it start off as a hobby?**

I started writing my first novel when I was about twelve. I recall it involved a young girl who kept falling off her horse and getting a concussion, so I'm rather glad the manuscript didn't survive. My English teachers in high school always raved about my writing style and I always assumed I'd become a writer "someday", but for years I let life get in the way. Numerous personal

tragedies have taught me that you can't afford to wait for "someday" to happen. If there's something you truly want, it's up to you to make it happen before it's too late.

**(18WH) What can we expect in 2014? Any new books in the horizon?**

I'm well into the first draft of the fourth Highway Mystery, and plan to have it ready to publish in the summer of 2014. This one is set primarily in Alaska and the Yukon, which I've visited several times. As you may have noticed, the title of each one of my novels features the name of a highway. This one is *Sundown on Top of the World*. I have lots of ideas for future novels. After all, there is no shortage of highways in North America; I'm still trying to work Kamehameha into a title!

**(18WH) Do you feel you would have followed this goal and been successful if it weren't for your experience in trucking?**

You come up with some great questions! I don't know what turns my life would have taken if I hadn't accepted that first job in the transportation industry and gone on to work for a trucking company. I probably would have ended up writing eventually, but my hero could have been a very different character. I've always felt the lure of the open road, though. If I were young again, I could see myself becoming a long haul truck driver, so maybe I would have ended up right where I am. I envy your readers who have had the courage and opportunity to follow their dreams of a life on the road. ■

**Certified Women Owned Business and on the Rise**

**Nancy Spelsberg**



**President BCP Transportation & 2013  
RISING STAR**





## **Nancy Spelsberg -Founder, BCP Transportation, Inc.**

**In regards to your industry transition from industrial energy to Trucking, what was your biggest motivation?** I had always wanted to own and run a small business. In this case I am one of the owners and the President. I like working with people, and this job is doing just that each and every day!

**How long did you actually think about starting a trucking company before it came into fruition? Do you have any family CDL holders that work for you?** It actually happened very quickly. No one in my family has a CDL or really has anything to do with trucking. I was trying to buy an existing small manufacturing company, but ended up partnering with them and buying out the small trucking company they had on the side and turning it from a private carrier to a contract for hire trucking company.

**What type of leader would you consider yourself to be?** One who knows when to lead, and when to follow. I detest leaders who let their egos get ahead of themselves. Be the leader you would want. Be positive and supportive and be approachable.

**What keeps your passion for the trucking industry burning?** Every day is a challenge. I love working on putting the puzzle pieces together each day. This is the hardest working group of people I have ever met! Truck drivers are incredible.

**How many employees do you have? Out of your employees, what percentage are female truck drivers?** We have 73 employees (45 of those are truck drivers) plus

27 owner operators. We have only 2 female drivers - I wish we had more!

**Since you are of course a woman, you are a minority. How does this affect your marketing and recruitment efforts? Do you actively market to that minority group?** So far we have relied on our current drivers doing the recruiting for us. We have a driver referral bonus program. Both of our female drivers were recruited by two of our male drivers.

**Do you have any hobbies?** I love love love the UW - Madison Badgers, my alma mater. I actively follow the football and basketball teams.

**What advice would you give a woman with a dream?** Take a risk, take a chance, and surround yourself with positive hard working people who are fun to be around.

**What makes BCP stand out from other companies?** We covet a positive work environment. We believe in the motto "work hard play hard". We believe you can work hard and have fun and laugh while doing it. We treat our employees like we want to be treated.

**What do you think companies can do to make women feel more welcomed in this male dominated industry? What do you do differently?** I think it is important to create a mindset and environment of openness. I feel like men are welcoming of women in this industry probably because they are used to only working with men. It is important for everyone to



not take themselves too seriously. I do not demand respect, I work to earn it.

**Do you feel that your work speaks for itself or do you feel you have to continually prove yourself as leader of Trucking company?** I have found that people outside of the industry seem to have more trouble understanding that I am the head of a trucking company. Other leaders of trucking companies have been very welcoming and inclusive, much like I feel drivers are.

**If you could change one thing about the industry what would it be?** I feel that the people who are creating the rules and regulations do not know much about trucking or the ramifications their decisions have on transportation as well as all businesses and ultimately consumer costs. I understand the requirement to make the business more safe, however decisions are made without input from those who know first-hand if the changes will impact their desired results, the government makes decisions in a vacuum all too often.

**Tell us about your involvement in any community activities?** I serve as a Director on the George M. Eisenberg Foundation for Charities in Chicago, IL. We support the local community (Deerfield, WI) that we are based in. (Youth sports, Fire Department, and the Community Center).

**What's next for you personally?** Where do you see your company evolving in the next few years? To the extent that we have customer freight to haul and great drivers available, we will grow. If either one of those things dries up, then we will focus all efforts on improving. Right now the focus is a balance of growth and efficiency improvements.

**In what ways do you feel you have inspired the next generation of women?** Leading by example. Jumping in, head first into a male dominated industry, and succeeding while having fun. I've always gone against the grain so to speak. I majored in Engineering, a very male dominated field in college. Find what you enjoy, what challenges you, and go for it!

#### **How does your family fit into this lifestyle?**

My family is largely in the medical field. My father does medical research for the Mayo Clinic in Rochester, MN. When we first started up, my mother would come in at night and on weekends and help me with the accounting until I was able to hire people to do those functions. Otherwise they love the stories that I share. Every day there is something interesting going on.

#### **Why do you think women are afraid to drive trucks as a career and instead chose to struggle financially due to lack of jobs?**

I think for young women the career may not be as attractive because of the time away from family and potential obligations there. I think young boys are raised playing with trucks and women may feel like they just don't know enough to be able to learn how to handle a big rig. I think there may be some safety concerns as well when they are alone and sometimes in dark and unknown places. It is very difficult for women with young children to balance their obligations - I think many just assume that they could not make it work. Many outsiders to the industry, don't know the difference between a local driver and an over-the-road truck driver, and that there are options for them to drive a truck, and be home every night also.

#### **What can truck driver training schools and companies do differently to support women in this field?**

I think showcasing women truck drivers and how they balance their work-home life and make good money while doing it. Maybe offer women-only driving classes?

#### **Who was your biggest supporter during the launch of this endeavor? Were there people who told you, you wouldn't make it? What would you say to them now?**

My biggest supporters were my parents. I was certainly told by people that I was crazy to leave my "comfortable corporate job" and that I appeared to "have it made there" and "why would I give that all up and take such a risk". I wouldn't say anything to them now since I likely eliminated those negative people from my life!

SBO, Owner Operators, Station Coordinators, Load Brokers, Load Coordinators,  
Logistics Coordinators, Operation Managers, Asset Based Carriers, Shippers,  
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# SHAUNI WILLIAMS

I grew up in Northern California - a little town called Los Molinos. My start began at 5 years old, when I began to play piano. Then from 6-16 years old, I toured with the Ron Greenlaw Music Ministry, as a pianist, singer, and songwriter. The group was comprised of my Dad, Mother, two older sisters, a younger brother, and myself. As an adult, I played piano and sang in Praise Team and Church choirs. Then in 2008, I went to a Steven Curtis Chapman concert, which set me on the song writing spree that lead to my current releases, including an EP, an album, called "Wake To Grace", and three singles: A Christmas Tune, Are You In?, and We Walk Together. It is not difficult to keep grounded, as an independent artist. Most independent artist struggle to finance their next project and get it out there. I am no exception. I also know that I am only doing this by the grace and blessing of God and I give him all the glory.

I am always writing and working towards the next release. Two songs I hope to release as singles in 2014: a big dramatic piece that promises to stretch me vocally and top all previous releases, as well as a fun, upbeat song about Heaven. Additionally, God willing, I will be able to start doing more live performances. I will continue to work to get my music out there on radio, online, various distribution channels, and through magazines like this one!

Being divorced after nearly 25 years of marriage. I am still going through the transition but I know I am not alone and

hope I can be an inspiration to others as several of my songs have come out of my experience. Well, I feel like I am just really getting going, so no real setbacks since 2008. However, in my 20's, there was a decade where I didn't have access to a piano, when I was raising two small children and young family at the time. That was a real difficult time because music is such a part of me...it was like a huge piece of myself was missing. Fortunately, I have the piece back. God is faithful!

**As a faith based artist, do you feel your life is judged more in the eyes of society?**

Of course! Yes, I think people have certain expectations of what a Christian artist is and rightly so. Some have no clue what they should or should not be. We should be reflective of our Lord and being good representatives for what we profess. However, being real and authentic is important to me. All have sinned and fallen short. I try to minister about the relationship we can have with our Lord and Savior, Jesus Christ, and how he can take our broken pieces and make us whole again.

**Was this a planned career since growing up in a musical family? Were you a closet "shower singer" (chuckling)**

Ha! "shower singer" - yes! Still am, actually. There is nothing like the resonance in the shower to warm up your voice in the morning. I have always done other things to make a living, so in that since, other careers have been planned for me. I have a BA and Masters in Public Administration and

worked in managerial, administrative, and executive roles in banking and human resources over the years. Music is where my passion is: I still am trying to figure out how to make a living doing it but even if I can't, I will always do it! It makes me happy and blesses a lot of people. I consider it an honor and blessing.

Each song has potentially a different message. However, my main goal is to communicate the gospel and love of God in each song. They are highly characterized as love songs to God and how our life can be in relationship with Him. They give the promise and hope of eternal salvation through Jesus Christ.

My life is perhaps ideally suited now for musical pursuits, as my children are grown adults and not living with me anymore. For the first time ever, I have the time to put into my music like never before. There is really nothing standing in the way.

**Let's talk about family. How do they handle your engagements or being away from you?**

Well, I have touched on this a little so far. I am no longer married - very single now and not involved with any one. My Son, Ryan, is 25 and works as a Computer Programmer. He is also going to school to get his Masters in Computer Science, besides working full-time. My daughter, Erica, is 24. She is finishing up Law School at Golden Gate University, School of Law, and is getting married in May to a wonderful young man. They really have their own lives so my musical engagements do not really interfere with anything we might do together.

**Do you enjoy songwriting or singing better? How has your training in piano helped your career?**

That is a good question! Songwriting will probably win out but I sing what I write so they kind of go together as a symbiotic relationship. My piano training has been self-taught to a great degree and I have been blessed with a special gift of piano from a young age. I did have a short period of lessons from my Grandmother before she passed when I was eight years old. Later, a Chairman of Keyboards, Dr. Robert E. Bowman, taught me classical piano at a university level. He was amazing! I still use what he taught me to keep my piano skills up, even though I don't record classical music.

**Where can people keep up with you?**

I am glad you asked! The best place is to connect with me by joining my VIP list at <http://www.shauniwilliams.com>. You can also listen to my music at <http://www.reverbnation.com/shauniwilliams> If you are on Twitter, look me up at <http://www.twitter.com/shaunivwilliams> and FB at <http://www.facebook.com/shauniwilliams>

Also, download my music on iTunes, CDBaby, and Amazon to name a few! Some of my releases are under my former artist name: EHM Eleventhhourmessengers, like the "Wake To Grace" album. My most current release, "We Walk Together", is under my name, Shauni Williams.

**What has it been like working in the music industry as far as an Indy artist?**

It is wonderful! There are so many ways for indie artists to be heard and get their music out there, with the digital age, like never



before. It was once the case, everyone wants a record deal. Now, I think being independent is very good and indie artist have access to things only the labels had access to a number of years ago. The opportunities continue to grow!

**Is there a record label that you would love to work with?**

Sure! ARISTA has been one of my favorite, probably because I am a huge Whitney Houston fan.

**Who are some of your favorite artists that encourage you? Who would you most like to collaborate?**

Grant Williams, who co-produced "Wake To Grace", has been invaluable to me over the years and a strong supporter of my music. Bruce Turgon has co-produced all my releases so far and has been a super encourager of my progress. I think of him as a mentor and there have been many "guiding" moments, where he has offered sound suggestions. With his years of vast musical success with Foreigner and beyond, it is a real privilege to call him friend, as well. It would be fun to collaborate with Casting Crowns, Chris Tomlin, Michael W. Smith, or Amy Grant.

**You have won many awards for your projects, what is your biggest accomplishment and which recognition is most meaningful to you?**

Winning The Akademia Music Award this past year was super-awesome. Over the years, being nominated and winning the Hollywood Music In Media Awards tops the cake for me. It is something I have done for the past four years. Walking the Red Carpet at the event last November was perhaps the most meaningful recognition to me because

it took me four years to be able to attend the event. I had never been to Hollywood or walked the Red Carpet before. It was incredible!

**What keeps you motivated? What's next for Ms. Shauni?**

Staying motivated is easy: I simply love writing and recording music. It is very rewarding to see an idea through to completion of a final product and then hear how people are being blessed. 2014 will bring many more opportunities to write, record, and hopefully perform the music God continues to give me. I am raising money right now for my next project and hope people will considering contributing. I am giving away 10 Perks for different levels of contribution. Just go to [www.shauniwilliams.com](http://www.shauniwilliams.com) for details. Thank you for the opportunity to be interviewed and featured by 18 Wheels and Heels magazine. I am delighted to be included - a great way to start 2014!



# The Looks, Laughter & Loads

## TRUCKING TRIPS & TIPS with Peggy Sue

As we  
caught up  
with Peggy  
Sue, visions  
of open  
stretches of  
highway,  
trees and  
beautiful  
skies were  
all that came  
to mind.  
After all, she  
was OTR  
(over the  
road) going  
from the east  
to the west  
coast as we  
were  
tracking her  
down.



### {Peggy}

I'm 54 and had to take this lifestyle because there were no good paying jobs where I live. I worked for a company that closed its doors and moved to Mexico. I had to learn a new profession. I've been doing this 8 years now since 2005, almost a million miler now. Give me about three weeks and I'll be home. It had been ruff at first because older men out here would get on the CB and tell me I should be home that's where us women need to be. Other women out here, dispatchers & waitresses would treat us

I want to write a book when I get to old to drive. I have talked and know a lot out here. Older men, gentlemen have gave me understanding and helpful tips that I pass on.

lady drivers bad. Some are happy to see me drive a big rig. Now women in four wheelers will thumbs up me; while men will give me the finger when I have to block traffic, due to areas not semi friendly. I love meeting all people out here because I'm a people person. When I go to the movies at 2 pm, you should see the looks I get when a woman gets out of this semi from the young and old. One time a little boy asked me, "you drive that big truck", smiling at me.

### **I almost got raped.**

Parking out here, well you have to use common sense. You have to walk a different path every time and women drivers

have been raped under their trailers while doing the post and pre-trip inspections. Now me, I'll pull over at the fuel island to do mine. There are lots of lights and cameras that come on to see you, it's safer.

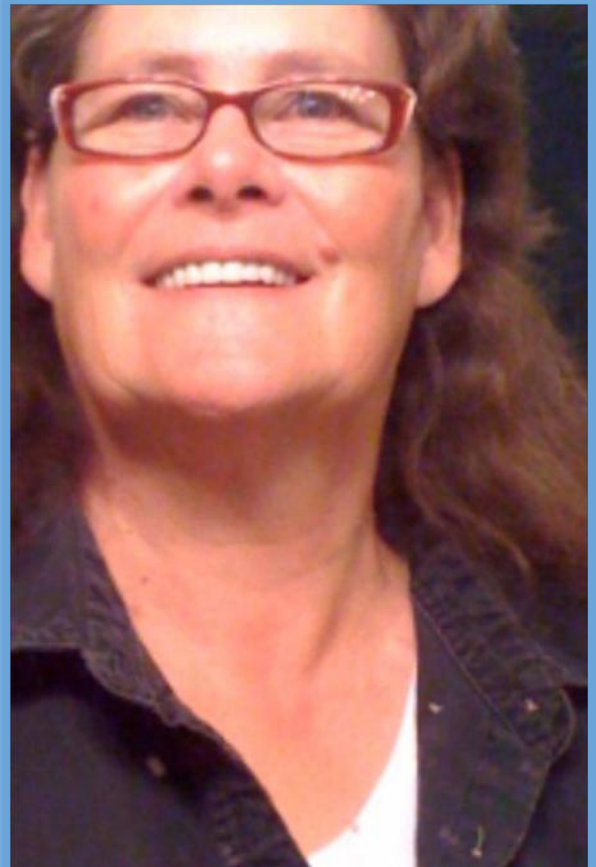
My first year I wanted to quit over 50 times. Now it's nothing but a thing. I can tell stories of how I pulled in a Pilot Travel Center late and they had one parking place. So I whipped this big rig in there and got out. Four men and one woman driver was laughing. The woman walked away as I asked them what was so funny. The men truckers said "we've been here all day and watched over 10 men try to put there's in there and couldn't; and a lady does it on the first try".

I had helped FEMA with Hurricanes Sandy and Port Allen, after Katrina. It's interesting how we truckers help people. A school bus of kids couldn't get out in time and stayed at truck stop with us truckers. They had no food, drapers and drinks. I got all us truckers together to keep them safe. We fed them. I keep juices in my truck because of my grandkids. There easy to grab and drink.

I've been lease to own but got taken by a bigger company. I have owned my truck for three years and been a lady business owner/operator. I'm known by all people in the companies I've worked. I took one year off and managed a motel and just came back out here as company driver. Covenant made me team with a 28 year old male and he had one year experience. I'm already known here by fleet managers. Four weeks here and I'm top 5 trucks out of 175. I showed my co-worker how to make money, which makes his family happy. My first week showing him how to safely run the miles increasing his first check of \$700.00 to over \$1000 on his second one. This company wants to make me a trainer also.

The public doesn't know what we go through out here. I meet Truckers that were on welfare and our government paid for their schooling so they can be self-sufficient.

My family now thinks differently when I tell them I'll be home. It used to hurt them but now they say, "When I see you, then I know your home". (cute but sad) How do dispatchers get extra bonus off us drivers? By keeping us from going home. I've been told how it works from two different dispatchers. I get home 4 weeks out and 4 days home.



**I love what I do.** My passion is spreading a smile to people everywhere. I'll see sad faces and look at them and smile. Everyone has always smiled back and expressed gratitude to me. Just by putting a

big smile on their faces. That's a warm feeling to make someone else's day better; that's what Jesus Christ likes. I feel so good to give a blanket to a homeless or buy food for a stray dog or cat. All over the 48 states, I have helped all kinds of people. Some hug me so tight. What a reward.



The industry has its challenges and benefits. Truck stops have embraced better eating options over the last two years like Pilot Flying J with the Denny's Restaurants. I'm all about clean bathrooms and I love the coffee. My favorite is Love's Travel Stop. I do cook a lot in my crockpot.

**as pepper spray) and plenty of fruit in your truck at all times.**

**TIP #4 Run your passenger side seatbelt through the door handle for extra protection when traveling alone during the daytime or sleeping at night.**

**TIP #5 Use resistance bands in your bunk area. During wait times, do leg stretches, leg lifts and arm curls to make better use of time exercising.**

**TIP #1 To avoid difficult cleaning, use an oven bag as a liner in the crock pot. Easy cooking, easy clean up.**

**TIP #2 If you are cooking without an inverter, you most likely have cigarette lighter type chargers everywhere. So, you can plug in a coffee warmer and heat up noodles and soup without using a microwave.**

**TIP #3 Keep a hammer by your driver side door, porta potty, flashlight, can of hairspray (acts**

Companies can make women feel more welcomed by treating us as equals with men. I am running a weekly average of 2600-3400 miles per week. I'm out here committed. There is a bit of personal sacrifice which is non-gender related. I mean I can be gone for weeks as a company driver. For me, my daughter is grown and my family lives all over the US, so I can meet up with them when I am on the road on breaks or have time off. I really enjoy driving on I10 straight east to west. The weather is good 365 days of the year other than hurricane season. It's really my favorite stretch of highway. I think the new hours of service are a blessing because it forces the drivers to take a break. Sometimes you just make yourself keep going when you are tired. @PeggyMcCullah



# GLAMOUR TO GREASE

## *Showing Love and Compassion*

*-Running Angel*

**Love is in the air!** February is the month for romance. Everywhere you look you see romantic items being displayed to give you ideas; to create that special moment for the one you love, admire and truly adore. If you do like I do as soon as all the Valentines things come out, you are already planning.

We can just imagine the smell of fresh flowers, candy hearts of all sizes and fluffy animals on the pillow tops, warm scented candles flickering on the wall and of course a hot bubble bath to top it off. Woo okay, I just got lost in the moment, back to earth Mona.

Valentine's Day is such an awesome day to celebrate that special someone. However, why does it have to be one day? I believe that showing your love to someone should not just be on Valentines or just the month of February. I want to show that love every day.

We can limit our love to one person for one day there is nothing wrong with that. I am talking about opening ourselves up to love and have compassion on others. Like ones, we do not know. You just do not know what giving a single rose to someone will do for his or her day or stopping by a store to pick up a card to say "thank you for being you and lighting up my day". How would you feel? This is the kind of love and compassion I hope we all can have. Sure would make this world a better place.

I am fixing to mention a subject that is heart touching and hits me hard. It is going on more than we can see. My heart cries for these girls and I want to use this time to talk about it. We as women/ drivers can pull together and show love and compassion on these dear young women and young men. Warning: this is real and heart touching.

As we think about our love ones and plan what we are going to do to make that day special; I started thinking about so many of our young girls that are not going to receive the candy hearts or the fluffy animals. They are not going to get a card that saying I love you. If they do receive any thing, it's money to take back to their pimps. A slap on the butt cheek from a sexual partner. Maybe a see you next week. These girls are as young as 9 years old. These girls are being sold as sex slaves. We look at it as prostitution. It's called Human Trafficking / Sex Trafficking. I thought this was a problem in other countries not here in the United States. However, it's a bigger problem here than we could every image. These young women and young men are beating, verbally, mentally, emotionally and physically abused. They are intimidated, manipulated, controlled, and living in fear. Some have been told they will never see their families again. Some have been told they would lose their own lives if they do not obey their pimps command. These young women and young men are forced into beds of strangers. Even in trucks of the unknown. They may act as if they have it all together but inside they are scared to death. They are so afraid to reach out. They have no idea that they can trust anyone. They are truly living in bondage. They are thrown out like sheep's in lions dens.

We can no longer just stand back and be silent. We have to have love and compassion for our young. These young men and women need to be freed from this terrible act of violence. We need to stop being quick to judge and take a stand for those that cannot take a stand for themselves. We need to be able to show Gods love, a love

**that is everlasting, true, and full of joy and happiness. We need to show them a love that does not judge, with open arms full of compassion, mercy, and grace.**

**There are ways that we can do this.**



***{We can support a non-profit organization that helps target Human Trafficking***

***TAT- Truckers Against Trafficking}***

**Truckersagainsttrafficking.com**

***TAT was founded and formed in 2009 in the state of Oklahoma . TAT educates, equips, empowers, and mobilizes its members. Truckers Against Trafficking are focused to combat sex trafficking. TAT teaches companies and drivers about human trafficking and how we can help put a stop to this hideous crime. TAT has put together videos and, pamphlets, along with other martial that will help educate us more on this severe issue. There are more people coming together to fight this sex crime and are putting the guilty ones behind bars. They have been successful at doing so with the help of others caring enough to make a phone call. You can make a call to the Human Trafficking Hotline at 1-888-373-7888 or the local authorities when you see anything suspicious.***

***All it takes is a call then you can let the law take care of the rest. One at a time, we can help. Your call may just save the life of one or many that are in the Human trafficking ring. Their lives just may depend on your call. You can make a big difference. After they are rescued, they can get the love and counseling they need to begin a free life from sexual slavery. Everyone deserves a life full of joy and happiness. There is healing for the broken. Like a great song I love called “Broken into Beautiful by Karen Peck”. Thank God, he can turn our brokenness into something awesome. Then we can help others find their way. What are you going to do now you know? If you see a young man or woman walking from truck to truck or one of them offering to do a trick; will you judge? Send them on their way? Or make the call?***

***Isaiah 61 “The spirit of the sovereign Lord is on me, because the Lord has anointed me to preach the good news to the poor, he has set me to bind up the brokenhearted, to proclaim the freedom for the captives and release from the darkness for the prisoners, to proclaim the year of the Lord’s favor and the day of vengeance of our God, to comfort all who mourn.”***

**SPECIAL THANKS TO TAT FOR THIER HARD WORK AND DEDICATION**

***Happy Valentine’s Day***

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## ***Fellow Lady Driver left broke and broken. Jenny tells her story***

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I need help, just anything from my fellow trucker's or anybody that can help me. Please....I'm getting my phone (it just got cut off) & internet cut off, losing my house & truck, I hoped it wouldn't get this bad before I found a job....I had a serious melt down few days ago, and just had to get off computer and try to regroup....I have had people contact me with promises of financial help to get me thru this, and I relayed this to my bank, phone company, etc., only to be lied to and let down because I really trusted them....Please I am all alone and need support not cruelty.....If we as truckers can help those in need on the road, I don't understand why me, a trucker myself needs help at home and can't get it....I will repay anybody's kindness ten fold.....I know I am a stranger to most, but I am a human being that is begging for help....I am not a gold digger & I believe my Facebook page shows I have worked hard for what I have accomplished in my life....Please someone anyone reach out to me as I have done for others so many times....I have no other options but to pray & hope.....My address is on my page if can just send food....The post office is couple blocks from my house...They have never delivered mail in town here to our homes is why I have PO Box....My car insurance just cancelled and could be reinstated within a day or two if I had the funds.... My name is

Jenny Berry, and I have lived here in Minnesota Lake, Minnesota for 24 years. Here is a timeline of everything that has happened that lead to where I am at now: 5-9-13 Leased to a company that promised to keep me rolling & get me to Mississippi often to see my 96 year old grandma because she is all I have left. She raised me. Things went okay for the first couple months. I was North of Seattle last July. I unloaded, and called in for my reload info. The load was in Seattle, and to heavy to haul, so I told dispatch I couldn't haul it. Five minutes later the owner called me threatening to leave me sit out there for as long as she chooses, threatened to cut my fuel cards off, cancel my plates & insurance on truck. I took the load anyway because I was scared. I went to Seattle picked up the load, and made it almost back to Spokane, WA, and decided to put fuel in. They had cancelled my fuel cards even while I was under a load. I couldn't get the owner til next morning, and was told I was being taught a lesson, and if I didn't apologize I would be terminated on the spot. I had done nothing wrong, & the abuse I suffered that day and the days to come was horrible. Years out here driving and never been treated like this. I taped the conversation on the advice of my Grandma because of what had happened before I loaded. It was a couple days with no food after that because they

wouldn't give me an advance to eat on. I couldn't afford to quit because the last company I was leased to didn't pay me right, & I was struggling as it was to get back on my feet. My lease with them also stated if I quit before six months was up I would have to pay back \$750.00 plus .07 a mile for every mile I ran loaded & empty so far. I couldn't take the chance on falling behind on my bills so I stuck it out. November 9th, 2013 was my six months. My grandma begged me not to quit until I got a load to come see her, so here is what happened next. 11-16-13 I took a load from Minnesota at the yard to Chattanooga, TN with the promise they would get me back to MN to pick my load up to go see my grandma for three days (26th which was my grandmas 96th birthday, 27th, 28th). 11-19-13 Unloaded Chattanooga, TN. Called in for reload and load was too heavy so turned it down. Same thing as before, owner called me back & threatened me like before. Finally at the last minute in the day they got me a load for next morning to get me back to MN to pick up my loaded trailer to go to Mississippi to see my grandma. 11-22-13 I called them & asked if they got me an appointment yet for the load I was bringing back & they said just bring it back to the yard because they couldn't get appointment til following Monday. I got back to the yard at 10 AM, went inside turned my paperwork in so I would get paid on the following Friday, & get my load info. I was there til about 4:30 PM letting them abuse the heck out of me because I didn't want to take a load that was illegal to haul because of the weight, & making me answer questions they already knew the answers to. I kept asking if I could just get my load info and pick up my loaded trailer and they finally told me when they were ready to go home that they had no load for me. The owner said why don't you just take the week off. I had no choice. I came home, broke the news to my grandma that I couldn't come down. I was caught up on my bills except my house & truck at this point. I picked up a few groceries with what I had when I got home & thought when I got my check Friday I could make my October & November house & truck payments, plus maybe have enough for more groceries, pay bills that would be coming due December 1st. 11-29-13 Check was only \$46.02. I tried calling them with no luck. I was devastated. I knew I was in trouble and had to find another place to lease my truck. I called OOIDA and a lawyer but was told they could drag this out and it won't help me right now. They also have my escrow money of about \$2,000.00. 11-26-13 The owner of the company called me at home on my Grandma's birthday to taunt me, and was mentally abusive. I taped that phone call as well. I was very emotional during this call, because the owner said why don't you just take your car down to your Grandma's, and I told him that he knew I didn't have the money. 12-2-13 I listened to a friend that is a company driver for an outfit that I could lease to. Got things going with them, and sounded good. 12-12-13 Went to doctor for pre-employment drug test. Asked the doctor if they could check me out because I take thyroid medication & had broke my pelvic February

last year and didn't feel quite right. They said they couldn't so set me up with an appointment for the next week. 12-17-13 Went to doctor and was told I had severe pelvic infection and also wanted to set me up with a thyroid ultrasound because they thought I had thyroid cancer. The doctor called the drug store so I could get my medicines because I had no money and said if they worked I wouldn't have to be put in hospital to get it intravenously and I should be able to get back in my truck. 12-19-13 Went to hospital for ultrasound and when I came home FedEx had delivered a package at my front door. It was the lease contract for this company I was going to lease to. I started reading it and faxed copy to OOIDA. They called me back and said don't sign it. They wanted \$4,400.00 escrow plus too much else. That is why they wouldn't send me lease contract to begin with. I was so hurt and angry at myself for spending all that time trying to get going with them. 12-20-13 Doctor called and said I was cancer free but thyroid was swollen real bad they think because of infection. I started right away looking for another place to lease to only to send in applications and make calls, to be told it will probably be after the first of the year. 1-2-13 Banker called and said nobody has called him and he needed money. That's when I realized my world was falling apart. Had another friend that was going to help with phone & internet, but didn't. Had others promised food and financial help only to lie. This is the best I can explain this. People keep offering companies to go to not realizing I am hurting so much more than that. I have called enough companies that I know I can get leased on soon, but now with no phone, and soon no internet it's not going to happen. People have to have a way to contact me and me them. Companies now require you to have these for work. My car insurance is lapsed, and could be reinstated within a few days, but I don't have it, and needing it when a company tells me to go get a pre-employment drug test or groceries if someone sent funds for me to get some. I have no credit cards and live a pretty simple life. I have lived here for 24 years and only have 2 years left on my house & 1 year left on my truck. I don't want to ask for help but I need help and will repay any kindness given. I have been pouring my heart and soul out only to be lied or laughed at by some. It is so cruel and I am only human. I am so alone. If you cannot help, at least pray for me....God Bless You All

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