

BUSINESS

New Per Diem

Owner-operators are now allowed to claim a meal per diem of \$66 per day they're away from home, according to a new per diem structure announced this week by the IRS. The change, a \$3 increase, took effect Oct. 1.

Learn more at: <http://ow.ly/emiT30m7TPW>

How will this impact your taxes? <http://ow.ly/xqM530maxlK>

State of the Industry

Partner ATBS looked at and reported on the current state of the trucking industry and made predictions for how long we can expect the current market conditions to last.

Check out the replay of their conference call here: <http://ow.ly/TMr430maxOe>

LONG HAUL HEALTH

Upper Back Pain Relief

Hunched over a steering wheel can really take its toll on your upper back. Let's talk about ways to avoid and eliminate Upper Back Pain.

Find Relief Here: <http://ow.ly/jD3Z30lYqD1>

Find All Episodes on: <https://www.tsatruck.com/blog/tsa-long-haul-health/>

CONGRATULATIONS SCHOLARSHIP WINNERS

2018 Winners Receive \$1500

Now in its second year, the scholarship program is designed for the members and dependents of TSA members. Each of this year's eight 2018 scholarship recipients will receive \$1,500 to spend towards their educational pursuits. Watch for 2019 scholarship application information in April 2019.

Congratulations to our 2018 Winners:

Justyn Robertson

Dependent of member William Robertson, Jr.

Adrian Jy'Terius Dunbar

Dependent of member Nathaniel Dunbar

Victoria Graviss

Dependent of Christopher Graviss

Alaizia Hayes

Dependent of member Gregory Hayes

Edward Loera

Dependent of member Jose Loera

Kasey Norman

Dependent of member Corey Norman

Lindsay Norman

Dependent of member Corey Norman

Mykenzy Norman

Dependent of member Corey Norman

Read more at: <http://ow.ly/yOmZ30lbQhj>

BENEFIT UPDATE

UPS

TSA members can save up to 18% off UPS Express air and international shipments and 9% off UPS ground shipments. Visit UPS Association Discounts to sign up with Promotion Code: BTBC37KZ5 or add the code to your current account to immediately begin earning the TSA discount.

Read more at: <https://www.tsatruck.com/your-membership/your-membership.aspx>

FUELED UP

Everyone Can Use A Little Energy

Looking for a little energy & a little taste of fall while you are on the road this week? The pumpkin spice energy bites are a great snack baggie idea to prep in advance and take with you. No cooking required!

Find the recipe here: <http://ow.ly/7nfQ30maygG>

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#BizTipTuesday #WellnessWednesday #BenefitFeatureFriday

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