

Community



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Taking on Teeth Grinding and Clenching Halt Dental Damage and Jaw Pain

Do you wake up with a tired or sore jaw in the morning? It could be a sign that you're grinding or clenching your teeth at night. Over time, this can damage your teeth and lead to jaw problems. It can cause teeth to crack, loosen, and even fall out.

Teeth grinding and clenching—also called bruxism—can cause serious issues if left untreated. And people aren't always aware that they're doing it.

"Someone may not know they grind their teeth at night until they're told by a bedtime partner," explains Dr. Dena Fischer, a dental health expert at NIH.

You can grind your teeth during the daytime, too—although clenching your jaw is more common. Some experts think of daytime and nighttime bruxism as separate conditions. They may have different causes.

Your dentist may spot the tell-tale signs of teeth grinding and clenching. These can include wear and early cracks on the outer layer of the tooth. Teeth grinding and clenching can cause a dull headache or tired jaw muscles. Often, nighttime teeth grinding isn't diagnosed until there are significant symptoms.

Teeth grinding and clenching while awake is easier to recognize. It's thought to be caused by stress and anxiety. Some people may also grind or clench their teeth while deep in concentration. Once you realize that you're doing it, it's important to figure out when and why.

Easing Teeth Grinding and Clenching

Situations that are stressful or frustrating can trigger the behavior. "People often mention that they grind or clench their teeth while driving in traffic," Fischer says.

How do you treat bruxism? Fischer helps patients by having them set reminders to check their habits. People who grind or clench their teeth during traffic may find it helpful to put a sticky note on the wheel reminding them to relax their jaw. Setting an alarm to go off regularly at your desk can help if you tend to clench your teeth while deep in thought.

"An alarm or sticky note can be used as a reminder to make sure that your teeth are apart," Fischer says. "Tell yourself 'lips apart and teeth apart' to help make sure clenching isn't occurring."

Activities that reduce stress, like yoga and meditation, may help lessen daytime teeth clenching. Counseling can help you learn to manage intense emotions, which may also ease the habit.

If these strategies don't help, you may consider wearing a plastic mouthguard while awake. Fischer says that a "boil and bite" mouthguard from a store may be enough to stop the problem.

Teeth grinding and clenching at night are usually treated with a mouthguard as well. A dentist can make you a custom fitted guard to protect your teeth. You also may need to be tested for sleep disorders.

Researchers are examining if issues like sleep apnea, which cause people to stop breathing, contribute to nighttime teeth grinding. They're looking at whether brain activity and sleep stages are linked to sleep bruxism.

If you think you may be grinding or clenching your teeth, talk to a dentist. They can evaluate your mouth and recommend treatments.

Sometimes dentists will recommend reshaping the surfaces of your teeth to change your bite. But Fischer advises against approaches that permanently alter your teeth. She says to seek a second opinion and try less invasive treatment options first.

- **Try to reduce your daily stress and use relaxation techniques.**
- **Practice good sleep habits. Seek treatment for sleep problems.**
- **Apply ice or wet heat to sore jaw muscles.**
- **Avoid eating hard or dense foods. Don't chew gum.**
- **Find ways to relax your face and jaw muscles throughout the day. The goal is to make facial relaxation a habit.**
- **Schedule regular dental exams. Your dentist can spot early signs of teeth grinding.**

Article reprinted from NIH-New in Health



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6 Ways to Save Money for Your Kids

(BPT) - Paid Content by Vanderbilt Mortgage and Finance, Inc.

While there are many ways to set your kids up for a successful future, money in the bank is one of the most powerful financial tools you can pass along. Every dollar you save or invest can help your child create a productive and stable foundation for many years to come.

When it comes to saving for your kids, the sooner the better. Building up funds now can ensure kids will have less to worry about as they get older and can open up

more financial opportunities.

To help you get started, consider these several ways to save wisely for your kids.

1. Open a college savings account

If higher education is in your child's future, consider a 529 savings plan. This is a tax-advantaged investment plan that can be opened as soon as your child is born. The money grows tax free and can be withdrawn without taxes. There are two types of 529 plans: prepaid tuition and education savings. Prepaid tuition plans can purchase credits at a participating university and lock in current tuition costs. An education savings plan is an investment account where funds are designated for qualified college expenses. Be sure to consult a tax advisor to assist with your specific circumstances as this is only intended to provide general information.

2. Invest in a home

Purchasing a home can be one of the most secure and highest-return investments you can make for your children, especially in today's housing market. A home can be passed down through generations or sold when the value has increased.

If you're looking to invest in a home for your children, consider manufactured housing. Manufactured homes attached to a permanent foundation appreciate at an average rate of 3.4%, while traditional homes appreciate at an average rate of 3.8%. So, while manufactured homes may not appreciate at the exact same rate, they're pretty close! Vanderbilt Mortgage and Finance can help you finance manufactured housing with their newly improved loan process, which allows you to apply online and track your progress digitally. Vanderbilt's Home Loan Guide offers more ideas on how to budget and prepare for buying a home.

3. Use Roth IRA contributions

If you have a Roth IRA account, you can use some of the funds to pay for qualifying education expenses. If your account is at least five years old, you can withdraw up to your original contribution amount. Be sure to consult a tax advisor to assist with your specific circumstances.

4. Allow kids to use debit cards

Consider teaching your kids money management skills early on by allowing them to use a debit card co-owned by you. If you have teenagers who earn an income, this is a great tool for learning how to deposit checks, set aside money for savings and more.

5. Open a high-yield savings account

A high-yield savings account can be a great place to stash birthday and holiday gift money over the years and watch it continue to grow. This type of account can typically be co-owned and managed by parents until your child is responsible enough to manage it on their own.

6. Set aside money in a trust fund

Putting money for your kids in a trust doesn't have the same tax benefits as a 529 plan, but it does pose some important benefits. Trust accounts allow you as parents to create exact rules around how you want the funds dispersed to your children. For example, you can give the money in a series of installments or request that it be used only toward tuition.

Whether you're thinking about your child's education or simply want to set aside funds for when they reach a certain age, plan ahead and consider these tips and options for reaching your goals.

Simple, Sweet Energy Bites



(Culinary.net) Having enough energy and fuel to make it through a long day can be challenging. No matter if you're a stay-at-home parent, corporate worker or small business owner, having a high energy level that lasts throughout the day is important for both you and those around you.

Having enough energy helps you stay alert and attentive to what is going on around you, whether that's cleaning up after your little ones or filing a report your boss asked for.

When it comes to snacking during the day, these delicious, mouth-watering Energy Bites can give you the boost you need. They are made with creamy peanut butter and honey to curb your sweet cravings but still provide plenty of texture

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

with shredded coconut and raw oats.

They are a perfect snack time nosh, rolled into simple balls, that can help you finish the task at hand.

Not only can they be that 2 p.m. pick-me-up, they are also simple to make and simply delightful to eat. You can store them in the refrigerator in a container for anytime snacking. Plus, the recipe makes 20 servings, which means it's easy to prep your snacks for the entire week ahead of time.

Stop settling at snack time for stale crackers or high-calorie dips. Eating something that can make your body feel good and energize you for the rest of the day keeps you prepared for what's to come.

Find more snack recipes at [Culinary.net](https://www.culinary.net).

Energy Bites

Servings: 20

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

1. In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.
2. Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.
3. Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of USA Trucking Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri, on Wednesday, April 13, 2022 at 11:00 a.m. for election of Directors and for the transaction of such other business as may properly come before the meeting of any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY
USA Trucking Association
April 13, 2022 Annual Meeting of Members
THIS PROXY IS SOLICITED ON BEHALF OF
USA TRUCKING ASSOCIATION

The undersigned member of USA Trucking Association does hereby constitute and appoint the President of USA Trucking Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of USA Trucking Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Tom McMahon, Tom Ebner, and Perry Turnbull
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
March 7, 2022
Date



Trucking Association

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St. Louis, MO 63131

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.