



March 2019

Booth Time

Our monthly newsletter to keep you informed

Toll News

Several Florida Turnpike toll plazas converted to all-electronic tolling as of March 15. Here are the [tolling plazas](#) that were affected.

Staten Island, N.Y., is one step closer to being toll-booth free. [The Outerbridge Crossing](#) is scheduled to be converted to all-electronic tolling by the end of April.



Important note: the Bayonne Bridge has a speed limit of 25 mph until construction is complete.

"We can't help everyone, but everyone can help someone."

- RONALD REAGAN

The Month of March

Nutrition Month

The entire month of March is known as National Nutrition Month! If you're like us, you know that there's things that you can do to live a healthier lifestyle, but it's easy to get wrapped up into the day-to-day shuffle.

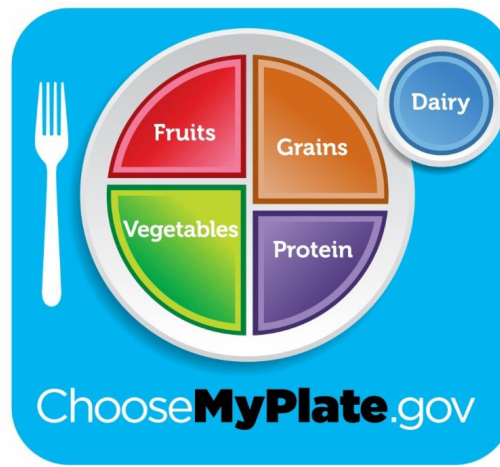
Truth is, you really need to take care of yourself and make your health a priority. Here's a couple of interesting facts and tips to help you achieve your health and fitness goals.

1. Learn how to read a nutrition label, quickly and correctly.

Nutrition labels can look like a bunch of mumbo-jumbo. Here's what you

should [zero in on](#).

2. Grains are important! Eating whole grains delivers a wide variety of health benefits, including a lower risk of diabetes, heart disease, obesity and high blood pressure. The bran (hard outer shell) of a whole grain kernel contains fiber, minerals and antioxidants. The middle layer is made up of carbs, and the germ (inner layer) has key vitamins, minerals, protein and plant compounds! Check out the [difference between whole grain and refined grain](#). Hungry? Popcorn is a great whole grain snack!



3. Limit packaged foods. We totally understand the appeal: packaged foods are quick and easy and most of the time, super delicious, but what's in them? A lot of packaged foods are packed with additives, preservatives and are high in sugar and contain [trans fat](#), which means they are not good for you.

4. Juice really isn't that good for you.

Your morning orange juice isn't that much different from a can of soda. The average 12-ounce soda contains roughly 35 to 45 grams of sugar. The same amount of orange juice comes in at about 30 grams, apple juice delivers about 40 grams and pomegranate juice can top 45 grams. Your drink of choice should be good 'ole H2O, which leads us to our next point...

5. Drink more water! Experts say that you should try to drink between half an ounce to an ounce of water for each pound you weigh, every day. Add some lemon or mint to spice it up, or [try drinking it hot](#) to reap some extra benefits.

Employee Spotlight

Two New Faces in Customer Service!

Earlier this month, we hired two new customer service representatives to join our team! Help us give Krystal and Dave a warm welcome the next time you give us a shout.

Meet Krystal: Krystal joined our team in March as a customer support representative and recently moved to Albany, N.Y., from Brooklyn, N.Y. Her Netflix 'recently watched' includes a lot of crime television. Ask her what her favorite crime show is!



Meet Dave: Dave also joined our team in March as a customer support representative. His preferred method of transportation are his skis! Good thing he lives here in the northeast. He's a big outdoorsman and loves spending some quality time with nature.

#BestpassGives
Capital Roots

Our good friends at Capital Roots, a local organization that focuses on nourishing healthy communities by providing access to fresh food and green spaces, paid us a visit last week.



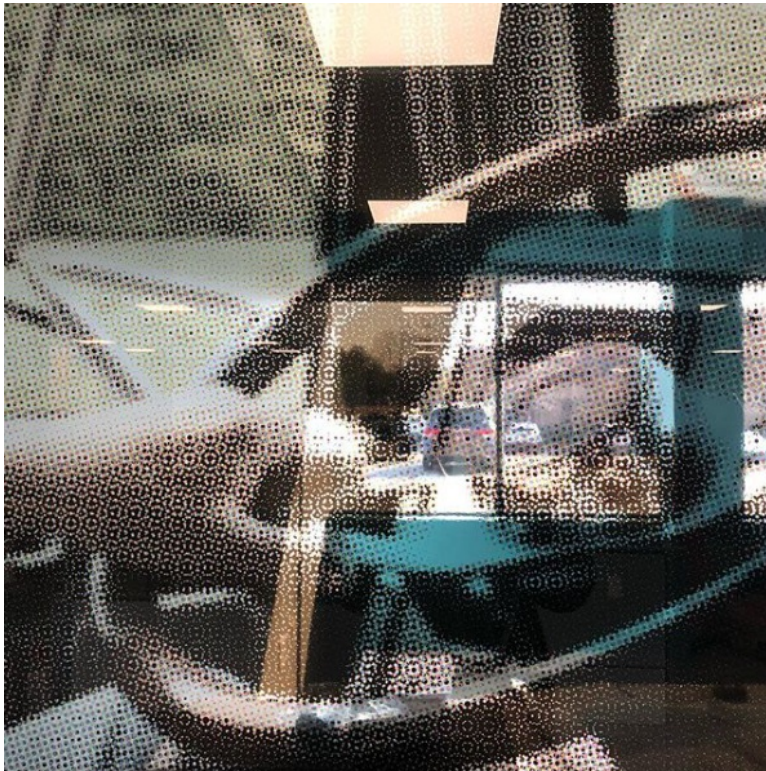
Does their name ring a bell? You may remember them because around this time last year, [we launched a Toll Sponsorship Program with them](#), and things have been going great!

It's always awesome to have visitors at Bestpass HQ! If you're ever in the Albany, N.Y., area, please be sure to stop by, grab some coffee and say "hello!"

#BestpassBestShot

Bestpass is growing! We recently expanded our office to include the other side of the building that we are currently headquartered in. Here's a [sneak peek](#) of a window graphic in one of our employee's new office.

Feel free to send us your awesome pictures from the road - email to social@bestpass.com or use the hashtag [#BestpassBestShot](#) to tag us in your pictures. If we use your image, we will send you some swag!



Welcome to our new clients who joined us in February!

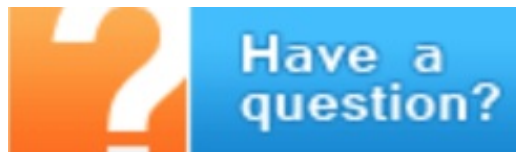
- Atlas Oil Transportation
- Horizon Freight System Inc
- Wooten Appliance
- CCS Group LLC
- Grannyboyz
- Transport Alexandre Perras Inc
- JWoods Trucking LLC
- Dandrex Transport Inc
- Lonnie Nadeau
- Arthur Trucking Inc
- Dusang Truck Lines LLC
- David Kitts Inc
- Mustang Trucking
- Arianna Trucking LLC
- Whitney Trucking
- Stephen Whitem
- RL Express LLC
- Robert Finch
- Cilaf Express Inc
- Highway Star Express
- B4 Transportation
- DLVRD Logistics LLC
- Bugs & Babs Trucking
- American Logistics
- Wes Robinson Trucking LLC
- JBE Auto Transport LLC
- Sure Xpress LLC
- Mako Transport Inc
- Milos Bunjevcevic
- Caisse Enterprises LLC
- Talas Express Inc
- K2 Tank Lines Inc
- KND Transportation LLC
- TDS Ltd
- Shamsi Trans
- Michael McCurdy
- UMT Global Logistics LLC
- Pusch Ridge Transportation LLC
- Aquatic Trucking Co
- Maplewood Falls Logistics
- San Antonio Broker Services Inc
- Iron Mountain - Shred Division - Jersey City
- Vector Security
- Driving Dynamics Inc
- T&M Transport LLC
- KIING & BADGER Transportation LLC
- 6241409 Canada Inc
- Transcarriers LLC
- Shepherd of Fire Trucking LLC
- MITRUK Inc
- CW Squared Trucking Inc
- Cheew Transportation
- L&G Auto Transport Inc
- Brent Trucking
- Fast Time Trucking LLC
- L&J Tampa Transport LLC
- 2058544 Ontario Inc
- National Logistics LLC
- TOZA Inc
- Mega Miles Inc
- TKG 48 LLC
- The Benton Agency LLC
- Las Animas Trucking LLC
- TLE Inc
- Trans-Novy Inc
- Canadian Transport Network Inc
- Longview Logistics Ltd
- R&R Limousine and Bus
- Low man & Low man Enterprises Inc
- Diana Transportation LLC
- Meinershagen Trucking LLC
- Daniels Portable Buildings LLC
- Always in Motion LLC
- Clark Transportation
- Himes Trucking
- Mudka Transportation
- Sonya Express Inc
- Hybrid Age LLC
- A Konovalchuk
- Pahl Transportation Services LLC
- All-Ways Trucking Co
- Celebrity Coaches
- Chuck Tenfold Logistics LLC
- Unique Express Garbo LLC
- 1718404 Ontario Ltd
- Highway Divas LLC
- W. Fortier LLC
- E-weee Trucking LLC
- Deepland Express
- High Note Express LLC
- Yellow rose Distributors Inc
- Blair Trucking
- Andrei Cretu
- DM Trans Inc
- Pizdets Inc
- Masyan Express Inc
- Unitus Logistics
- Interstate Transport Service
- Iron T Transport LLC
- M&J Trucking
- Keith Balke
- Wayfair Transportation LLC
- Es Transportation LLC
- Elek Transport
- Moulton Transportation LLC
- Kelvin Lamb
- VA Express LLC
- Disque Transport Services LLC
- Mass Enterprises LLC
- 9345-5681 Quebec Inc
- JDR Services Co
- Yocum Trucking LLC
- TransMaster Transport LLC
- SJ Transportation Co Inc
- C Brown Trucking Inc
- Tour Bus Leasing LLC
- Tolpa's Automotive Inc
- Lindsey's Transport
- Hobart Transportation
- SNR transportation Systems



MyBESTPASS Client Portal

Don't forget, in our client portal you can:

- [Access account information](#)
- [Make a payment](#)
- [View/download Toll Activity](#)
- [Manage your tags](#)



We're Here for You!

Have a question? Need help making changes to your account? Need to order more tags? We're here to help you! Email us at support@bestpass.com; or call us at 1-888-410-9696.

Layover Fun

Last Month's Riddle

Q. Why can't you iron a four-leaf clover?

A. You don't want to press your luck!

Congratulations to the following who answered correctly:

Jeff Berry, Donna Ebers, Cindy Flesher, Angel King, Tracy Davis, Jake Williams, Crystal Page, Sherry James and John Brennan

#BPPuzzle

Know the answer to our riddle? Email your answer to social@bestpass.com and we will recognize you in next month's newsletter! We'll give out the answer then, too.

Q. WHAT DO YOU CALL A SNOWMAN
IN THE SUMMER?





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