

We Are The Z-Team!

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In This Issue

Annual Inspection Due?	1
Picnic Peeps Pose for Pix	2
Scott @ School	3
New Shop GM Starts	3
She's Baaack!	4
Birthdays & Anniversaries	4
Next Month's B's and A's	4

ARE YOU DUE FOR YOUR NEXT INSPECTION?

You get your car inspected annually, and if you're a driver, your truck is inspected regularly too. Before you buy a house, you have it inspected. But what about you? And your family? How often are you getting inspected? We're talking about your annual visit with your family doctor!



We take care of our possessions, but one of the things many of us neglect is ourselves—and our health. Getting an annual check-up is a must for everyone. Having a Primary Care Physician (PCP) who is familiar with you and your health status is important *before* you are diagnosed with a problem. An ounce of prevention is worth a pound of cure!

Catching a problem early through regular check-ups can lengthen your life and give you a better quality of life. For example, with a stage 1 breast cancer diagnoses and treatment you would have nearly a 100% chance of survival in the next five years, versus a 22% chance if it were diagnosed at stage 4.

Controlling high blood pressure, diabetes (and pre-diabetes), weight, and cholesterol, can all lead to lower risk of stroke, heart attack, and other life threatening situations. Your PCP can help with all of these issues and more.

Also a regular doctor visit is a good investment too. Early detection of many conditions results in lower cost treatments and is much less expensive in the long run than acute care costs.

Isn't a longer, healthier life worth a one hour visit per year? Call your doctor's office today and schedule your annual exam. It will be worth the time invested!

If you need assistance finding a PCP who participates in our health plan, contact **Cinda Lauver** or **Cathy Wible** in the Accounting Department. Remember, every large problem used to be a smaller problem, that if dealt with when discovered, would have been much easier to resolve and far less expensive!

Q: Isn't my DOT physical the same as an annual exam with my PCP?

A: No, not even close! Your DOT physical only covers certain issues as specified by the DOT, but your PCP is concerned about *all* your health issues.

Also, a DOT designated doctor is not going to prescribe and monitor meds for any specific condition such as hypertension or cholesterol control.

Don't search for a reason not to have your annual PCP visit. Instead find the time to do it!

213 ATTEND COMPANY PICNIC AT DEL GROSSO'S



LANDIS GOES TO SCHOOL

In early May, **Scott Landis**, driver in the Van Division, went back to school! As a favor to a friend who is a teacher at Lack-Tuscarora Elementary School in Honey Grove, Scott polished his truck and took time to visit. One young man who the teacher described as a "truck fanatic" inspired the visit. Over 100 kids got to go through the truck and ask Scott questions.



AMUSEMENT PARK JULY 14TH IN TIPTON



On Saturday July 14th, over 40 employees and their families came out for the annual “Summer Splash and Picnic” at Del Grosso’s. **Gina Himes**, who organized the event, said, “Everyone who made a reservation showed up this year. We had a great turnout.” Over \$2,500 in gift cards were given away. **Derek Ritzman** gave a “thumbs up” when asked about the picnic. “The weather was warm. It was a great day to be in the pool at the water park!”



ZTL NAMES NEW SHOP GM

Jeremy Wilson started as the new Shop General Manager on July 23rd. When asked about his first impressions he said, “Great people, good equipment, experienced techs — I love it!”

Jeremy has had some passing experience with ZTL as he was formerly the Service Manager at Kenworth in Carlisle, PA. He describes himself as “the outdoors type.” He enjoys hunting, long-range shooting, golfing, and “fixing things.”



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COMINGS, GOINGS, AND COMINGS

"The rumor of my retirement has been greatly exaggerated," **Cinda Lauver** said as she returned to work part-time, six weeks after announcing her retirement. "I'm still busy with a lot of things, but I plan to be working mornings starting the first week in August."



Cinda had to take time off when her husband, Larry, had some serious health issues. At that point it looked like she wasn't going to be able to continue working. The good news is that Larry is recovering and doing better. Cinda was probably telling the truth when she exclaimed, "I really like my job!" as she is celebrating 21 years at ZTL this month.



DATES TO REMEMBER

Employee Appreciation Week — Aug 20 to 24
 Family Day — August 24, 3 PM to 8 PM
 Labor Day Holiday — Monday September 3
 Fall Safety Meeting #1 — October 27, 9:00AM
 Fall Safety Meeting #2 — November 3, 9:00AM

Together we are making it better!

AUGUST BIRTHDAYS ...

Norm Stever — Aug 2
 John Johnson, Sr. — Aug 2
 Sal Raffa — Aug 3
 Ian Rosensteel — Aug 3
 Denny Gilmore — Aug 5
 Kris Embly — Aug 6
 Becky Shaw — Aug 11
 Chris Witter — Aug 19
 Ray Snyder — Aug 28
 Mark Zimmerman — Aug 29

... AND ANNIVERSARIES

Carl Heffner, Sr. — 21 years
 Cinda Lauver — 21 years
 John Johnson, Sr. — 14 years
 Denny Snook — 13 years
 Terry Wagner — 6 years
 Scott Moist — 5 years
 Gary Reck — 4 years
 Tracy Harris — 4 years
 Cody Moist — 4 years
 Jacob Strauser — 2 year
 Dakota Peck — 2 year
 Mike Cheslock — 1 year
 Allen Crosby — 1 year

SEPTEMBER BIRTHDAYS ...

Marcel Ernst — Sept 7
 Dakota Peck — Sept 7
 Darren Weaver — Sept 9
 Gary Beatty — Sept 12
 Lane Rumberger — Sept 21
 Dave Muretta — Sept 24
 Steve Clouse — Sept 30
 Dot Dowling — Sept 30

... AND ANNIVERSARIES

Roy Huffman — 45 years
 Steve Arnold — 22 years
 Jeanne Cashman — 22 years
 Dan Haubert — 15 years
 Tony Gudonis — 12 years
 Samantha Syjud — 11 years
 Kevin Bowes — 10 years
 Russ Whitesel — 10 years
 Cody Boone — 7 years
 Greg Reigle — 7 years
 Brian Tyger — 6 years
 Kris Embly — 3 years
 Julio Morales — 2 year

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