

# We Are The Z-Team!

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## EAT YOUR WAY TO BETTER HEALTH

Eating poorly, not exercising, not sleeping well, and not drinking enough water can lead to weight gain which leads to all kinds of other serious health problems. Wouldn't you like to be healthier and feel better? Have fewer aches and pains? Fewer health problems and associated risks? Well, if you say "yes" to any or all of these questions, this article is for you. There are many small things a driver (or anyone) can do to create a healthier lifestyle. Here is another idea that will provide large returns.

**Remember that YOU ARE WHAT YOU EAT.** Dieting and eating healthier isn't a bad thing or difficult. The trick is to slowly change your eating habits. Most people hate the word "diet," so don't say it. Just change how, when, and what you eat. Even a slight change will produce great results! Start small: cut out one bad thing one day and replace it with something good. For example, start by replacing one soda with one bottle of water. How hard is that? Keep doing that for a week, then add something else to your "change list" like trade out one snack cake for one serving of Jell-O. Then choose a grilled or baked meal instead of one that's fried. As you make progress, have broth soups instead of cream soups, replace white bread with wheat, and so on. You get the idea.

Eating healthy at fast food places can often be a challenge. Look over menus thoroughly and pick a healthier choice and a smaller size. No need to super or jumbo size an already calorie and fat-packed meal. There are numerous apps that you can download, like "Lose It" (for I-Phones) to help count calories and aid in weight loss. You don't have to give up all the foods you like, just eat in moderation. Eating less will keep your metabolism steady and your blood sugars from bottoming out. Your cravings for salty and sugary foods will decline as well. Taking foods from home and eating home-cooked meals more often will also help. That's not easy for a truck driver, we know, but taking food from home will help you save a ton of money and also cut a lot of calories. Another other important "rule" is, DO NOT SKIP BREAKFAST! Whether your breakfast is in the AM or PM, do not skip the first meal after waking, that is what signals your metabolism to gear-up for the day!

*[Editor's note: This is the second in a four part series on easy steps you can take to feel better, be more alert, and improve your health. Your feedback is always welcome at newsletter@ztline.com.]*

### Fun Fest is June 6

#### We still need volunteers!

Yup. We're repeating ourselves here, but that's because the big day is only two weeks away. If you want to volunteer to work at the Fun Fest, or if you know anyone at a local business who would be willing to donate a gift certificate for goods or services, or merchandise for raffle prizes, now is the time to let us know. **Most importantly, bring your family to the event!** It's always a fun and exciting day with lots to see and do. Remember, employees' kids and grandkids each get a free wristband to play on the bounce rides all day long!

## HOW MUCH DO YOU KNOW ABOUT OUR HISTORY?

ZTL calls itself a family run business and has been around for 75 years, but how much do you really know about the company? There are a lot of new faces here in the past few years and we thought it might be interesting to let them and everyone else know a little bit more about how Zimmerman Truck Lines became what it is today. Here is a brief timeline of highlights in the company's history:

1940 – Calvin "C.D." (Caddy) Zimmerman starts with one truck hauling coal and lumber. The company also hauled bricks and drainage materials. And the type of freight changed throughout the history of the company. In those days, it was necessary to obtain "hauling rights" to carry different commodities. Eventually this company becomes C. D. Zimmerman, Inc. in Mifflin, PA. (Caddy's portrait is hanging in the main entrance lobby to the office building.)

1950's -- Sons Ed, Robert, and Ron work in various aspects of their father's hauling business. (Ron says he remembers that as a teenager he shoveled a lot of coal down chutes from the trucks into residential basement coal bins. That's when coal was the primary heating source for many homes and businesses in PA.)

1963 – Ron becomes an over-the-road trucker for his father. Richard Smith is hired as a diesel mechanic soon after his high school graduation. "Smitty" continues working in the shop until his retirement in 2009.



1965 – Ron buys his own rig to run as an owner-operator. Eventually he owns 12 trucks that are leased to various carriers.

1975 – Ron purchases ground for a new truck stop shortly after the completion of a new four-lane highway through Central PA. The highway is US 22/322 and the truck stop is Stop 35, which soon became known as just "The Stop." After the truck stop was completed, Ron manages it until 1980.

1976 – Roy Huffman is hired as an over-the-road truck driver. He retires from driving in 1999 and now works in the shop maintaining flatbed trailer equipment.



1977 – Sonny Dobson is hired to work in the shop. Today he is the Parts Manager.

1980 – Ron sells his interest in the truck stop and goes back to long-haul truck driving.

1980's – Ron's children, Mark and Robin, as well as Mark's high school buddy Dave Wetzler, work as teenagers for C.D., doing various jobs including hand washing trucks for which they were paid \$2.50 for each truck.

1984 – Ron moves to California and purchases one truck. He starts a company, which will eventually become Zimmerman Truck Lines, Inc.

1985 – Robin, Ron's daughter, is hired as the "Log Girl," charged with tracking hours of service compliance and other clerical jobs. She does this for about three years at C.D. Zimmerman.

1989 – Mark, Ron's son, moves to California and starts working in the office of Zimmerman Truck Lines as a dispatcher.

1992 – In July, C.D. Zimmerman passes away. He leaves his business including about 30 trucks to his sons. In November, Robin becomes a dispatcher at C.D. Zimmerman.

1994 – Ron buys out his brothers' interest and merges C.D. Zimmerman Inc into Zimmerman Truck Lines, which now has a combined total of about 55 trucks. Dave Wetzler moves to CA to start working with Mark. Plans are made for a new office and terminal complex in Mifflintown. Mark starts dividing his time between California and Pennsylvania.

1995 – The day before signing a contract to equip each truck driver with a mobile telephone pager, a salesman selling a new communications technology for transportation visits ZTL. As a result, the first trucks in the fleet are soon equipped with satellite communication technology so they can be tracked (using new GPS technology) and directly contacted wherever they are located. The contract for the phone pagers is never signed.

1995 – In the spring, ground is broken for a state-of-the-art office and maintenance facility in the new Juniata County Industrial Park. On October 1 Zimmerman Truck Lines moves into its new offices with "East Coast" operations on the first floor and "West Coast" personnel on the second floor.



## OUR HISTORY (CONTINUED FROM PREVIOUS PAGE)

1995 — Fleet colors and equipment livery is changed from "CD Zimmerman Green" to "Zimmerman Truck Lines Red."

1997 — The west coast office closes and remaining personnel and equipment are moved to the new Mifflintown offices.

1998 — Both divisions are united on a single computer server platform for billing and accounting. During the next two years, the company experiences unprecedented growth and adds 200 more power units to its fleet.

2000 — Early this year, the fleet totals nearly 300 power units and 400 trailers. A turnkey, totally integrated IT system is launched. This system includes dispatch, invoicing, payroll, mobile communications, 24 hour automated dispatching, imaging of all documents, and driver and customer access. By the end of this year, all trucks have an upgraded mobile communications unit that uses cellular data communication as well as geo-stationary satellite communication. All billing and dispatching operations between the two divisions is combined to be the way you see it today.

2003 — A fully automated truck wash is added to the main terminal office complex.

2006 — Zimmerman holds its first Kids Fun Fest community carnival. As of today, this annual event has raised \$135,000 to benefit the Janet Weis Children's Hospital, part of the Children's Miracle Network.



2007 — More IT enhancements over the years include fuel efficiency management programs, fiber optic Internet services, integrated shop parts and maintenance system, and upgrades to all IT systems. Max Gray ends the year with 3,021,171 accident-free miles of over-the-road driving for Zimmerman Truck Lines. He retires in 2010 having driven three more years without an accident.

2009 — A smaller repair facility opens 1,000 feet down the street to allow engine rebuilds and more extensive vehicle repairs to be completed. The first shipment of inter-modal freight takes place. Mark is named Chief Operating Officer of Zimmerman Truck Lines.



2012 — The fourth generation of the Zimmerman family enters when Mark's son, Tanner, starts working in the shop during his high school summer vacation.

2013 — Zimmerman starts a new regional division to serve the growing needs of freight distribution in central PA.

2014 — Fleet livery is changing again from the familiar "ZTL Red" to white tractors and trailers with new logo designs.

2015 — Zimmerman Truck Lines celebrates 20 years at its current location and its 75th year of operations!

### Miss the Safety Meeting?

If so, you are required to view the video DVD of the first meeting. Ask Geoff for a loaner copy and do so before June 20th. If you don't, you will lose 60% of your safety bonus. It's both interesting and informative, so borrow a copy today from Geoff.

### Special Note!

See the one page insert in this month's issue for important information on the International Road Check running June 2nd through the 4th.

## AND YET ANOTHER SURVEY!

*We haven't tallied the results yet from our last survey about forward-facing cameras, in trucks, but we will be reporting on it soon.*

*In the meantime, we want to ask you yet another question and this is directed to drivers only: Would you like us to call you on a regular basis to get your opinions about various issues and ideas? If so, how often and when should we call? Put your thoughts in one of the suggestion boxes or e-mail your ideas to newsletter@ztline.com. If you cannot stand our survey ideas and have a better one of your own, tell us! Put a note in the suggestion box or send an e-mail.*

*We are listening, so let your voice be heard!*

**SAVE 22% WITH VERIZON WIRELESS**

As an employee of Zimmerman Truck Lines, you can get the same volume discount (22%) as the company gets on the monthly services portion of your Verizon Wireless (VZW) cell phone bill (fees, taxes, and other charges are not included in the discount). Your VZW account has to be in the employee's name to qualify.

You can get this discount by going to [www.verizonwireless.com/discounts](http://www.verizonwireless.com/discounts), logging in using your phone number, and then choosing **validate by pay stub**. Complete the customer and employer validation form. Follow the instructions to upload a copy of a recent pay voucher (after blacking out sensitive personal information). The pay voucher must be issued within the past 60 days. After a review, you will be notified of your discount.

We've been told that you can also visit any VZW store in person with proof of employment (again a recent pay voucher) to apply in person.

Finally, you can also call the VZW Employment Validation Center for direct assistance at 800-890-8007.

**JUNE BIRTHDAYS ...**

- Glen Thomas III — June 1
- Glen Post — June 3
- Mike Tyger—June 3
- Frank Benfer—June 5
- Katie Luckini—June 7
- Keith Messimer—June 12
- John Dickson — June 13
- Christine Benfer—June 14
- Sonny Dobson—June 16
- Jonathan Kindervater—June 17
- Tim Barner—June 18
- Daryl Feltman—June 20
- Mike McCaw—June 22
- Nick Steigerwalt—June 22
- Jeremy Strauser—June 23
- Garry Brown—June 27
- Larry Hummel—June 27
- Tommy Diemert—June 28

**... AND ANNIVERSARIES**

- Jerry Tussey—17 years
- Dave Muretta—15 years
- Darryl Walker—15 years
- Tim Beers—14 years
- Tim Barner—12 years
- Denny Weaver—12 years



**NEWS BRIEFS**

The rider program is still in effect through the end of October. You need to complete a brief form before taking any passenger in your truck. See Geoff or Samantha for more information.

**Dates to Remember**

- International Road Check — June 2nd to June 4th
- 10th Annual Kids Fun Fest — Saturday June 6<sup>th</sup>**
- Company Picnic, Del Grosso Park — Sat Aug 15th
- Employee Appreciation Week — August 24<sup>th</sup> to 28<sup>th</sup>
- Fall Safety Meeting Dates — October 24th and 31st

*Together we can make it better!*

**QUOTE OF THE MONTH**

*Time is both your friend —  
and your enemy. —Anonymous*

**... AND MORE ANNIVERSARIES!**

- Shane Kreamer—11 years
- Ricky Snyder—8 years
- Glen Thomas III—7 years
- Wendy Muretta—6 years
- Rhett Leonard—5 years
- Rich Bailey—3 years
- Chuck Mosher—3 years
- Denny Gill—2 years
- Tommy Diemert—1 year
- Neil Turner—1 year
- Tina Baum—1 year
- Gary Lytle—1 year
- Lawrence Oliver—1 year
- Ron Williams—1 year
- Jimmy Wasson — 1 year

**AND MISSED BIRTHDAYS!**

Both of these fine drivers, born on the same day, May 15, were omitted from the birthday list last issue. Our apologies (and belated wishes) to **Kim Snook** and **Scott Landis!**

**ZIMMERMAN TRUCK LINES, INC.**