

# Transmark Times

## EMPLOYEE FEATURE

### JOSH DICKERSON, MASTER TRUCK DRIVER

Josh Dickerson recently achieved Master Truck Driver status because he traveled one million miles and has had 16 years of accident free driving. Josh's driving career started in 2001 when he began hauling feed for the Co-op. Over the years he has hauled sand, gravel, black top, fly ash, cement powder and for the last 15 months he has been hauling fuel for Transmark. The things that Josh likes most about being a truck driver is that he gets to be outside. "I'm not inside a factory or something like that," he says. He likes to be able to see the outdoors. He also likes that he doesn't do the same thing every-day and he likes seeing and meeting different people.

Josh's first job was cutting tobacco for a neighbor and then later on he was a dishwasher at Applewood. He saved up his money and the first thing he bought was a 1992 light blue Ford Ranger pick-up truck. When asked why he works so hard Josh stated, "For my daughter, I want to make sure she has everything she

needs." Josh's daughter is 12 year old Makayla. Josh is also close with his mom, Donna, his dad, Randy and sister, Randa. His favorite family tradition is getting together Christmas morning at his parents' house.

Josh also really enjoys going to Red's games with his daughter. They try to go at least twice a year. He says that if he could meet anyone from the past or present he would meet Pete Rose and talk to him about hitting baseballs. His grandmother went to school with Pete Rose. Josh has always loved baseball. "All the kids in Milton played baseball all summer," he said. Josh played first base.

Hunting is a big part of Josh's life. He always hunts on opening day of deer season. His biggest trophy is a 10-point buck. He also likes to hunt squirrel, turkey and rabbit. Josh also enjoys fishing bluegill and crappie. Josh says



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#### IMPORTANT DATES

- Wellness Challenge deadline is January 20, 2018

# EMPLOYEE FEATURE CON'T:

## JOSH DICKERSON, MASTER TRUCK DRIVER

that if he won the lottery he would buy a big farm to hunt on. Another hobby of Josh's is that he is a self-proclaimed "weather geek." He is always checking the weather. He also goes to online forums where novice and college student meteorologists discuss the weather models. Josh's favorite weather app is the Weather Channel.

Josh enjoys listening to country music, especially Merle Haggard. Josh likes to watch the Andy Griffith show; Barney is his favorite character. Josh says if he could choose to be a certain age forever he would pick 21. "That was when you didn't have any responsibilities. You keep thinking 'I want to grow up' but then the bills start coming and you wanna go back," he said. Josh's favorite thing to eat is a good ribeye steak, medium, with a baked sweet potato on the side. He likes Longhorn Steakhouse and Texas Roadhouse.

Josh's favorite family vacation was when he went to

Gatlinburg, TN. He enjoyed driving through the Smoky Mountains. Josh said, "We went to Cades Cove. It was early fall and the leaves were starting to change. While we were there we saw 7 or 8 bears." In fact, if he could be described as an animal Josh says a bear. "My nickname is Bear. That's what they used to call my dad and then it got passed down to me," Josh said. If Josh had a warning label it would say, "DON'T GET ON HIS BAD SIDE." If Josh was a superhero he would have the power to cure cancer. If Josh was stranded on a deserted island he would want to have a knife, fishing pole and sweet tea. Josh is also a supporter of the Shriners. "I try to attend the steak dinners. They do a lot for kids and the community," he said.

## SAFETY SPOTLIGHT

### CAUTION! WINTER WEATHER AHEAD!

By Garrett Knollman

Driving in winter weather is not the only thing we need to be cautious of. Did you know over 800,000 people a year are hospitalized because of a fall injury, most often because of a broken hip or head injury? Many of these are caused by slipping on ice and snow. There's a few precautions we can take to make sure we are prepared for the inevitable snow and ice at delivery locations.

- Carry a bag of salt/sand with you- Transmark is happy to provide you with all the tools necessary to make you successful. Yes, this includes rock salt! Salt is a great first line of defense against falling on ice and snow.
- Bring a shovel- if we have a heavy snow you never know what may lie beneath that wintery blanket. Clear yourself a path to make sure you're not stepping on ice or other things that may make you fall.
- Cleats – Transmark would be happy to order you a pair upon request. These are great for large, icy areas. They easily fit onto the outside of your boots for quick attach-

ing and detaching.

- Know your surroundings – Pay attention to the temperature and, if possible, gauge whether or not there could be ice.



If you think there's a chance of ice underneath the snow, or black ice on the roadways, slow down! Whether it's walking or driving, slowing down is an easy way to lower your chances of getting hurt or crashing.

- Communicate! – If you go to a location needing attention for snow removal or salt treatment let us know! We are happy to inform our customers, and work together to keep each other safe!

Following these simple suggestions will help you significantly decrease your chances of getting hurt this winter. If you have any questions, or you would like us to get you the necessary supplies for winter safety, do not hesitate to ask! Be Safe out there!

# WELLNESS CHALLENGE

## FIND THE YETI

The friendly Yeti is trying to give you his cooler! Earn points to progress the snowy terrain and get to the Yeti's cabin. The prizes get better the farther you progress. This challenge ends March 20, 2018.

### FitBit Wellness Discussion Forum Response

10 prompts x 10 points each = 100 points possible

Tracked with your FitBit

### STEPS

10,000 steps = 1 point

Maximum of 25 points per month

Tracked with your FitBit

### VOLUNTEER

10 hours x 5 points each = 50 point maximum

Track your hours and show to Wanda

### EAT HEALTHY

Make the healthy recipes included in this newsletter.

6 recipes x 25 points each = 150 points possible

### FAMILY NIGHT

Make time for family. Maybe play a game!

1 hour per week x 5 points each week = 50 points maximum

Track your time and show to Wanda

Ski Lodge & Bunny Slopes	START	
Ski Lift	100 points	Yeti Bottle Opener
Bottom of the Mountain	250 points	Yeti Colster
Hop a Snowmobile	325 points	Yeti Rambler 30 oz. Tumbler
Found the Yeti	400+ points	Yeti Hopper Flip 8
	1st to 425 or Most Points	Yeti Cooler Hopper Flip 18 with Ice Packs



# HEALTH & WELLNESS

## EASY BLUEBERRY OVERNIGHT OATS

### INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk
- 3/4 teaspoon honey or pure maple syrup
- 1/4 teaspoon pure vanilla extract
- 1/4 cup fresh or frozen blueberries

### TOPPINGS (Optional)

- 1/4 cup fresh blueberries
- 1/2 teaspoon hemp seeds
- 1/2 teaspoon flaxseed meal
- honey or maple syrup

### INSTRUCTIONS

1. In a 16-ounce mason jar, combine the rolled oats, almond milk, honey, and vanilla extract.
2. Stir, then add the blueberries.
3. Stir again, cover with the lid, and place the jar in the refrigerator overnight or at least 4-5 hours.
4. In the morning, stir up the mixture, add a little more liquid if you prefer a thinner consistency, then top with fresh blueberries, a drizzle of honey, and if desired, hemp seeds and flaxseed meal.
5. Overnight oats will keep in the refrigerator for 3-5 days.



## Happy Anniversary!

Lonita Coldwell,  
4 years on 3/18

David Bressert,  
17 years on 3/29



## ROASTED CABBAGE

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1/2 head green cabbage, cut into 4 wedges
- 1 pinch garlic powder or to taste
- 1 pinch red pepper flakes, or to taste
- Salt and ground black pepper to taste
- 2 lemons, halved



### INSTRUCTIONS

1. Preheat oven to 450 degrees F (230 degrees C).
2. Brush both sides of each cabbage wedge with olive oil. Sprinkle garlic powder, red pepper flakes, salt, and pepper over each wedge. Arrange wedges on a baking sheet.
3. Roast in the preheated oven for 15 minutes; flip cabbage and continue roasting until browned and charred in some areas, about 15 minutes more. Squeeze lemon over each wedge.

## Happy Birthday!

1/14 Lonita Coldwell

1/27 Wanda Knollman

1/29 Chad Logsdon

2/14 Josh Dickerson

2/17 Alan Heath

2/28 Jesse Willoughby

3/15 Jeff McAdams

3/24 Dennis Franklin

3/30 Mike Christmas