



June 2025 Newsletter

No More Med Cards?



Beginning June 23, 2025 CDL holders will no longer be issued the original paper medical card (form MCSA-5876) as proof of medical certification.

Currently, all drivers are required to self-certify – that is, they're required to submit their MEC to their State Driver Licensing Agency (SDLA) upon completion of a DOT physical. The SDLA then has 10 days to upload this to the driver's CDL and within 15 days you can confirm this status by viewing your driver's Motor Vehicle Record (MVR).

Spotlight Driver- Bruce Dalton

Bruce is a relatively new driver for GT joining us after an acquisition in March 2025. Bruce has many years of experience in the industry, which is hard to believe because he acts like he is in his 20's. In his short time here, Bruce has already helped other drivers out and myself. When Bruce is not hard at work, he enjoys spending time with his daughters and grandkids, going to concerts, and avoiding his homework. We are proud to have you as part of the GT Family!



Avoid Being A Victim of a Staged Accident

- Avoid tailgating
- Immediately call GT Safety and the police immediately
- Use your cell phone to document damage, the number of occupants, and contact info for the other vehicle(s)
- Avoid "runners" and "cappers" - people who suddenly appear at an accident scene to try to direct you to particular doctors/attorneys
- Be wary of physicians who insist you file a personal injury claim after an accident, especially if you are not hurt
- Steer clear of tow trucks that appear when you have not called for service, as they are often "cappers" for body shops



- JEREMY M. - TRUCK 2460

I love the way you ask me how I'm doing and wait for the real answer. Not because it's polite, but because you want to know the weather inside me, even if it's storming.

-r.m. drake

How are you?

Are you fine, good, hunky dory, peachy, terrible, hanging on, or my new favorite-good enough? Have you ever wondered if people actually care about the answer to that question, or why we even ask it? I found myself knee deep down the rabbit hole (and people still ask why I can't sleep). Apparently, it is an American thing- it is basically just something we use as a greeting... but when you ask someone that do you really care? Are you or the person you are asking truthful? I have had people ask me how I am and not even given me the chance to answer. Of course, I interrupt them to answer because you should never ask a question you don't want an answer to.

Do you tell people that your life is holding itself together with dental floss and bubble gum? Lately I feel like that is the only acceptable response in the current times, but people don't want to dig into that with a simple pleasantry.

Have you ever stopped and really asked someone how they are? I was getting ice cream and I asked the girl there how she

was... and actually let her answer. She was so excited for prom and graduation and she lit up! Our interaction was less than 3 minutes but you could visibly see she was in a better mood after I left.

Try breaking the script! Instead of answering the question "fine" give a number to it! I

am 7/10

or I am

knee

deep in

my

inbox but I will get to a 10/10. This will prompt them to answer differently as well.

#HowAreYouREALLY



Instead of asking somehow how are you, ask them what is good or tell me what is good with you. It shows a

I'm okay

Isn't that what I'm supposed to say?

genuine
concern
for the
person
and will

hopefully spread some good news! Or if you don't care to know the answer, don't even ask the question.

CVSA: A CLEAN INSPECTION

Congrats to John Fogler for getting a clean level 3 inspection during CVSA week! John was the only GT driver inspected during the blitz.

