

July 2018



# TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

**Horace Taylor**



Inside.....

- Consolidated Logistics Solutions is growing!
- Blood Pressure and the DOT
- Hydration on the Road

## The Best Drivers Drive CPC



## MEET HORACE TAYLOR

Horace Taylor joined CPC Logistics in October 2009 and was assigned to the Moen, Inc. account in Kinston, North Carolina. Since the start of his employment Horace has typified our slogan, "The Best Drivers Drive CPC." Horace is an OTR team driver working as part of one of our Canadian teams and, most recently, travelling the lanes of Las Vegas, Nevada. His duties as a team driver include moving finished goods from North Carolina to the Moen Distribution Centers in Oakville, Ontario and Las Vegas, Nevada.

In addition to delivering finished goods, the teams also pick up vendor supplied component parts to be delivered to the production facility in New Bern, North Carolina, often in a just-in-time production environment. Remarkably and to his credit for the professional approach to his career, Horace has never had any sort of incident/accident or late deliveries since joining CPC. This is a major accomplishment as he has driven in some of the most severe winter weather conditions in the country.

Moen Fleet Office states, "*Horace is an instrumental part of the Moen Private Fleet operations and his dedication to safely delivering product to our customers is beyond reproach. His positive can-do attitude, keen attention to detail in all aspects of his job, and appreciation of the safe delivery of freight is what has made Horace an All-star in the Moen community.*"

CPC Division Manager Ken Pruitt adds, "Horace is and has been since I first met him, one of the most positive, professional and nicest person I have had the pleasure to work with. Horace always has a smile for everyone....not sometimes, always! I am very fortunate to have hundreds of outstanding and professional drivers in my division. Horace is absolutely in the top tier! Horace is one of those folks that would be successful regardless of his career choice simply due to his attitude and outlook. We are all better off for having Horace as part of our team!"

Some of his recent accomplishments include being selected as CPC Logistics Eastern Division Driver of the Month for July 2017. His outstanding performance also resulted in his selection to join the National Private Truck Councils Driver All Star Class of 2017. As he remarked in the All Star Application "I always open a line of communication, find out what they want and need not just from the company, but from me personally and then do it to the best of my ability every time." Horace's job performance typically exceeds expectations.

During his free time Horace enjoys camping, fishing and hunting.

**Horace Taylor is just one more reason we say.....  
The Best Drivers Drive CPC!**

*Consolidated Logistics Solutions is growing!*

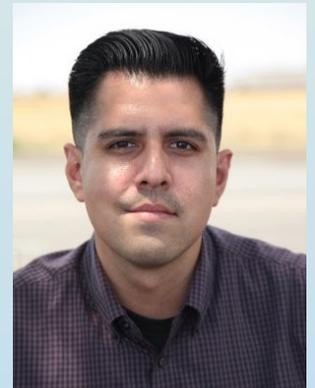


Ebru Eren, Region Recruiter

**We are very excited to announce new additions to our CLS team.**

With these 3 new positions, we are strengthening our presence in our key northeast and southwest markets.

**Ebru Eren, Region Recruiter, and Carlos Ortiz, Account Executive,** are working the Southern California area, and **Amy LeBlanc, Region Recruiter,** is covering the Boston, Massachusetts area.



Carlos Ortiz  
Account Executive

Each one brings years of experience in recruiting and sales to our already strong teams in these markets.



## CONGRATULATIONS! JUNE 2018 DRIVERS OF THE MONTH

### EASTERN DIVISION MIRIAM GOODNOUGH

Fabri-Kal  
Piedmont, South Carolina

### BRETT KAISER

Walgreen Company  
Grand Rapids, Michigan

### MIDWEST DIVISION MICHAEL LONG

Walgreen Company  
Edwardsville, Illinois

### WESTERN DIVISION MICHAEL RATZSCH

Walgreen Company  
Jean, Nevada

### CANADA DIVISION WILLS WALTERS

Canadian Tire  
Brampton, Ontario

## DRIVERS OF THE MONTH AWARD



**Anthony McLean** was awarded the April 2018 Driver of the Month Award. He is assigned to the Walgreens domicile in Jupiter, Florida.  
**Congratulations!**



**Conroy Drummond** was recently awarded the Driver of the Month Award for April 2018. Conroy is assigned to Bridgestone Canada in Mississauga, Ontario. Making this presentation was John Harrison, Director, Transportation Operations for CPC Logistics Canada Ltd.

## Recent CPC Safety Meetings

WALGREEN COMPANY – TABOR, IA –  
JULY 1, 2018



L to R: Kiley Payne, Michael Pope, Russell Varnes, Richard Smay, Daniel Holmes and Timothy Hall



BRIDGESTONE  
AMERICAS TIRE  
OPERATIONS –  
GREEN BAY, WI –  
JUNE 29, 2018

L to R: Timothy Crowley  
& John Soquet

## Million Mile Award Marc Penney



CPC is proud to announce the latest recipient of the 1 Million Mile Award, Marc Penney. Marc has been employed with CPC Logistics since September 2005 driving for the John Deere domicile in Davenport, Iowa.

**Congratulations on this career achievement, Marc!**

## DRIVER OF THE MONTH Marc Penney



**Congratulations to Marc Penney for being awarded the Driver of the Month Award for April 2018.** Marc is assigned to John Deere Shared Services in Davenport, Iowa.

## BLOOD PRESSURE AND THE DOT

When you take your DOT exam, be aware that there are medical guidelines for blood pressure that must be met.

**Hypertension** – High blood pressure

**Hypotension** – Low blood pressure



- A driver with a BP of less than 140 / 90 may be medically certified to drive for a two-year period.
- A driver with a BP of 140 – 159 systolic and /or a BP of 90-99 diastolic, has stage 1 hypertension, and may be medically certified to drive for a one-year period. Certification examinations should be done annually thereafter and should be at or less than 140/90.
- A driver with a BP of 160-179 systolic and/or a BP of 100-109 diastolic, has stage 2 hypertension, and is a candidate for blood pressure medication. The driver is given a one-time certification of three months to reduce his or her blood pressure to less than or equal

to 140/90. Provided treatment is well tolerated and the driver demonstrates a BP value of 140/90 or less, he or she may be re-certified for one year from the date of the initial exam. The driver is certified annually thereafter.

➤ A driver with a BP at or greater than 180 systolic and / or 110 diastolic has stage 3 hypertension and is disqualified. The driver may not be qualified, even temporarily, until blood pressure is reduced to equal to or less than 140/90 and treatment is well tolerated.

### What if I'm on blood pressure medication?

Taking blood pressure medications will reduce your DOT medical certificate to one year. Your blood pressure must be controlled and be below 140 / 90 at the time of your DOT examination. Also, it is very helpful, if you have a note from your treating physician that states that your condition is being treated and that the treatment has been shown to be effective, safe and your condition is stable.



### What if I don't normally have high blood pressure, but I have "white coat syndrome"?

First off, we understand that this is a very real concern for some drivers. If you have "white coat syndrome", tell the examiner, and ask to have multiple BP's taken. He should be taking 2-3 readings anyhow, especially if you say so up-front. Sometimes it helps to check the BP at the end of the exam.

### HIGH BLOOD PRESSURE PACKS A PUNCH

Hypertension, or high blood pressure, is sometimes called "*the silent killer*" because it has no symptoms.



If you have high blood pressure, your blood is flowing through your body with too much force. This added pressure can stretch your arteries and cause small tears.

When this happens, your body goes into healing mode to repair the tears. Scar tissue forms over the affected areas, and this tissue can trap substances in the blood and lead to blockages, blood clots and hardened or weakened arteries.

### Over time, this can do lasting damage and put you at risk for:

- Heart attack and heart failure
- Stroke
- Kidney disease
- Vision loss
- Circulation problems

You may have a higher risk of high blood pressure if your parents or a close relative has the condition. Your risk also can increase with age.

### WE CAN'T CHANGE OUR FAMILY HISTORY OR OUR AGE, BUT WE DO HAVE SOME CONTROL OVER OTHER RISK FACTORS FOR HIGH BLOOD PRESSURE.



#### THESE INCLUDE:

- Not getting enough physical activity
- Eating a poor diet, especially too much salt
  - Being overweight or obese
  - Drinking too much alcohol





**TOO MUCH STRESS**, sleep apnea and smoking or exposure to secondhand smoke may also contribute to high blood pressure.

The only way to know if you have hypertension is to get your blood pressure checked regularly. If your numbers are above the recommended levels, talk to your health care provider about making a plan to reach your blood pressure goal.

Follow your doctor's directions and keep getting your blood pressure checked often, even if you're taking medicine for your condition. Your doctor may need to adjust the type or dose of medication you are taking.



### SODIUM AND YOUR BLOOD PRESSURE

Our bodies need a small amount of sodium to work properly. However, nearly all Americans consume more sodium (salt) than we need in the foods we eat.

Studies have shown a link between a person's sodium intake and blood pressure. As we eat more salt, our blood pressure goes up. This is because sodium holds excess fluid in the body, forcing the heart to work harder.

High blood pressure raises our risk for a heart attack or stroke, two of the leading causes of death in the United States each year. It also can contribute to kidney disease.

Experts recommend healthy adults limit their sodium intake to less than 2,300 milligrams (mg) per day. However, children, older adults and those with certain chronic medical conditions may be more sensitive to high amounts of sodium.

### THE RECOMMENDED DAILY LIMIT FOR THESE GROUPS OF PEOPLE IS 1,500 MG:

- Those age 51 or older
- African-Americans
- People with high blood pressure
- People with diabetes

If you have congestive heart failure, liver cirrhosis or kidney disease, your doctor may recommend an even lower amount of sodium in your diet.

### SCRATCH OUT UNWANTED SALT

More than 75% of the sodium Americans eat each year comes from packaged food or meals from restaurants.

- 12% is naturally occurring in foods
- 77% from packaged and restaurant food
- 11% from adding salt to food while cooking or at the table

### Cooking from scratch can dramatically reduce your family's salt intake.

- Avoid packaged or processed meats
- Stick to fresh fruits and vegetables
- Look for "No Salt Added" or "Low sodium" versions of canned foods

### Did you know...?

- 1 million people will have a heart attack or die from coronary heart disease this year
- 16.5 million Americans age 20 and older are living with coronary heart disease
- 103 million adults have high blood pressure
- Number of high blood pressure deaths between 2005 and 2015 rose 38 percent

### Baked Zucchini Sticks

#### Ingredients:

- ❖ 4 medium zucchini
- ❖ 2 eggs
- ❖ ¼ cup finely grated parmesan cheese
- ❖ 1 ½ cups bread crumbs
- ❖ 1 Tablespoon dry Italian herbs



#### Directions:

1. Cut zucchini into long sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
5. Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.
6. Refrigerate leftovers within 2 hours.



John Schlichter



## SAFETY MANAGER'S TIP OF THE MONTH

### HYDRATION

#### Do's & Don'ts of Drinking Water on the Road



With the summer weather upon us, hydration is now more important than ever. Staying hydrated helps keep your heart healthy, as well as allowing your body to effectively cool off. Dehydration can lead to muscle cramps, increased blood pressure, fatigue and overheating. A good way to measure the amount of water you need is to take your body weight and divide it by 2. This number equals the the total ounces of water (or non-caffeinated fluids) you need for the day. Pay attention to your urine color, as this is a way to measure if you are wel hydrated or not. A light color is good, the darker it is, the more likely you are becoming dehydrated.

**DO:** Try eating foods with high water content. Watermelon, cantelope, citrus, cucumbers, tomatoes, celery and lettuce all have very high water content. These foods will help hydrate your body and also help you feel full so you are less likely to turn to more unhealthy foods. Add fruit to your water. It flavors it and is a good alternative to flavor packets, which can contain a lot of sugar, as well as adding larger amounts of calories. Try a sparkling water if you have a desire for soda. It has all the health benefits of plain water, but adds the carbonation of soda. And you csn enhance it even more by adding that fruit to it for added flavor.

**DO NOT:** Don't substitute sodas & juices for water as they have high calories and sugar content. Consuming too much of these types of drinks can lead to issues that work against other health goals, such as weight loss and preventing heart disease. Don't rely solely on sports or energy drinks for hydration. These drinks can contain up to two-thirds of the sugar found in soda. They may provide a temporary energy surge, but are usually followed by a crash as the body reacts to offset the extra sugar in the bloodstream. Electrolytes can be found in zero-calorie alternatives or more natural options such as coconut water. Don't overdue it with caffeinated drinks. Although studies don't directly link caffeine to dehydration, many researchers believe a correlation exists in that they act as a diuretic, causing you to lose more water.

Keeping hydrated is essential to preventing long-term illness and maintaining the body's optimal health. Increasing your water intake can significantly improve your body's function and overall well-being...

**HAVE A SAFE & ENJOYABLE SUMMER!!**



## SAFETY AWARDS

### 1 YEAR

Allen, Kenneth  
Byler, Jeffrey  
Fields, Delvin  
Murphy, Charles  
Richardson, William  
Thomas, Clarence  
Trevino, Robert

### 2 YEARS

Beverly Jr, Gene

### 3 YEARS

Andrews, Trent  
Hawkins, Brad  
Thompson, Toney

### 4 YEARS

Hatchell, Tyrance

### 5 YEARS

Davis, Leonard  
Taylor Jr, Randelle

### 6 YEARS

Grantham, William  
Patterson, Keith

### 8 YEARS

Adkins, Larry

### 9 YEARS

Cypress Jr, Leonard  
Wilson, Ulic

### 10 YEARS

Bizzell, Tony  
**11 YEARS**  
Dye, Charles

### 13 YEARS

Brown, Jr., Leon

### 15 YEARS

Wahl, Sr., Daniel

### 19 YEARS

Wilder, Ervin

### 25 YEARS

Caputo, Peter

Check out the Company Store on the CPC website for good quality  
CPC logo apparel... [www.callcpc.com](http://www.callcpc.com)