

JULY 2017



TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

Brent Bennett

- Defend your Data
- Safety Manager Tip - Poor Road Conditions
- Employee Appreciation Luncheon - CROWN CORK

The Best Drivers Drive CPC

Meet Raymond 'Brent' Bennett.....

Brent has been with CPC since January 2007 and is assigned to the Walgreens account domiciled in Memphis, Tennessee. Brent has 8 years of safe driving, and he is focused on and looking forward to reaching his Million Mile Award. Brent is one of the senior drivers in the area, but he continues to bid the day peddle delivery slot because he says he enjoys the people he works with at the stores, and considers his job his second family.

Brent always has a positive attitude and dedication to the job. He recognizes there are good days and bad days. He takes all challenges thrown his way in stride. He knows the work is physical and he makes a point to keep himself in excellent physical condition. Brent is also our CPC Driver Trainer for new hires in the area, and we have full confidence that any new drivers trained by Brent will not only learn the procedures well, but will also be shown how to provide great customer service

Brent is one of the guys we know we can depend upon when the train jumps the tracks, and we have to reach out for help. He is always willing to help out, and I'm always appreciative of Brent's positive attitude when these things happen. Over the years we have received numerous compliments from his store customers. Brent always presents himself in a professional manner, and we're happy to have him represent our fleet.

- Paul Holsapple, Business Process Manager, Walgreens Fleet Operations/Mt Vernon IL



I was blessed to have found this job with CPC / Walgreens. I learned about the job opening with CPC from a friend at Corner Stone Church. I am a single dad and this job has allowed me regular work hours so that I can be home with my kids at night. My four children Sabrina 24, Elissa 23, Easten 16, Connor 14, and two grandchildren Ava 6, and Kyley 2 are everything to me. I try to spend as much time as possible with them. Outside of church and work, my hobbies are hunting and fishing, and my kids have grown up doing both with me. I consider the Walgreens store personnel my extended family as well, and I enjoy interacting with them. Thru CPC I have been able to have a regular life and be there for my family, as well as make a good living. I look forward to many more years with CPC Logistics. - Brent Bennett

BRENT BENNETT IS ANOTHER EXAMPLE OF WHY WE SAY.....THE BEST DRIVERS DRIVE CPC!

CPC SAFETY MANAGER'S SON SELECTED AS USSSA 11U ALL AMERICAN

CONGRATULATIONS TO TYSON HARMON,

son of CPC Logistics SE Safety Manager Isaac Harmon on being selected by the United States Specialty Sports Association as a USSSA 11U All American representing Georgia in the upcoming All Star Tournament in Florida.

GREAT JOB, TYSON!



New South Express in Lincoln, Alabama recently received new shunt trucks. To prevent slips and falls, Rhino Liner was applied on the steps so that drivers have a safe path in and out of the trucks. We appreciate Lewis Wilson and Jermaine Sneed (not pictured) for applying the Rhino Liner.



DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Douglas Masterson has been selected as Driver of the Month for June 2017 for the Eastern Division. Doug has been assigned to Walgreen Company in Orlando, Florida since September 2002. During this time, he has worked several areas, such as peddle, driver trainer and relay and he consistently performs above expectations. Doug takes his job very seriously with safety always being his top concern. Doug's professionalism raises the standards for the Walgreens driver team and he is truly a model of what a CPC driver is all about.

Austin Stevens has been selected as Driver of the Month for June 2017 for the Eastern Division. Austin has been assigned to New South Express LLC in Lincoln, Alabama since January 2016. Although he has only been an employee for a year, he has been an outstanding employee in areas of attendance, attitude and willingness to go the extra mile to get the job done. Austin has a good rapport with the NSE associates. He comes in early every day to get ahead and ensure the trailers get to the docks in a timely manner and can be loaded and unloaded as efficiently as possible.

MIDWEST DIVISION

John Crites has been selected as Driver of the Month for June 2017 for the Midwest Division. John has been assigned to Walgreen Company in Mt. Vernon, Illinois since March 2011. John has worked as a full time spotter at the Mt. Vernon Distribution Center since the beginning of 2013 and has excelled in this position. The job is very fast paced and, at times, requires John to move over 140 trailers during his shift. He does all this without incident. John also trains new hires to work the yard as spotters. He has a clear understanding of his personal accountability for his job and his actions so he makes every effort to ensure his deliveries are made on time.

WESTERN DIVISION

Jose Florentino Flores Gomez has been selected as Driver of the Month for June 2017 for the Western Division. Jose has been assigned to Walgreen Company in Madera, California since February 2015. Jose recently took over the peddle position and is doing a great job with little to no supervision. In May, Jose delivered 147 stores with 143 of them being on time, for an on time percentage of 97.28. Jose did not have any hours of service violations, zero failed inspections and zero accidents. We can always count on him to get the job completed in a professional manner and to provide great customer service to our client.

CANADA DIVISION

Robert Brandon has been selected as Driver of the Month for June 2017 for the Canada Division. Bob was hired in October 2016 and has been assigned to Bridgestone in Mississauga, Ontario since March 2017. In June, the Bridgestone Dispatch office in Allentown received a call from a motorist to comment on Bob's conduct while driving on the I-90 in New York State. The caller stated that although he was cut off several times by other motorists, Bob remained calm and professional and continued his journey in a very responsible manner. It's not often motorists take the time to compliment a driver on his driving skills. Bob's conduct and attitude are a great reflection of the professionalism of our fleet and he is a great example of why the Best Drivers Drive CPC.



Max Clary

POOR ROAD CONDITIONS,

rapidly changing traffic flows, and frustrated, impatient motorists combine to make construction zones one of the most hazardous environments you will ever encounter on the road.

As a professional driver, you should take the following steps to help ensure a safe trip through construction zones:

FOCUS: *Double or triple check your mirrors to be aware of the traffic around you and always keep track of what's happening directly in front of your truck. Always maintain a safe following distance. Use the "Smith System" 7 second rule and "Leave Yourself An Out." Be patient. Pick a lane and stay in it.*

ANTICIPATE: *Expect and anticipate unusual behavior from motorists. They are probably frustrated, confused and can't see what's ahead as well as you can. Expect sudden stops and slow-downs. Don't get caught in a tight spot with no way out. Use the "Smith System" Key #1 and "Aim High In Steering."*

CORRECT: *Don't race for position when approaching a construction zone. Don't speed up after the construction zone to make up for lost time. Use your flashers in advance of reaching stopped traffic or when approaching slower traffic ahead of you. If a motorist does cut you off or cuts in front of you, make the necessary correction in order to regain a safe and proper following distance.*

TALK: *Speak with your co-workers and discuss specific construction zone locations and highways that may be regularly traveled by others in the same fleet. There may be alternate routes that can be considered in order to reduce delays.*

When road construction closes one or more lanes, traffic becomes congested, patience and tempers run short, and many motorists do not wish to follow a truck through the construction zone. Be on the alert for motorists making erratic lane changes, driving on the shoulder, speeding down the ending lane right up to the barricades and then trying to cut in. As disturbing as some of these actions may be, as a professional driver you must be aware of the traffic around you and not allow yourself to get involved in a collision.

WATCH SIGNS.... BE SAFE AND ALERT



RECENT CPC SAFETY MEETINGS

*John Deere Shared Services
– N Platte, NE – July 6, 2017*



L to R: Neil Macy and Rick Harms (Not pictured: Richie McCuiston)

*Walgreen Company – Tabor, IA –
June 11, 2017*



L to R: Richard Smay, Timothy Hall, Arthur Alexander, Daniel Holmes, Michael Pope and Vic McCoy, CPC Regional Manager

*ICU Medical, Inc. – Pleasant Prairie,
WI – July 6, 2017*



L to R: Kelly McCarthy-CPC Dispatcher, Kurt Phillips, Robert Wolff, Todd Tobin, Matthew Loriss and Jeffrey Thompson-ICU Medical Transportation Manager

MILLION MILE AWARD



MICHAEL POPE assigned to Walgreen Company in Tabor, Iowa was recently presented his Million Mile Award by John Schlichter, CPC Regional Safety Manager.



CPC Logistics Regional Safety Manager John Schlichter recently presented the Million Mile Award to **DANIEL HOLMES**. Dan is assigned to Walgreen Company in Tabor, Iowa.



CONGRATULATIONS TOM!

TOM KLINE assigned to Bridgestone Americas Tire Operations in New Stanton, Pennsylvania recently received his Million Mile Award.

MILLION MILE AWARD

DRIVER OF THE MONTH AWARD



KEN HOLUBAR assigned to Walgreen Company in Waxahachie, Texas is shown with the CPC Driver of the Month Award for April 2017.



CPC Regional Manager Vic McCoy recently presented the March 2017 Driver of the Month Award to **CHRIS DAVIS**. Chris is assigned to Walgreen Company in Mt Vernon, Illinois.

DRIVER OF THE YEAR PRESENTATION

Erick Brants was recently presented the Driver of the Year Award for 2016. Erick has been assigned to Walgreen Company in Round Rock, Texas since September 2002 as a peddle driver and plans to finish his career in this same position. He enjoys his job and servicing his customers. Pictured presenting this award to Erick are Larry Foltz – CPC Executive Vice President of Operations, Jim Ponder – CPC Division Manager, Erick Brants and Rene Sandoval – CPC Operations Manager.



CANADA DRIVER OF THE YEAR PRESENTATION



Mike Tetlock assigned to John Deere Private Fleet in Regina, Saskatchewan was recently presented the Canada Driver of the Year Award for 2016. Mike is a dedicated driver with a great safety record and can always be depended upon to get the job done. Pictured with Mike are his wife Janet and his father Mel, who is also a long time CPC Canada Driver.

SPECIAL RECOGNITION BOBBY SMITH



Congratulation to Bobby Smith who recently had a Level 3 Inspection with no violations found! Bobby is assigned to New South Express in Lincoln, Alabama.

DEFEND YOUR DATA

Nearly three quarters of Americans have fallen victim to some type of cybercrime, in the past year, 4 in 10 people received a notice that their personal information had been compromised, had an account hacked and/or had a password stolen. Perhaps that's why 8 in 10 people say they are worried about their online security.

Passwords Pose Problems: You may likely have more passwords than you can keep track of, so choosing a simple, easy-to-remember one makes sense; however, this makes it easy for cyber thieves as well.

DATA TIPS:

BE SECURE ONLINE: Install a firewall to protect your devices from unauthorized intruders. Use WPA2 (short for Wi-Fi protected access) when setting up your home Wi-Fi to help protect your wireless connection and use updated anti-virus software and antispyware.

CREATE STRONG PASSWORDS: Give strong but unique passwords to each account and device you use. Change passwords regularly; consider doing so every 90 days. Give yourself a new username with each new online account you create.

BE WARY ONLINE: Enable screen locking on devices. Log out and close your browsing windows. Be careful with the information you share on social media sites.

SHOP CAREFULLY: Make sure "https" is in the web address; if not, think carefully before buying via the site. Avoid using public wireless networks, especially those that asks for personal or credit card information. Avoid public computers; thieves install keystroke tracking software on library or hotel lounge computers to steal usernames and passwords.

KNOW WHOM TO TRUST: Consider professional assistance for managing your affairs; financial and legal advisors are required to act in your best interest. Safeguard financial information; even well-meaning family or friends can be tempted when money is easily accessible. Hang up on callers requesting personal or account information.

ACT FAST IF YOU'VE BEEN HACKED: Change your usernames and passwords for all sites and accounts. Ask your financial institutions to look for fraudulent activity.

BLOOD PRESSURE

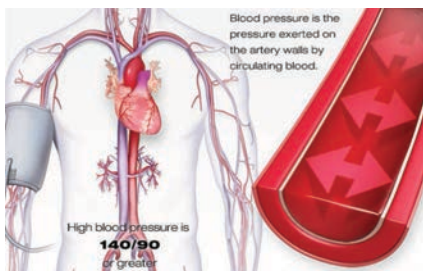
DON'T LIVE IN DENIAL: KNOW YOUR BLOOD PRESSURE BASICS

Do you understand what high blood pressure is and how it affects your health? If you have high blood pressure and are letting it go untreated, you are likely doing lasting damage to your heart, arteries and other organs.

Long-term high blood pressure puts you at risk for heart disease, stroke and other conditions. Knowing the facts and seeking treatment could make a difference in your health and your life.



WHAT IS HYPERTENSION?



Hypertension, more commonly called high blood pressure, refers to the force of your blood against the inside walls of your arteries. Pressure levels typically vary throughout the day, but when they remain elevated over time it's called hypertension.

Hypertension is dangerous because it raises your risk for heart attack and heart failure, stroke, kidney disease, vision loss and circulation problems. Experts recommend treatment and ongoing monitoring for adults under 60 years old whose blood pressure is 140/90 or higher, and 150/90 for adults over 60 without diabetes or chronic kidney disease. If you have hypertension, follow your doctor's plan to reach your personal blood pressure goal.

HOW IS PREHYPERTENSION DIFFERENT?

If you have prehypertension, it means your blood pressure is elevated but not yet high enough to be in the hypertension range. You're likely to develop hypertension in the future unless you adopt the healthy lifestyle choices described in Six Actions for Better Blood Pressure, below.

PREVENTING OR CONTROLLING HIGH BLOOD PRESSURE

If you have prehypertension or hypertension, you and your health care provider should work together to reduce your blood pressure. Schedule an appointment to discuss a plan and timetable for reaching your blood pressure goal. Following the six steps listed below can help you prevent and control high blood pressure.

FOLLOWING THE SIX STEPS LISTED BELOW CAN HELP YOU PREVENT AND CONTROL HIGH BLOOD PRESSURE.

SIX ACTIONS FOR BETTER BLOOD PRESSURE:



Use moderation if you drink alcohol



Be physically active



Eat foods with less sodium (salt)



Reach and maintain a healthy weight



Follow a healthy eating plan



Take prescribed medication as directed

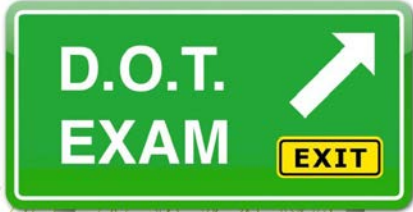
It's important to check your blood pressure regularly to make sure your treatment plan is working. Your doctor may need to adjust the type or dose of medication you are taking.

HEALTHY AND UNHEALTHY BLOOD PRESSURE RANGES

Learn what's considered normal, as recommended by the American Heart Association.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

NOTE: A diagnosis of high blood pressure must be confirmed with a medical professional. A doctor should also evaluate any unusually low blood pressure readings. Additionally, lower targets may be appropriate for some populations such as African-Americans, the elderly, or patients with underlying issues such as diabetes mellitus or chronic kidney disease.



BLOOD PRESSURE AND 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 onetime 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 upfront. Sometimes it helps to check the BP at the end of the exam.

RECIPE - SPINACH SQUARES

Eat them cold – or warm them in the microwave. Serve these mouth-watering spinach squares as a snack, side dish, light lunch or appetizer.

INGREDIENTS:

- Canola oil cooking spray
- 3 eggs
- 1/2 cup low-fat milk (skim or 1 percent)
- 1 cup all-purpose flour (whole-wheat can be substituted for half the flour)
- 1 tsp salt
- 1 tsp baking powder
- 2 T trans-fat-free spread, melted
- 1/2 cup fat-free or light sour cream
- 4 oz. reduced-fat Monterey Jack cheese, cut into 1/2-inch cubes
- 2 boxes (10 oz. each) frozen chopped spinach, thawed and drained

DIRECTIONS:

Preheat oven to 325° F. Coat a 9 x 9-inch baking dish with canola cooking spray. Beat eggs, milk, flour, salt, baking powder, melted spread and sour cream in mixing bowl on medium-low speed until batter is smooth.

Gently squeeze excess water from thawed spinach. Stir cheese cubes and spinach into the batter. Pour into prepared pan and bake about 35 minutes. Test center to make sure it isn't runny. Let sit about 10 minutes before serving.

Cut into squares and keep them refrigerated. Eat cold or heat in microwave.



Yield 9 Servings: **Nutrition Facts:** Calories: 184, Fat: 6g, Saturated Fat: 4.5g, Cholesterol: 45mg, Sodium: 525mg, Carbohydrate: 17g, Dietary Fiber: 2g, Protein: 13.5g

CPC EMPLOYEES ASSIGNED TO THE CROWN CORK & SEAL account in Alsip, Illinois were recently honored with an EMPLOYEE APPRECIATION LUNCHEON to thank them for their committed service.

Those attending were Terrence Bryant, Luis Corral, Antonio Rosa, Thomas Curry and Tyron Christian.



SAFETY AWARDS

1 YEAR

Badillo, Jose
Bauer, Curt
Budds, Chadd
Burchell, Paul
Cannon, Mathew
Cavazos, Michael
Chambliss, Seth
Clark, Ryan
Dischler, Michael
Fox, Robert
Hargett, Christopher
Harris, Dane
Isaacson, Carl
Johnston, Adam
Lindsay, Jacob
Little, Philip
Martin, Shawn
Meza, Gerardo
Michalkiewicz, Richard
Moodie, Robert
Parrish, Robert
Porcic, Mehmed
Radon, Samuel
Rogers, Donald
Rosado Pagan, Jose
Ryan, Curt
Schuettpep, Llewellyn
Sedlak, John
Tello, Bruno
Vreeland, Brian
Weaver, Gregory
Whitman, David
Williams, Jeffrey
Wilson, Stephen
Yang, Phia

2 YEARS

Alberts, Todd
Beshears, Dennis
Boone, Douglas
Bowman, Philip
Eckman, Donald
Farmer, Jeffrey
Gaston, James
Horn, Tara
Hostmeyer, Michael
Howell, James
Jausel, Bryan
Mead, John
Ortega, Roberto
Parker, Steven
Rowley, Kenneth
Schichner, Brian
Vorass, Michael
White, Steven
Wilson, Douglas

3 YEARS

Brenum, Robert
Bursott, Eric
Courtney, Joseph
Estep, James
Evered, John
Everly, Robert
Featherstone, Randall
Irwin, Ronald
Jackson, Charles
Krenke, Adam
Leitner, Jeremiah
Meyer, Justin
Owen, Jeremy
Penter, Shawn

4 YEARS

Bessire III, Philip
Boyle, Eugene
Eckel, Thomas
Fristoe, James
Gonzalez, Randy
Hermann, Joshua
Jansen, Martin
Lathrop, Winston
McGee, David
Phillips, Bryan
Risco, Rolando
Ruckman, Craig
Scalzo, Aaron
Simmons, James
Thompson, John

5 YEARS

Carpenter, Samuel
Chamberlin, William
Crites, John
Falor, Kyle
Gutierrez, Abel
Richards, Robert
Rick, Ronald
Rogalski, Keith
Seevers, Ronald
Totten, Michael

6 YEARS

Nelson, Adam
7 YEARS
Aiello, Joseph
Caffey, Larry
Jones, Marvin
Ozuna, Michael
Pringle, William
Small, Darrel
Townsend, Richard
Turner, Michael

8 YEARS

Dotson, Glen
McNeil Jr, Howard

9 YEARS

Beckham, Billy
Conley, Matthew
Fonua, Amini
Hartwell, Matthew
Kirschenman, Gary
Mateus, Terry
Modglin, Roger
Peck, Leon
Ragland, Wendell
Reeths, Lori
Robertson, James
Rykal, Raymond
Thomas, Jimmylee

10 YEARS

Boczek, Dale
Bowman, Donald
Claxton, Brian
Erwin, James

Hart, Terry

Huge, Jr., Charles
Jackson, Anthony
Kendrick, Bill
Rood, Jared
Rosenstiel Jr, Wayne
Turner, Timothy

11 YEARS

Borucki, Jeffrey
Brooks, Charles
Covey, Denny
Shuler, William
Winders, Raymond
Zubke, Dean

12 YEARS

Covey, Denny
Hangebrauck, Guy
Nelson, Allen

13 YEARS

Beal, Byford
Davis, Christopher
Jones, Michael
Kalb, James
Smith, Kevin

14 YEARS

Couch, Billy
McDonald, Todd
Mendenall, Craig
Pendleton, Orin
Phillips, Rrnest

15 YEARS

Berryman, Douglas
Jansen, Steven
Pruski, Harvey
Ramirez, Frank
Strand, Richard
Stump, Timothy
Walmer, Steven

16 YEARS

Burton, Randy
Eady, Jr., Howard
Minter, Chad
Morgan, Joseph
Pate, Scott
Reed, Larry
Welch, Kenneth

17 YEARS

Corning, David

19 YEARS

Schwenn, Randy

21 YEARS

Moravits, Franklin

23 YEARS

Staley, Jr., Carl
Thomas, Jimmy

25 YEARS

Ryan, Patrick

29 YEARS

Woodhouse, Gerald

HAPPY 4TH OF JULY!