



Tandem Talk

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Tandem Talk is a monthly publication for our valued clients and employees.

BEST DRIVERS DRIVE CPC

CPC HAS SOME OF THE BEST DRIVERS IN THE TRANSPORTATION INDUSTRY AND EACH MONTH WE ARE GOING TO INTRODUCE YOU TO ONE OF THEM.



MEET LEONE MILLS.....

Leone began his career with CPC in June 1997 as a driver for Walgreen Company in Houston, Texas. He has achieved 14 years of safe driving /safe working awards and has also earned the CPC Driver of the Month Award twice during his employment.

Leone exemplifies what a professional driver should be. At the end of a hard day Leone can always be found in uniform and looking as fresh as he did at the start of the work day. He is soft spoken, treats everyone with respect, and truly leads by example. Leone states, "Whether at work or in my personal life I try every day to be the best that I can be at any task. I try to show compassion and help my co-workers and

fellow man whenever I can, and try to always put myself in their shoes and see things from their perspective."

Leone provides excellent customer service to his stores. Many Walgreens store managers have been so impressed with Leone that they have emailed accolades on his work ethic and professionalism. His personal time is spent enjoying movies with his wife or entertaining family and friends in their home. Leone and his wife have a son, two daughters and six grandchildren. He enjoys singing in his church choir as well as serving on various church committees.



"My nineteen years of service with CPC Logistics and Walgreens has been a great experience for me," says Leone. "I am thankful for the journey and what it has brought to me and my family."

Leone Mills is the model truck driver. He is punctual, gives attention to detail, and is professional with the customers. I can rest easy knowing that Leone is providing great customer service and value to our customers.

(Glen Wood - Business Process Mgr, Walgreens Supply Chain/Houston, TX)

Leone Mills has been an important part of our operation for many years, and I am proud and lucky to have worked with him. He is an extremely reliable, hardworking man. He is greatly respected by his peers, dispatch, and customers. Leone is a man of few words who allows his actions to speak for him. He is valued as a driver trainer and overall is a shining example of professionalism for others to follow.

(Lew Hoffman - Business Process Mgr, Walgreens Supply Chain/Waxahachie, TX)



DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

DANIEL HAWK has been selected as Driver of the Month for February 2016 for the Eastern Division. Daniel has been assigned to Hospira, Inc. in Rocky Mount, North Carolina since June 2012. Dan is known for being very reliable and easy to work with. His strong work ethic and his willingness to go above and beyond for our customer make him a highly respected team player for CPC. Dan's can-do attitude and commitment to see the job through make him very deserving of this Driver of the Month Award.

HOWARD MCNEIL, JR. has been selected as Driver of the Month for February 2016 for the Eastern Division. Howard has been assigned to Walgreen Company in Perrysburg, Ohio since June 2008. Howard has been the primary trainer for all drivers associated with the Perrysburg Distribution Center and has done an outstanding job on-boarding the new hires. Not only does he train the drivers, but he continues to mentor them making everyone around him comfortable in all aspects of the fleet operation. Howard leads by example and we are pleased to recognize his continued professionalism and dedicated efforts towards making CPC a leader in the driver industry.

MIDWEST DIVISION

ERIC POHLMANN has been selected as Driver of the Month for February 2016 for the Midwest Division. Eric has been assigned to Northwest Food Products Transportation in Sauk Centre, Minnesota since June 2006. Eric demonstrates daily a strong work ethic doing whatever is needed to get the job done. He is always willing to help his fellow drivers and he has earned the respect of both management and his coworkers. He always helps when called upon to cover routes where shortages occur, even on holidays or when he has had planned family events. Without drivers like Eric, it would be very challenging to get the job done.

WESTERN DIVISION

RICHARD POULTER has been selected as Driver of the Month for February 2016 for the Western Division. Richard has been assigned to North American Pipe Corporation in Yucca, Arizona since October 2011. During this time he has proven himself to be a wonderful asset to the operation. He is mild-mannered, easy-going and is always available to help wherever he can. Richard is very well respected by his coworkers and does a great job representing CPC to or customer.

CANADA DIVISION

NEVEEN JACKLIN has been selected as Driver of the Month for February 2016 for the Canada Division. Neveen has been assigned to John Deere Private Fleet in Grimsby, Ontario since December 2014. She has been assigned to most all of the routes covered and has never had an issue with delivering on-time or in a safe manner. Neveen gets along well with her coworkers and is well respected. Although she has had several DOT Inspections, there have never been any violations found. She communicates well with Dispatch, never refuses a run and always has a positive attitude.

GIVING = LIVING

GIVING BLOOD is not just good for those who receive it.
Donating blood has benefits for those who give it too.

According to the Central Florida Blood Bank, donors routinely receive a mini health check for blood pressure, cholesterol, temperature, pulse and iron levels.

The agency reports that men who give blood three times a year reduce their risk of heart attack. Other studies they report show that donating blood can reduce the risk of certain types of cancer.

MARCH IS AMERICAN RED CROSS MONTH.
DONATING BLOOD MAKES A BIG DIFFERENCE IN THE LIVES OF OTHERS.
PLEASE CONSIDER GIVING SO THAT SOMEONE ELSE MAY ENJOY LIVING.



RECENT CPC SAFETY MEETINGS

WALGREEN COMPANY – HOUSTON, TX-RFC – FEBRUARY 22, 2016



Front Row L to R: Robert Valentine, Gene Rushing, Ricardo Benitez, Ron Mahar, David Hernandez, Marcus Horne

Back Row L to R: Enrique Caballero, Ivan Carter, Carlos Rivera



Front Row L to R: Drew Johnson-Bey, Wayne Montgomery, Joshua Francis, Eduardo Diaz, Willie Sherman, Jonathan Cornelius

Back Row L to R: Donald Stanton, Daniel Watts, Keithwick Spiller, Randolph Scott, Larry Christie, Cassie Jefferson, Rickey Riley, Furgus Matheson

RHEEM MANUFACTURING – LAREDO, TX – MARCH 9, 2016



L to R: Oscar Garza, William Gomez, Enrique Zepeda, Hugo Soto

WALGREEN COMPANY – LOUISVILLE, KY – MARCH 6, 2016



L to R: Randy Taylor, Charles Dye, Johnny Barnes, Garry Shavers, Peter Caputo and Nick Shavers

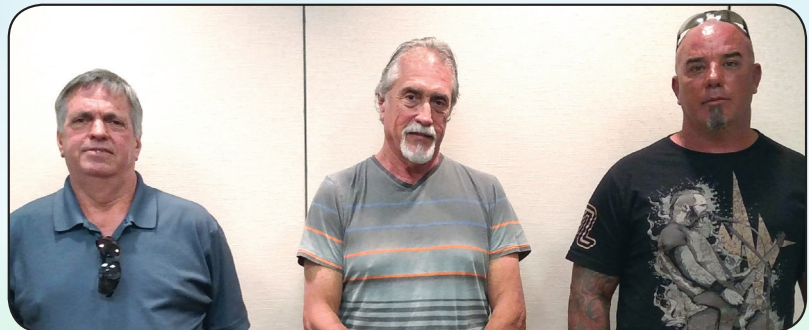
BENJAMIN MOORE COMPANY – CAROL STREAM, IL – FEBRUARY 19, 2016



Front Row L-R: Adreas Nanut, DeAndrew Hill, Faith Branshaw and Joseph Manley

Back Row L-R: John Napolitano, Michael Fleck and Paul Dlubisz

WALGREEN COMPANY – SARASOTA, FL – FEBRUARY 22, 2016



L to R: Kevin Eskew, Roy Wells, Mark Harmon
Not pictured: Roberto Rodriguez, Pablo Crespo and Galen Zlotnick

TOYOTA QUALITY PARTS EXPRESS – AURORA, IL – MARCH 5, 2016



Front Row L to R: Perry Croft, Lemon Calvin, Randy Richardson, Lance Kuntz and Glenn Fortune

Back Row L to R: Edward Wilczek (TQPE Logistics Lead), Marcel Vallot, Eric Flint, Jeremy Becker and Jose Serna (Logistics Specialist – 2nd Shift)

Driver of the Year Award Presentation



Joel Zanella assigned to Walgreen Company in Waxahachie, Texas was recently presented the 2014 CPC Logistics Driver of the Year Award.

Pictured L to R: CPC Regional Manager Richard Jones, Joel Zanella and Walgreens Regional Manager Rodney Wilson

CPC Safety Manager Tip of the Month



Isaac Harmon Smile

As weather turns warmer, the temperatures in the trailers rise, which can increase the chances of Dehydrating. A trailer parked in direct sunlight at 80 degrees can easily reach temperatures of 110+ degrees inside the trailer. Dehydrations occurs when the body loses more fluids, mostly water, than it takes in. Dehydration can occur when the body loses just 1-2% of its ideal water content.

Dehydration

Every person's body is different so it's important to know the symptoms of dehydration:

- | | |
|---------------------------------|---------------------------|
| 1. Increased thirst | 5. Confusion |
| 2. Dry mouth and swollen tongue | 6. Inability to sweat |
| 3. Weakness | 7. Decreased urine output |
| 4. Dizziness | |



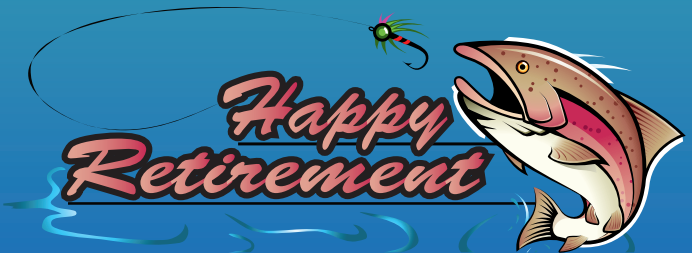
Here are some ways to prevent Dehydration for Industrial Athletes (Drivers):

- Plan ahead** and take extra water to all outdoor events and work where increased sweating, activity and heat stress will increase fluid losses. Encourage outdoor workers to replace fluids at a rate that equals the loss. Light color urine is a good way to measure when you're hydrated.
- Avoid exercise** and exposure during high heat index days. Listen to weather forecasts for high heat stress days, and plan events that must occur outside during times when temperatures are cooler.
- Avoid alcohol consumption**, especially when it is very warm, because alcohol increases water loss and impairs your ability to sense early signs associated with dehydration.
- Wear light-colored** and loose-fitting clothing if you must be outdoors when it is hot outside. Carry a personal fan or mister to cool yourself.
- Break up your exposure** to hot temperatures. Use your AC in your truck on high and allow yourself to cool between exposures. Taking someone into a cooled area each day will help prevent the cumulative effects of high heat exposure.

Terry McTarnaghan assigned to Hospira, Inc. in Goldsboro, North Carolina was recently recognized at a Retirement dinner in his honor. Terry had a long career of being a model of the professional driver. He was a leader who took pride in doing things the right way and helped to ensure everyone else did, too. Terry and his wife of 51 years, Alice, plan to enjoy their new home together in Myrtle Beach.



Thank you for your years of service, Terry, and congratulations on your retirement!



PLANNING FOR RETIREMENT

Now's time to take control of your finances – Last month we touched on budgeting, this month we look at spending habits. **What's your primary financial identity?**



6 FINANCIAL IDENTITIES:

1. INVESTMENT-ORIENTED: In a nutshell, you put your money in places where it has potential to grow. You spend less on “things” that are going to depreciate in value-like clothes, cars and electronics-and more on things that appreciate in value such as real estate, art and collectibles. Investment-oriented people are often more attuned to their instincts and as a result, generally make better long-term decisions than other identity types. When kicking money around, you typically make exceptions for vacations with family and friends because you find value in the experiences with loved ones.

2. THE BARGAIN HUNTER: You are the savvy spender – the person who will never, ever pay retail for an item and always manages to find bargain basement pricing, regardless of how long it takes. You get immense pleasure from finding and even negotiating a good deal. You always see a way to get a lower price and aren't afraid to ask for it. A word of caution for bargain hunters: make sure you don't end up purchasing things simply because you can't resist passing up on such a good deal. With proper focus your skills for challenging the sticker price will definitely pay off, both short-term and long-term!

3. THE MINIMALIST: You're the person that doesn't need much to be happy. You live for other things than material items – you find joy, pleasure and great fulfillment in living simply. If you are someone who loves the simple pleasures of life and feel that material things detract from your enjoyment of it, you are incredibly lucky. Not only are you likely to have a more peaceful, spiritual existence than most of us, but you are also more likely to become financially secure much earlier in life and pursue your passions rather than living for a paycheck.

4. THE PLANNER: You're a smart spender with a long-term focus. You never go into a grocery store without a list of everything you want to buy and may even refuse to buy anything not on your list. This makes you generally good at meeting your financial goals. You know what they are and make diligent plans to achieve them. With this said however, you may have a hard time bending when things don't go quite as you anticipated and may miss opportunities to grow your wealth as a result. Keep in mind that your talents in planning are a valuable resource to enhance your financial future if you can balance them with flexibility.

5. THE GIVER: Everyone knows you as the generous friend or family member. You're altruistic-you get much more joy out of seeing others thrive than from improving your own circumstance. In fact, sometimes you benefit more from helping others than they even do. You prioritize investments that genuinely add value to your life and the lives of your loved one. You are generally the person to contribute money to charity or other causes that are important to you, knowing that your investment will make someone's life much better. By the same token you tend to care less about your own image and spend only minimal amounts on fashion, jewelry and cars for example – the trappings other people find so important.

6. THE HYBRID: You resonate with two or more of the financial identities and as a result, you have a unique set of skills to use to grow your wealth and meet your financial goals. Read the different personality profiles and think about who you identify with most. Often times, you'll have a primary personality and a secondary-which are your two strongest identities. Whichever personalities you identify with, you can leverage all of them to maximize your financial wellness and make the best decisions for the specific circumstance at hand. For daily financial tips to help you grow your wealth, visit www.financialfinesse.com/blog



HIGHWAY to HEALTH



Nurse Advocate Program Supports Drivers Being the Best They Can Be

We know that staying healthy can be a struggle. We ask you to consider, "At the end of the day, who is going to see the 6 pack of donuts you just bought from Circle K because you didn't pack any decent snacks today?" "Will anyone notice the half pack of cigarettes you blazed through while you were stuck in that construction traffic?" Nobody else's health will suffer for it either. Doing the right thing for your health isn't always the easy option, but the choices that you make can have a huge impact on your life in so many ways. It has to start with you, one choice at a time.

Did you know....that we have a Nurse who is dedicated to helping keep our driver's healthy and safe on the road? Our CPC dedicated Nurse Advocate Mandy Francis, R.N. provides guidance and shares her expertise in order to help our drivers maintain and improve their health. She is reaching out to touch base with each driver whose CDL is expiring, and can provide pro-active health support and guidance to drivers as they are preparing to successfully recertify for their DOT medical exam. She commonly helps drivers with Sleep Apnea & Testing, how to better manage Diabetes, High Blood Pressure, Asthma, and many other important concerns when preparing for a DOT medical exam.

We want to share some positive experiences and tips from drivers just like you who have overcome challenges to their health and wellbeing. We are featuring three personal stories from our CPC drivers. We are grateful to all three of them for allowing us share their struggles and successes as they strive to live stronger, healthier lives. You too can be the best you can be.

MY NAME IS DON, a CPC driver and my weight loss journey started last February when I went to renew my DOT card. The doctor told me that I met two of three criteria for mandatory sleep apnea testing and also my neck was a quarter inch short of the mandatory sleep apnea test. But the doctor decided to give me a six months DOT card and told me that if I could lose 30 pounds, I would get a one year DOT card. That's when I decided that by the next physical exam I would lose those 30 pounds.

I started by logging everything I ate and drank, which helped me see where my trouble spots were. Then, I decided to go make changes in my diet like switching bread sandwiches with low carb wraps, junk snacks with veggies (cucumbers, peppers, celery) and sugary sodas with unsweetened teas, cutting off most of my processed sugar intake. My wife, another CPC driver, helped me with suggestions for different things to eat. Of course, there were times when I really wanted to eat a hot fudge sundae, but I set up a goal, and I was going to stay after it.

I am an avid bicyclist and I usually ride my bike every weekend in the summer, but being February, riding wasn't an option for me. So I put together some workouts I could do in my basement, but with doing the same workouts, came boredom. To combat that, I set up different exercises to do every day. But then, I heard of the Nurse Advocate program and I decided to call Nurse Mandy, who recommended a website called "My fitness pal", which was really helpful, I was able to find new recipes, new exercises, and lots of little helpful tips. Due to my driving schedule, I am able to work out four days a week.



Six months later I went back to renew my DOT card, and not only had I lost 33 pounds, but my blood pressure was better than it has been in years and of course, I got the card for one year and did not need a sleep apnea test.

GOOD JOB DON!!!



HIGHWAY *to* HEALTH



BRAD'S JOURNEY BEGAN YEARS AGO AND HE SHARES HIS STORY:

It all started out when I realized I was about 100 pounds overweight. I took a look at my rather unhealthy diet and immediately I cut back on smokes, cut out all sugary sodas and started eating healthier altogether. Then I began walking in my living room to get my pulse up, and soon I switched to aerobics in front of the TV, which wasn't really for me, so my wife bought me a low impact cross training VCR tape and I was hooked. Within one year I lost 80 pounds and in two years I was 100 pounds lighter. A few years after I got back in shape, I became bored with my workouts, but since I was an athlete in high school and college, and competitive by nature, I started doing 5k runs, mud runs, obstacle course and some high intensity programs. Recently I became more of a serious runner and I completed my first half marathon and now I am training for my first marathon in April.



I have a driving schedule that allows me to be home every night so finding time to work out is easy. Even if the schedule doesn't allow to be home every night, there are many activities that can be done anywhere, like walking around the perimeter of the truck in the parking lot or doing push-ups and squats in the back of the trailer. I also find the internet to be a great resource of training, exercise ideas.

GOOD LUCK WITH YOUR MARATHON BRAD!!!

The next driver's story is regarding sleep apnea and how using a CPAP machine changed his life.

For several years, I suffered through tired, miserable days, believing it was just a way of life. Then, my wife noticed that I was gasping for air throughout the night. My doctor suggested to take a sleep study.

The first mask I used was about 13 years ago and it was horrible, so I switched to a more common one, over the nose style. The complete study revealed my experience before CPAP and the struggle I had using the first mask, compared to the peaceful sleep I received with a more comfortable mask. Since then I used 3 machines, each one a different stage in the evolution of CPAP technology.

Now that I drive slip seat, I take one in and out of the truck each day, but it is well worth the trouble for the benefit of clarity the next day on the road. If I don't use the CPAP mask, I struggle through eight or nine hours of sleep, and that still can't be enough to get myself rested and refreshed. When I use my mask, I sleep until I wake up naturally, after six or seven hours of sleep. After having such great results, I would recommend a CPAP machine to anyone! When driving after a restful sleep, roads are safer and we thank you for that!"

Now, not all of us are as competitive as Brad, but these stories are good examples that starting with small healthy steps, we all can improve our general wellbeing. Replacing junk and processed food with healthier options, exercising a little on a regular basis, whether at home or in the parking lot, or searching the internet for new recipes and exercises will make a huge difference in all of our lives. The third story is a good example of how managing a health condition like sleep apnea and using a CPAP machine can work wonders for our lives.



When we need a little help, hit a wall or simply need a little encouragement, Nurse Mandy is there to help us. All we need to succeed, as Brad says, is "a little effort and determination". Our Nurse Mandy welcomes your calls at any time to get the health advice and support that will help you too. You may reach Mandy by phone at 480-201-6262, or email at mandy.francis@lockton.com .

SAFETY AWARDS

1 YEAR

Anderson, Alvin
Campbell, Jesse
Casas, Luis
Chapman, Robert
Cofield, Larry
Damm, Mark
Frederick, Curtis
Gross, Anthony
Hicks, Rodney
Holt, Maurice
Jimenez, Jose
Knoch, William
Morgan, Ulysses
Muldrow Jr, Cornell
Oswalt, John
Robbins, Jon
Thompson, Michael
Tyus, Robert
Watts, Phillip
Whetstone, James

2 YEARS

Austin, Roger
Bachtel, Ray
Bearden Jr, Hilton
Brown, Adam
Caffey, Hugh
Crough, Edward
Duran, Freddie
Farrow, Nolan
Gross, Scott
Hale, Terry
Morgan, Bennie
Reeves, Jr, Billy
Turk, Perry
Weathers, Steven

3 YEARS

Baird, Chester
Figueroa, Gilberto

Lay II, Frederick
Maydole, Jonathon
Mayne, Donald
Shaddix, Steven
Villalvazo, Jennifer
Wilson, Kenneth

4 YEARS

Cartwright, Charles
Martinez, Miguel
Murillo Tapia, Fernando
Sheffield, Jermichael

5 YEARS

Arias Diego, Jose
Dudley, Larry
Lopez, Joe
Morris, Keith
Watson, Samuel

6 YEARS

Karkhut, Michael
Newland, Vernon
Nikiforov, Arthur
Sweet, Robert

7 YEARS

Chaides, Ronald
Chand, Vilash
Serrano, Danny
Simmons Jr, Rudolph
Valtierra, Alejandro

8 YEARS

Madueno, Rodolfo
Perez, Armando

9 YEARS

Byers, Rudy
Campos, David
Garrison, James
Ortiz, Andres

Scott Jr, James
Whitten, Ricky

10 YEARS

Bagwell, Jerry
Contreras Berber, Jose
Gilbert, Calvin
Kitchens, Marvin
Runfola, Benjamin
Taylor, Terry
Turley, Virgil

11 YEARS

Brewer, Bobby
Harland, Thomas
Johnson, Tommy
Lovelace, Steven
Nicks, Robert
Parker, Steven
Posey, James
Romero, Jerry
Vincent, George
Watson, Mary

13 YEARS

Tcharny, Joel

15 YEARS

Mora, Juan

16 YEARS

King Jr, Thomas

17 YEARS

Robbins, Gregory

18 YEARS

Wilkerson Jr, Robert

32 YEARS

Lucero, Ronnie

CPC Driver Referral Bonus

Earn up to \$2,500 per referral



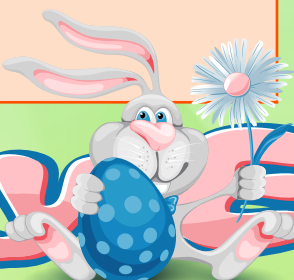
Receive \$1,500 the first time you refer a driver to CPC. \$2,000 for your second and \$2,500 for every additional referral from your third to your fiftieth.

See your local CPC manager for a referral card or call to provide information on your referral.

800-274-3746 callcpc.com



Happy Easter



Check out the Company Store on the CPC website for good quality CPC logo apparel... www.callcpc.com