

MARCH 2018



LOGISTICS

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.



JIMMY YOUNG
I LOVE MY JOB!

The Best Drivers Drive CPC



MEET JIMMY YOUNG

JIMMY YOUNG is a dedicated professional that loves his family, his job, and the customers he interacts with daily. If you ask Jimmy how much he likes his assignment to the Walgreens domicile in LaFollette, Tennessee, he will tell you, "I'm glad to be here and I'm so happy CPC Logistics gave me this opportunity. I LOVE MY JOB!"



Jimmy is a positive, caring person; the kind of guy **that will** give you the shirt off his back if you need it. He has a great report with the Walgreens Team, his driver colleagues, and he is well liked and respected by the personnel at his delivery sites.

"Jimmy is a very dependable driver who is always on time and ready to help with whatever task is needed," says James Eunice, Walgreens Fleet Manager in Anderson, South Carolina. "The domicile to which Jimmy is assigned has a consistent backhaul. Jimmy has taken ownership of this lane and is a major part of it success."

During Walgreens campaign to help end child poverty, known as **Red Nose Day**,

Jimmy jumped into action to help spread the word and promote the cause. He purchased several Red Noses, Red Nose Day T-Shirts, and he created an extra-large Red Nose for the front of his tractor. Jimmy carries the extra Red Noses to give to children that are shopping Walgreens with their parents when he is making his deliveries. "It give me a chance to tell the kids what the nose represents," says Jimmy. "When I was a little kid one of my Dad's friends ran a gas station and he would give us a piece of candy every time we saw him. I never forgot that." Sharing the noses and the message to end child poverty is Jimmy's way of giving back.



Thank you, Jimmy, for all that you add to CPC Logistics and to our client, Walgreen Company!

You are another fine example of why we say..... The Best Drivers Drive CPC!

CONGRATULATIONS TO THE FEBRUARY 2018 CPC DRIVERS OF THE MONTH

EAST DIVISION

James Sams – Moen, Inc – Kinston, NC

Harlan Swindall – New South Express – Lincoln, AL

MIDWEST DIVISION

Daniel Wahl – Walgreen Company – Harlingen, TX

WEST DIVISION

James Taliaferro – Walgreen Company – Moreno Valley, CA

CANADA DIVISION

Stan Jeannotte – John Deere Private Fleet – Regina, SK



Recent CPC Safety Meetings

WALGREEN COMPANY – SAN ANTONIO, TX – MARCH 19, 2018



1ST Row L to R: Ken Kirtley, CPC Safety Manager, Greg Hernandez, Stephen Quiroz, Josh Ayers, Edwin Dorta, Bill Lavoie, Marcus Rios, Jahcoby Fields, Ricardo Padilla & John Schlichter, CPC Safety Manager

2nd Row: Edward Markle, Terry Farr, Rolando Morales, Larry Russell, Michael Davis, Jr.,

WALGREEN COMPANY – MEMPHIS, TN – MARCH 25, 2018



1ST Row L to R: Terry Parker, Jerry Reed, Brent Bennett, Paul Herman, Rodney Singleton & Shelley Crisel, Sr Business Process Manager - Fleet Operations, Walgreens

2nd Row: John Stover, Kelvin Armstrong, Don Grimes, Darrell Keltner, Ricky Green, Darren Stone, Brian Coppinger, Supply Chain Manager-Fleet Operations, Walgreens & Paul Holsapple, Walgreens

3rd Row: Don Turner & Levi Raby

TMH TRANSPORT – OXFORD, AL – MARCH 17, 2018



1ST Row L to R: Dwayne Wright, Dusty Sims, Marty Meadows, Gene Billingsley & Jack Catlett

2nd Row: Cisco Fagan, James Walker, Dan Reid, James Blevins, Brent Dempsey, Ray Poore & Jason Hosford, TMH Fleet & Operations Manager

3rd Row: Huey Toler, Wayne Browning, Robert Shears & Donald Poore

BRIDGESTONE AMERICAS TIRE OPERATIONS – NEW ORLEANS, LA – FEBRUARY 20, 2018



L to R: CPC Regional Manager Mike Kazy, Ryan Christy, Daniel Fricke, Chris Vial and Willie Sinegal

WALGREEN COMPANY – JENKS, WAGONER & MUSKOGEE, OK – MARCH 5, 2018



1ST Row L to R: Donald North, Marshall Wilson, David Osborne, Audie Brodie

2nd Row: Ronnie Bennett, Josh Parks, Curtis Hughey, Jason Parker

WALGREEN COMPANY – OKLAHOMA CITY, OK – MARCH 3, 2018



L to R: Steven Parker, Donald McCurdy, Jeffrey Vandiver, Marlon Ferguson, Gary Asher

WALGREEN COMPANY – ANDERSON, SC – MARCH 17, 2018



1ST Row L to R: Joe Earle, Mike Atkinson, Tony Jenkins, PJ Hulsey, Tommy Merritt, Shannon Easterling, Steve Lindsey, Derrick Hart & Brian Stone

2nd Row: Albert Norman, Dewayne Fort, Larry Mundy, Lonnie Caesar, Greg Clark, Xavier Arnold, Dustin Bethea, Gregg Banister, Howard Walker, Chris Whitmire, Chris Burton, David Futrell, Terry Holland, Edwin Allende, Tommy Davis, Ronnie Conner, Lavern Hickmon, Clint Riggins, Bill Higgins, Robert Bush & Leland Ormsby



Recent CPC Safety Meetings

**NORTH AMERICAN PIPE CORP –
LODI, CA – FEBRUARY 3, 2018**



L to R: Gerardo Lamas, David Burkhart, CPC Safety Manager Rory Manning

**WALGREEN COMPANY –
TALLAHASSEE, FL –MARCH 19, 2018**



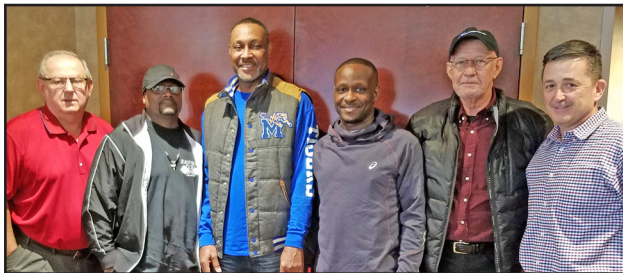
L to R: Darrell Redding & Ray Whitten

**NORTH AMERICAN PIPE CORP –
YUCCA, AZ – JANUARY 27, 2018**



L to R: Dan Burden, Michael Martin & Earl Lane

**BRIDGESTONE AMERICAS TIRE OPERATIONS –
MEMPHIS, TN – FEBRUARY 17, 2018**



L to R: CPC Regional Manager Mike Kazy, Keith Craft, Charles Stone, Bobbie Brown, Tommy Stoddard, Brian Black, On-Site Supervisor, BATO

WALGREEN COMPANY – WOODLAND, CA – MARCH 4, 2018



L to R: Brian Busath, Xavier Carrillo, Greg Robbins, Scott Harland, Charles King, & Joel Tcharyn

**BENJAMIN MOORE & COMPANY –
CAROL STREAM, IL – MARCH 5, 2018**



1ST Row L to R: John Napolitano, Joe Manley, Andreas Nanut & Robert Wolff

2nd Row: Patrick Miehle, Jeffery Mpistolarides, Craig Ligeikis & Michael Fleck



1st Row L to R: Justin Galanta, Alejandro Vallierra, Dan Stenback & Shannan Valencia

2nd Row: Sidney Duplessis, Danny Serrano, Edgar Cisneros, Perry Turk, Rudy Madueno, Alvin Anderson, Miguel Martinez & Glen Wayne



1st Row L to R: Gabriel Adame, Robert McAfee & Miguel Ordaz

2nd Row: Joseph Espinoza, Ron Chaides, Jesse Wells, Jose Hernandez, Alex Martin, Mark Ogden, Eddie Craig & Jose Arias Diego

ICU MEDICAL – NORTHLAKE, IL – MARCH 13, 2018



L to R: Jeff Fietze, Kurt Phillips, Todd Tobin and Kelly McCarthy



1ST Row L to R: Michael Karkhut & Jacob Jara

2nd Row: Joe Lopez, Jose Contreras, Luis Casas, Vilash Chand, Ray Lorenz & Don Rouse



DRIVERS OF THE MONTH PRESENTATIONS

Armando Perez received the Driver of the Month Award for September 2017.



Pictured are Mr. Perez and CPC Regional Manager Yves Thomas.

Frank Ramirez was presented the Driver of the Month Award for November 2017.



Pictured are Marty Nelson, CPC Operations Manager, Frank and Jeff Green, Walgreens Transportation Manager.

Michael Martin assigned to NAPCO in Yucca, Arizona was presented the Driver of the Month Award for October 2017.



Pictured are CPC Regional Manager Larry Keller and Mr. Martin.

Phil Reeves assigned to Walgreen Company in Anderson, SC was recently presented the Driver of the Month Award for October 2017.



Pictured L-R: Butch Wallis, CPC Vice President of Eastern Operations, Mr. Reeves, Dan Buckley, CPC Regional Manager and Ken Pruitt, CPC Division Manager.

Alfredo Rosell assigned to Bridgestone Americas Tire Operations in Portland, Oregon was presented the Driver of the Month Award for November 2017.



Pictured are Dean William, On-Site Supervisor and Mr. Rosell.

Tommy Merritt assigned to Walgreen Company in Anderson, SC received the Driver of the Month Award for September 2017.



Pictured L to R: CPC Division Manager Ken Pruitt, CPC Vice President of Eastern Operations Butch Wallis, Mr. Merritt and Dan Buckley, CPC Regional Manager.

ONE MILLION MILES AWARDS

Three of CPC drivers were recently recognized for achieving One Million Miles of driving safely. Driving a million miles is the equivalent of traveling around the earth's equator 40 times! We are so proud to honor these drivers and we appreciate their dedication to operating safely.



Audie Brodie
Walgreen Company/Wagoner OK
Hire Date: 2/4/2004



Darrell Keltner
Walgreen Company/Lakeland TN
Hire Date: 3/25/2003



Don Grimes
Walgreen Company/Lakeland TN
Hire Date: 3/25/2003

PSCA Plan Sponsor Council of America

Part of the American Retirement Association

PSCA Announces Sponsorship of the 4.01K Race for Financial Fitness

"Fueling financial fitness from grade school to the golden years"

Chicago (March 13, 2018) - The Plan Sponsor Council of America (PSCA), a part of the American Retirement Association (ARA), today announced its sponsorship of the fourth annual 4.01(k) Race For Financial Fitness. The race raises money to support local financial literacy programs for kids in eight cities across the country. The goal is to bring national attention and funding to local organizations while encouraging participants to nurture both their financial and physical health.

"PSCA is pleased to be a first-time sponsor of the 4.01(k) race," said Jack Towarnicky, Executive Director. "Our mission is to advance the interest of America's retirement savers, and we are happy to support an event that recognizes that financial wellness starts at a young age and continues through retirement."

2018's race calendar includes:

- ▶ Minneapolis: Friday, 4/6/18
- ▶ Las Vegas: Saturday, 4/7/18
- ▶ Philadelphia: Sunday, 4/8/18
- ▶ Nashville: Saturday, 4/14/18
- ▶ Kansas City: Friday, 4/20/18
- ▶ Charlotte: Saturday, 4/21/18
- ▶ Detroit: Friday, 4/27/18
- ▶ Orlando: Saturday, 4/28/18

Registration information can be found on the Race's website including information about the local financial literacy organizations each city's race will support. While the race started in Orlando in 2015, it has expanded to new cities each year and will expand to Atlanta in 2019. The Race plans to continue to grow and offers information on its website about how to sponsor a race in a new city and expand support to more non-profit financial literacy programs.

About the 4.01K Race

The Smarter Tomorrow Foundation is on a mission to give every kid from every community a fair shot at a strong financial future. By spearheading the 4.01K Race for Financial Fitness and other initiatives that promote financial education for the next generation, we will empower kids across the nation to take charge of their finances and their life. For more information, visit www.401krace.com.

The Plan Sponsor Council of America

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312.419.1863 | www.psc.org | psca@psca.org

SAFETY MANAGERS TIP OF THE MONTH

SPRING DRIVING TIPS

JOHN SCHLICHTER



Snow & ice may melt in the warm spring sun. This melt may re-freeze if the sun stops shining on it or temperatures again drop below 32 degrees. If roads look wet and the temperature has dropped below freezing, SLOW DOWN.



With the warm weather of spring, motorcyclists and bicyclists will be appearing. Remember to stay focused and alert for these 2 & 3-wheeled vehicles, as they may be more difficult to see. Remember, they have the same rights and responsibilities on the roadways as larger vehicles.

Spring weather will bring out more children. Pay special attention in residential areas and school zones. Young children can be easily distracted and teenagers may be more interested in cell phones & texting. They may not be paying attention to traffic.

With the freeze-thaw cycles of spring, potholes will be an issue. Maintain good following distance in order to give yourself more time to see these damaging craters. Use quick glances down on the roadway to see these dangers, but remember to maintain good eye-lead time.



Spring rains and melting snow may cause localized flooding. Never try to pass thru a flooded roadway, even if the water does not appear to be deep. The waters may have washed out the roadway.

Shoulders along the roadways may be much softer than normal. Use extra care if you have to pull off or drop a wheel on the shoulder. Maintain smooth steering and do not jerk the steering wheel in an effort to put the vehicle back on the pavement.



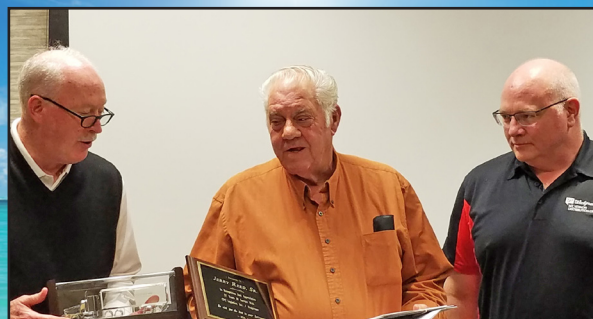
Watch out for animals! With winter ending, animals come out of hibernation and begin to move around more. Be prepared and slow down, especially in rural areas. Do not risk your safety or the safety of other motorists by trying to swerve out of the way. Maintain your lane.



We would like to wish a very Happy Retirement to the following CPC Drivers!



Fred Duran
5 Years of Service
One World Logistics/Lincoln AL



Jerry Reed, Sr
37 Years of Service
Walgreen Company/Lakeland TN



Robert Wilkerson
21 Years of Service
Walgreen Company/Woodland CA

Say YES to sleep...

"I'll make up for it this weekend".

We've all said it. And many of us believe it. But it's impossible to catch up on lost sleep. Find out why sleep loss can cause health problems – and why it's just as important as eating well. We'll put sleep myths to bed for good.

Why Sleep Matters One in three people suffer from poor sleep, with stress, computers and taking work home bearing most of the blame. And while a night of poor sleep here and there may just leave you tired and grumpy, after several nights of losing sleep – even a loss of just 1-2 hours per night – your ability to function suffers as if you haven't slept at all for a day or two.

10 Benefits of Healthy Sleep

1. Stronger immune system **2.** Increased sex drive **3.** Improved fertility
4. Better mental well-being **5.** Easier weight management **6.** Sharper memory and concentration **7.** Lower stress **8.** Fewer accidents **9.** Enhanced athletic performance **10.** Decrease risk of chronic health conditions

How much sleep you need depends on your age:

Newborns	14-17 hours	Pre-teens	8-10 hours
Infants	12-15 hours	Teens	8-10 hours
Toddlers	11-14 hours	Adults	7-9 hours
Preschoolers	10-13 hours	Adults over 65	7 hours
School age	9-11 hours		

FREQUENTLY ASKED QUESTIONS ABOUT SLEEP APNEA

Sleep apnea is an increasingly common sleep/breathing disorder recognized by interrupted breathing during sleep. This disorder prevents you from achieving restful sleep and can be life threatening. It also may put you at risk for other serious health concerns.

AM I AT RISK? Here are the most common risk factors for sleep apnea:

- Aging • Male gender • Overweight • Short chin • Enlarged tonsils or tongue or excess soft tissue in throat area
- Menopause • Pregnancy • Often associated with heart failure, kidney disease, stroke and lung disease
- Your doctor may also determine that the shape of your head or neck cause you to have a smaller airway

HOW DO I KNOW IF I HAVE SLEEP APNEA?

A family member or sleeping partner may be the first person to notice the signs of sleep apnea.

They may notice that you have symptoms such as:

- Gaspings or choking while asleep
- Loud snoring
- Restless sleep
- Long pauses or stopped breathing during sleep

Symptoms that you may notice might include:

- Morning headaches
- Non-refreshing sleep
- Daytime sleepiness, fatigue and decreased ability to concentrate
- Frequent trips to the bathroom to urinate throughout the night
- Sore throat or dry mouth

HOW IS SLEEP APNEA DIAGNOSED?

Diagnosis may require some or all of the following:

- Telling your doctor about your sleep patterns, any signs and symptoms you or others have noticed and how you function during the day. Your doctor may also ask if you know of anyone else in your family with sleep breathing problems.
- Physical examination
- A portable sleep apnea monitor used at home
- If you have other severe medical conditions, a sleep study may need to be performed overnight in a sleep lab. Your doctor will decide this.

HOW IS SLEEP APNEA TREATED?

Methods used to reduce or eliminate sleep apnea symptoms include:

LIFESTYLE CHANGES

- Avoiding alcohol
- Learn which medications may make your sleep breathing problem worse. Make sure all of your doctors know that you have sleep apnea
- Reducing and controlling your weight through healthy eating habits and regular exercise (Always discuss and seek approval from your doctor before beginning a new exercise program.)
- Sleeping on your side, not your back
- Quitting smoking

CPAP

Using a CPAP (continuous positive airway pressure) machine during sleep, the machine delivers a gentle flow of air to keep your throat open. They are recommended for those with moderate to severe apnea.

MOUTH DEVICES

Sleeping with a mouth device fitted by a dentist that adjusts your lower jaw and tongue to keep your airway open

SURGERY

In some cases, your doctor might recommend a surgical procedure to:

- Remove, reduce or stiffen excess tissue in your mouth or throat
- Realign your jawbones

WHAT IF SLEEP APNEA GOES UNTREATED?

You could experience the following serious health problems:

- High blood pressure
- Inattention, increased errors and trouble learning
- Heart attack
- Stroke
- Irregular heartbeat (arrhythmia)
- Heart failure or worsening of existing heart failure
- Potential accidents caused by daytime sleepiness
- Type 2 diabetes
- Liver disease

If you think you may be at risk, contact your nurse advocates Mandy at 480-201-6262 or Cortny at 402-970-6147 for more information about CPC's sleep apnea assistance program or to discuss other health issues that may be of concern.





SAFETY AWARDS

1 YEAR

Adams, Kevin
Bishopric, Carl
Brandon, Robert
Brown, Mark
Chapman, Wesley
Cruz, Alexander
Defonce, Daniel
Dennison, Melvin
Dowdal, Jr, Robert
Dushi, Adriano
Fasano, Giancarlo
Fields, Jahcoby
Flanery, James
Freeman, Dregis
Futoma, Bryan
George, Tammy
Higgins, Michael
Janssen, Michael
Jones, John
Kelley, Christopher
Lavoie, William
Malcolm, Bruce
Markle, Edward
McLeod, Timothy
Medvedev, Andrei
Mehrllich, James
Milczak, Sebastian
Moriarty, Daniel
Muldoon, Bernard
Nguyen, Thanh
Parent, John
Pavone, Keith
Ramirez, Jesus
Solis, Francisco
Stover, John
Toler, James
Van Blarcom, Kevin
Varble, Kevin
Vera, Omar
Wallace, Ronald
Whitehead, Todd
Wildermuth, Carl

2 YEARS

Arendt, David
Assis, Antonio
Beaulne, Gaetan
Billingsley, Ronald
Buenrostro, Scott
Carr III, Lloyd
Castillo Roman, Kenneth
Cosme, Pedro
Craver, Kirstie
Declat Arce, Jose
Fakas, John
Hahn, Clifford
Hearn, Lewis
Lampron, John
Lavoie, Andrew
Loubier, Thomas
Martin, Joseph
McNeill, Jonnie
Mier, Marcelino
Nadeau, Linda
Proulx, Marc-Andre
Quiroz, Stephen
Radford, Harry
Rodriguez, Alejandro
Routhier, Kevin
Sane, Daniel
Schmidt, Steven
Scott, Timothy
Smith, Curtis
Stone Sr, Darren
Swindell, Billy
Swindell, Judy
Whitten, Ozzie
Yarbrough, Torry
3 YEARS
Antonelli, Gregory
Antosh, Dale
Armstrong, Kelvin
Blazys, Leonard
Claridge, Ron
Desenclos, Alland
Dorland, Damian
Estopier, Jr., Aurelio

Greif, Edward
Hillman, John
Joseph, Calvin
Jutras, Gary
Lambrecht, Jeffrey
Lee, Patrick
Mesch, Keith
Nolasco, Manuel
Ogle, Kevin
Padilla, Ricardo
Perkins, Ken
Pettaway, Marcus
Raby, Denville
Reid, Daniel
Richards, David
Rodriguez Castil-
lo, Isidro
Sandoval, Mario
Schuermann, James
Simonson, Einar
Townsend, Tim
Tyler, Peter
Valencia, Miguel

4 YEARS

Cline, Roger
Garner, Brian
Kassal, Randall
May, Steve
Ostiguin, Saul
Parker, Terry
Perez, Rodolfo
Story, Justin
Sylvia, Dale
Thompson, Allen
Townsend, Gary
Wood, Robert
Zacharewicz, Artur
5 YEARS
Bryant, Henry
Craver, Richard
Dempsey, Felton
Dobereiner, Lemoine
Dorland, David
Dunn, Patrick

Greko, Jamie
Hache, Michel
Law, Shane
McCarthy, Richard
Shears, Robert
Sneed, David
Stephenson, Edward
Stephenson, Theresa

6 YEARS

Green, Ricky
Grenier, Robert
McCrary, Bessie
Orwig, Phillip
Palmer, Kevin
Parris, Steve
Provonsil, Kenneth
Roth, Rulon
Souza, Michael
Taitt, Martin

7 YEARS

Barela, Stephen
Barron, Lee
Davis, Jr., Michael
Hochrein, Oliver
Jewell, Brad
Martineau, Richard
Randolph Jr, Richard
Turner, Don

8 YEARS

Anthony, Timothy
Bennett, Raymond
Burton, Bruce
Freeman Jr, Jerry
Orwig, Sandra
Piyasena, Kapila
Rios, Marcus

9 YEARS

Farr, Terry
Feldt, Randall
Manning, Glen
Moughler, Richard
Simpson, Brian
Spittler, Anthony
Tice, Dana
Troutman, Brian

10 YEARS

Boateng, Djan
Currie, Jack
Grimes, Donald
Majchrowitz, John
Morales, Rolando
Morneau, Gaetan
Neal, Jr., Russell
Penney, Marc
Rock, Joseph
Stewart, Donald
Wulf, Daniel

11 YEARS

Cuiper, Rick
Frystak, Allen
Harsell, Gregory
Keltner, Darrell
Redding, Darrell
Stewart, Brenda
Wright, Bruce

12 YEARS

Bloodworth, James
Herman, Paul
Russell, Larry
Sims, William
Thomas, Ken
Timmerman, Michael
Webb, Brian

13 YEARS

Anderson, William
Brants, Erick
Janusz, Joseph
McLaughlin, Don
Preston, Clifford
Riel, Alan

14 YEARS

Gladstone, Troy
Wheeler, Terence

15 YEARS

Arndt, Mark
Ganzer, William

16 YEARS

Peterson, Thomas
Smith, James
Vance, Marlon

17 YEARS

Dosland, Matthew

18 YEARS

King, Keith
Mangler, Calvin
Shuck, Stuart

19 YEARS

Wilson, James

20 YEARS

King, Ronald
Lafrenz, Jerry
Shea, Michael

21 YEARS

McManus, Stephen
Rockwell, George

22 YEARS

Steiniger, Timothy

24 YEARS

Tubbs, David

25 YEARS

Meadows, Martin

26 YEARS

Alitz, Dana

30 YEARS

Barth, Gerald
Purvis, William

32 YEARS

Rivard, Claude

34 YEARS

Reed, Sr., Jerry

35 YEARS

Small, Johnny



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

 **Happy**
St. Patrick's Day!