CPC LOGISTICS INC

MARCH 2017

Tandem Talk

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TANDEM TALK IS A MONTHLY PUBLICATION FOR OUR VALUED CLIENTS AND EMPLOYEES.

BEST DRIVERS DRIVE CPC

MEET JON SIKES

Jon Sikes is one of CPC Logistics' most highly regarded and professional drivers. He has been assigned to ICU Medical, Inc. (formerly Hospira/Pfizer) for 29 years. He takes his job and his responsibilities very seriously and is a dependable and safety-minded employee. Jon has been a shop steward for many years and has used that position to positively influence his colleagues and train new drivers.

During his years of service, Jon has achieved many prestigious awards of recognition, including:

- North Carolina Trucking Association Driver of the Month – 2014
- National Private Truck Council All Star – 2011
- Nominee for the NPTC Hall of Fame – 2013
- NPTC & Lytx, Inc. Honorable Mention Driver Hall of Fame – 2015
- NPTC & Lytx, Inc. Honorable Mention Driver Hall of Fame – 2016
- NPTC & Lytx, Inc. Honorable Mention Driver Hall of Fame – 2017
- Hospira Driver of the Year – 2000
- 1 Million Mile Award – 2001
- 2 Million Mile Award – 2009
- 3 Million Mile Award – 2015
- CPC Driver of the Month – 2000
- CPC Driver of the Month – 2011
- CPC Driver of the Month – 2013
- CPC Driver of the Year - 2000

Through the years Jon has always been held in high regard by the ICU Medical fleet office, management of CPC and by his driver colleagues for being a conscientious, professional driver with an excellent work ethic and attitude. Jon Sikes is just another example of why we say.... The Best Drivers Drive CPC!

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Steve Paul has been selected as Driver of the Month for February 2017 for the Eastern Division. Steve has been assigned to Walgreen Company in Hubert Heights, Ohio since July 2004. He is always willing to do what is asked of him, whether it is delivering an additional store when another driver needs assistance, or getting a backhaul that may be needed due to another driver being short on time. Steve works safely, has a positive attitude and is always willing to extend a helping hand to the store staff.

Scotty Qualls has been selected as Driver of the Month for February 2017 for the Eastern Division. Scotty has been assigned to Bridgestone Americas Tire Operations in Lebanon, Tennessee since October 2012. Scotty has a great attitude and is always willing to be flexible and go the extra mile to do whatever it takes to service our customer. He has even made several trips out of town for more than a week at a time to assist other BATO locations. Scotty is very well liked by his colleagues and by the BATO management.

MIDWEST DIVISION

Scott McCullough has been selected as Driver of the Month for February 2017 for the Midwest Division. Scott has been assigned to Bridgestone Americas Tire Operations in Roanoke, Texas since January 2011. Scott pulls doubles to Oklahoma City four times a week and runs a shuttle on the fifth day. This means disconnecting and reconnecting multiples times each day while delivering 800-900 tires each day. He maintains an excellent safety record on one of the hardest delivery routes and has established a great relationship with the store personnel on his route.

WESTERN DIVISION

Christopher Dennis has been selected as Driver of the Month for February 2017 for the Western Division. Chris has been assigned to various Walgreen Company locations in Arizona since July 1996 and has most recently been assisting with the Woodland, California location doing daily team runs from Woodland to Portland, Oregon. It is no easy task to do 5 round-trip loads a week which averages approximately 5,700 miles, but even after spending 5 days sleeping in the sleeper bunk he is always smiling and has a great attitude when he comes out of the truck. This job has required Chris to spend many weeks away from his home in Flagstaff earning him a great deal of respect from the Walgreens and CPC management teams.

CANADA DIVISION

Philip Antoni has been selected as Driver of the Month for February 2017 for the Canada Division. Phil has been assigned to the John Deere Private Fleet in Grimsby, Ontario since September 1998. Phil has a great attitude. He is always willing to help out Dispatch when they are in a pinch and he always gets the job done. He is known for his pleasant manner and takes pride in his job. Phil's truck

HERB MORTON

HITTING FIXED OBJECTS

SAFETY IS A CPC FACT

Hitting fixed objects is one of our industries most frequent and costly types of accidents. Anything that is not moving when hit is a fixed object. These accidents often occur in parking lots or around loading or unloading locations. They may happen when the vehicle is moving forward, turning left, turning right or backing. They are reviewed harshly by insurance companies and motor fleet safety personnel because they are all preventable. Over the years, interviews with drivers have led to some common contributing factors in these accidents.

EMOTIONALLY UPSET: Problems at home or work are consuming the driver's thoughts. A professional driver must not allow this to happen. When you are driving all you have time to think about is the safe, defensive operation of your vehicle.

FALSE SECURITY: After driving successfully in traffic, avoiding the near accidents because of mistakes of others, you are finally out of traffic. Then you hit a fix object. You let your guard down and didn't use defensive driving techniques because nothing was moving. Whenever you become complacent about defensive driving and let your guard down, you are headed for trouble.

FATIGUE: As long as you have been driving you have heard that fatigue is a killer. It may not cause you to have an accident where a life is lost, but it will "kill" your safety record. There is no substitute for proper rest. Professional drivers make sure they get the rest they need while off duty and take required rest breaks while driving.

ILLNESS & IMPAIRED ABILITY: Driving when you are ill is dangerous and downright foolish. When you are ill you cannot give your full attention to driving. The symptoms of an illness may cause you to have reduced vision, judgment and reaction time. Medications your doctor prescribes and even those you buy over the counter can cause reduced vision and reaction time. Remind your doctor what you do for a living before a prescription is ordered and heed the warnings on all medications you buy over the counter.

INATTENTION: Simply not having 100% of your thoughts on your driving can cause major problems. Being distracted by other vehicles and people are good examples. Until your vehicle is parked with the brakes set your entire concentration must be on the safe movement of your vehicle and nothing else.

UNFAMILIAR AREAS & POOR LIGHTING: You're driving into trouble here. It takes only a few minutes to park, get out and check the area you are driving into. You will be able to locate short posts, overhead objects, ruts and pot holes that could tilt your vehicle into an object causing a fixed object collision. Watch for low hanging wires, signs, awnings, hand rails, steps and air conditioning unites.

RECENT CPC SAFETY MEETINGS

**WALGREEN COMPANY –
AUSTIN, TX – FEBRUARY 27, 2017**

1ST Row L to R: Larry Kalk, Antoine Mays
2nd Row L to R: Larry Russell, Brian Webb, Sean McDuffie, Terry Farr, Michael Davis, Erick Brants

**WALGREEN COMPANY –
LOUISVILLE, KY – MARCH 13, 2017**

1ST Row L to R: Tim Turner, Peter Caputo, Nick Shavers and Johnny Barnes **2nd Row L to R:** Paul Holsapple, Randy Taylor, Charles Dye, Garry Shavers, Leon Brown and Brian Coppinger

**TOYOTA QUALITY PARTS EXPRESS –
AURORA, IL – MARCH 18, 2017**

1ST Row L to R: James Kruzich, Lance Kuntz, Perry Croft and Thomas Bowe **2nd Row L to R:** Walter Frueh, Glenn Fortune, Eric Flint, Lemon Calvin, Jeremy Becker and Donald Diederich

**WALGREEN COMPANY –
EL PASO, TX – MARCH 6, 2017**

1ST Row L to R: Javier Garcia, Israel Salazar
2nd Row L to R: Ruben Garcia, Jim Beck, Ronnie Farmer, Ernesto Gamboa

WALGREEN COMPANY – BOLINGBROOK, IL – FEBRUARY 27, 2017

1ST Row L to R: Tyrus Hankerson, Keith Pavone, Mindy Carreon De La Vega, Jon Schaitel – Operations Manager, CPC Logistics, Manuel Perez, Omar Vera, Thanh Nguyen and Hakim Kabir

2ND Row L to R: David Arendt, Francisco Solis, Hillery Brinson, Orlando Romero, Miguel Valencia, and Kevin Hatton

3rd Row L to R: Allan Turska, James Schuermann, Van Lam, Daniel Da Silva and Curtis Smith

IN MEMORIUM

Rick Austin

Everyone in Canadian Operations were deeply shocked and saddened at the sudden passing of Rick Austin; Fleet Segment Dispatcher, assigned to the John Deere Private Fleet in Grimsby, Ontario.

Rick began his career in the Transportation Industry right out of high school. He stared with a dry wall company loading, tarping and strapping trucks and decided not long after that he would rather be behind the wheel. He eventually became a broker and at one time ran team loads to California with his cousin, Dave Armstrong. Rick joined the John Deere Canadian Fleet on November 25, 1991 and quickly developed a reputation as a dependable driver with a great work ethic. Rick earned his Million Mile Award and started to train to provide relief dispatch in 1996 and then moved into the Dispatch office full time in 2000. For a time, Rick dispatched all units in both Grimsby and Regina. When we discovered the kind of effort and time that Rick was dedicating to this role, the dispatch office was expanded, and Rick received the President's Award in recognition of his exceptional loyalty, service and dedication.

Because of his years on the road, Rick fully understood the demands and strains on a long haul driver, and he was not only a Dispatcher, but a good friend and wise council to drivers over the years. He understood that the job had to be done, but also wanted the drivers running legal and safe at all times.

It's a testament to Rick's dedication to safety, along with the rest of the Supervisory Team, that the John Deere Private Fleet has won the PMTC National Fleet Safety Award in 2011, 2014, 2015, and 2016.

When he wasn't working, Rick loved motorcycles as evidenced by the picture. In addition to enjoying his highway cruiser, Rick also raced motocross bikes all summer long.

Rick was a long suffering Toronto Maple Leaf fan and played hockey three times per week. It was on March 15th, playing the sport he loved that Rick suffered a massive heart attack and passed away.

There will be no funeral service; however, there will be a Celebration of Life on April 30th.
He will be long and fondly remembered.

MILLION MILE AWARD

Joseph Manley assigned to Benjamin Moore & Company in Carol Stream, IL was recently presented with Million Mile Award.

1st Row L to R: Paul Dlubisz, Faith Branshaw, Joseph Manley, Andreas Nanut and Pat Miehle
2nd Row L to R: Craig Ligeikis, John Napolitano, Dave Carter – Logistics Lead, Benjamin Moore & Company and Curt Valencia – Distribution Manager, Benjamin Moore & Company

Ronnie Farmer assigned to Walgreen Company in El Paso, Texas is shown with his Million Mile Award.

Matthew Loriss assigned to ICU Medical, Inc. in Pleasant Prairie, WI was recently presented with this Million Mile Award. Pictured L to R: Jeffery Fietz-CPC Account Supervisor, Robert Wolff, Kurt Phillips, Matthew Loriss, Kelly McCarthy-CPC Dispatch and Jeffrey Thompson.

HIGHWAY to HEALTH

SLEEP: MAKE IT A HEALTH PRIORITY

A good night's sleep is an essential part of a healthy lifestyle. In fact, sleep is necessary for survival. Just as you need food and water, you also need sleep. Your ability to sleep well has a direct impact on your quality of life because it affects your outlook and mood, sense of well-being, energy, productivity and relationships with others. Sleep allows the body to rest and restore its energy levels and ensures that the nervous system functions properly. Even though it may seem as if nothing is happening during sleep, important activity for your health is going on.

THE RIGHT AMOUNT OF SLEEP

The actual total amount of sleep each individual needs depends on many factors, including age. Sleep requirements change over the span of our life cycle. The National Sleep Foundation suggests the following guidelines:

Age	Recommended amount of sleep each day
Infants (3-11 months)	14 - 15 hours
Toddlers (12 - 35 months)	12 - 14 hours
Preschoolers (3 - 5 years)	11 - 13 hours
Elementary school age children (5-12 yrs.)	10 - 11 hours
Teenagers (13 - 19 years)	9 hours plus
Adults	8 - 8.5 hours

5 COMMON REASONS YOU MAY NOT BE SLEEPING WELL

1. **Acid reflux** – Acid reflux can lead to heartburn, causing you to have restless sleep and wake up frequently during the night.
2. **Medications** – Some medications may keep you up at night or have you getting up frequently to use the bathroom.
3. **Mental health** – You may have depression or anxiety that is interfering with your sleep
4. **Sleep apnea** – Some people with COPD have sleep apnea, which is related to loud snoring, waking up frequently during the night and being very sleepy during the day.
5. **Sleep-related breathing changes** – Breathing changes that occur during sleep can cause problems for people that have COPD

HIGHWAY to HEALTH

SLEEP APNEA

The statistics surrounding accidents and the potential for accidents relating to sleep apnea are compelling and disturbing. Sleep apnea is a major sleep disrupter and a potentially serious, chronic sleep disorder in which breathing persistently stops and starts. Sleep apnea is also a progressive condition which means it can worsen over time. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more per hour. When your breathing pauses or becomes shallow, you will often move out of deep sleep and into light sleep. As a result, the quality of sleep is poor, which makes you tired during waking hours. Sleep apnea is a leading cause of daytime sleepiness. Most people who have sleep apnea don't know or think they have it because it only occurs during sleep. A family member or bed partner is often the first to notice signs of sleep apnea.

UNTREATED SLEEP APNEA CAN:

- Increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk of, or worsen, heart failure
- Make arrhythmias or irregular heartbeats, more likely
- Increase the chance of having work-related or driving accidents

Sleep apnea is not a problem to be taken lightly. The risks of mortality faced by those with untreated sleep apnea are simply not worth it when there are treatments available.

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.

Recipe

BAKED CHICKEN WITH HONEY MUSTARD DIPPING SAUCE

Ingredients (serves 4)

1 lb. boneless skinless chicken cutlets
1 1/2 c. panko crumbs
1 tbsp. lemon zest
1 tbsp. fresh thyme leaves
Kosher salt
Black pepper
2 large eggs, beaten
1/4 c. whole-grain Dijon mustard
2 tbsp. honey
6 c. mixed greens
2 tbsp. lemon juice
3 tbsp. extra-virgin olive oil

Cooking Directions

Preheat oven to 425 degrees F. Line a baking sheet with foil. Cut chicken cutlets into 1½ inch strips. In a shallow dish, combine panko, lemon zest, and thyme; season generously with salt and pepper. Dip chicken strips one by one in eggs, then in bread crumb mixture, pressing lightly to make sure crumbs adhere. Transfer strips onto prepared baking sheet.

Bake until golden, 10 to 12 minutes. Increase heat to broil, then cook until crisp, 1 to 2 minutes. In a small bowl, whisk together mustard and honey. In a large bowl, toss mixed greens with lemon juice and olive oil. Season with salt and pepper.

SAFETY AWARDS

1 YEAR
Allen,Maurice
Autry,Corey
Betancourt, Jr.,Oscar
Brannan,Troy
Brooks,Jason
Buenrostro,Scott
Carr III,Lloyd
Carter,Wayne
Charles,Kenneth
Clark,Derek
Cuevas,Justiniano
Derosena,Stanley
Dowdal, Jr,Robert
Edwards,Matthew
Evans,Quinntron
Fitzhugh,Pembroke
Foy,Manuel
Gangaware,Michael
George,Allen
George,Tammy
Jackson,Philip
Jackson,Robert
Janssen,Michael
Mier,Marcelino
Minnis, Edmund
Nation,Keith
Patrick,Alfred
Quiroz,Stephen
Robinson,Joseph
Rodriguez,Anthony
Rogers,Christopher
Sanchez,Armando
Sifuentes,Arturo
Snelling,Kirk
Spiegel,James
Stone Sr,Darren
Strand,Billy
Swindell,Billy
Swindell,Judy
Trotman, Jr,Eric
Whitley,Stephen
Wildermuth,Carl
Wilson,Marshall
Woskowicz,Russell

2 YEARS
Allen,Jermain
Armstrong,Kelvin
Barrett,Carl
Boles,Curtis
Bourneuf,Dominique
Davis,Christopher
DeGarmo,Tom
Estopier, Jr.,Aurelio
Fakas,John
Fallat,David
Fatjo,Glenn
Giles,John
Hatfield,James
Hernandez,Gregory
Hillers,James
Hufault,Michael
Hurr,Howard
King,Eric
Luttrell Jr,Donald
McCullough,Scott
McRae,Carey
Mikula,Christopher
Palmer,Ronald
Parks,Joshua
Rodriguez,Alejandro
Schmidt,Steven
Scott,Timothy

3 YEARS
Dorland,Damian
Edwards,Waltham
Gomez,Jesus
Greif,Edward
Gross,Calvin
Gross,Scott
Guzman,Hector
Jackson,Todd
McFadden,Waleed
Summers,Jeremy
Thompson,Allen
Townsend,Tim
Tyler,Peter
Wommer,Josiah

4 YEARS
Adams Jr,Frederick
Cline,Roger
Davis,James
Holmquist,Edward
Hudson,Michael
Jean,Jeffrey
North,Donald
Oorlog,Wayne
Pinkous,Richard
Rambo III,Herman
Savage,Jason
Sneed,David

5 YEARS
Bennett,Ronnie
Dobereiner,Lemoine
Dorland,David
Dunn,Patrick
Green,Ricky
Greko,Jamie
Harrison Jr,Jerry
Hatch,Randall
Hege,Jeremiah
Hess Jr,Larry
Hulsey,Phillip
Jones,Lanier
Laurich,James
Law,Shane
Loggins,Johnny
Parker,Jason
Stephenson,Edward
Stephenson,Theresa

6 YEARS
Bowen,Steven
Hudson,Charles
Hughey,Curtis
Mack,Brian
McCrary,Bessie
Orwig,Phillip
Rausch,Martin
Roth,Rulon
Sanchez,Luis

7 YEARS
Anthony,Timothy
Chowaniec,Dariusz
Keller,Douglas
Melillo,Thomas
Randolph Jr,Richard
Rios,Marcus

8 YEARS
Bennett,Raymond
Grimes,Donald
Orwig,Sandra
Smollen,William

9 YEARS
Bitler,Thomas
Feldt,Randall
Garcia,Felipe
Grimes,Donald
Guzman,Juan
Liedtke,David
Manning,Glen
Morales,Rolando
Moughler,Richard
Spittler,Anthony
Talley,Kevin
Troutman,Brian
Zaiss,Anthony

10 YEARS
Brodie,Audie
Campos,David
Frystak,Allen
Keltner,Darrell
Lemley,Curtis
Penney,Marc
Rock,Joseph
Salinski,Brian
Stewart,Donald
Wulf,Daniel

11 YEARS
Grube,Thomas
Herman,Paul
Smith,Daniel
Stewart,Brenda

12 YEARS
Romero,Jerry
Timmerman,Michael

13 YEARS
Janusz,Joseph
Kulesza,Andrzej
McLaughlin,Don
Preston,Clifford
Williams,Greg

14 YEARS
Arndt,Mark
Hockman,Gregory
Senechal,Roy
Wheeler,Terence

15 YEARS
Ganzer,William
Vance,Marlon

16 YEARS
Blackburn,Richard
Peterson,Thomas
Smith,James

17 YEARS
Dosland,Matthew
Lynch Sr,William
Martinez,Eugenio
Rivera,Danny

18 YEARS
Mangler,Calvin
Shuck,Stuart
Valdez,Manuel

19 YEARS
Pike,Carl
Wilson,James

20 YEARS
King,Ronald
Lafrenz,Jerry
Rux,David
Shea,Michael

21 YEARS
McManus,Stephen
Rockwell,George
Surman,Ray

22 YEARS
Frantz,Niles
Martin,Peter
Steiniger,Timothy

24 YEARS
Tubbs,David
26 YEARS
Alitz,Dana

30 YEARS
Barth,Gerald

33 YEARS
Lucero,Ronnie
Reed, Sr.,Jerry

35 YEARS
Small,Johnny

Happy St. Patrick's Day