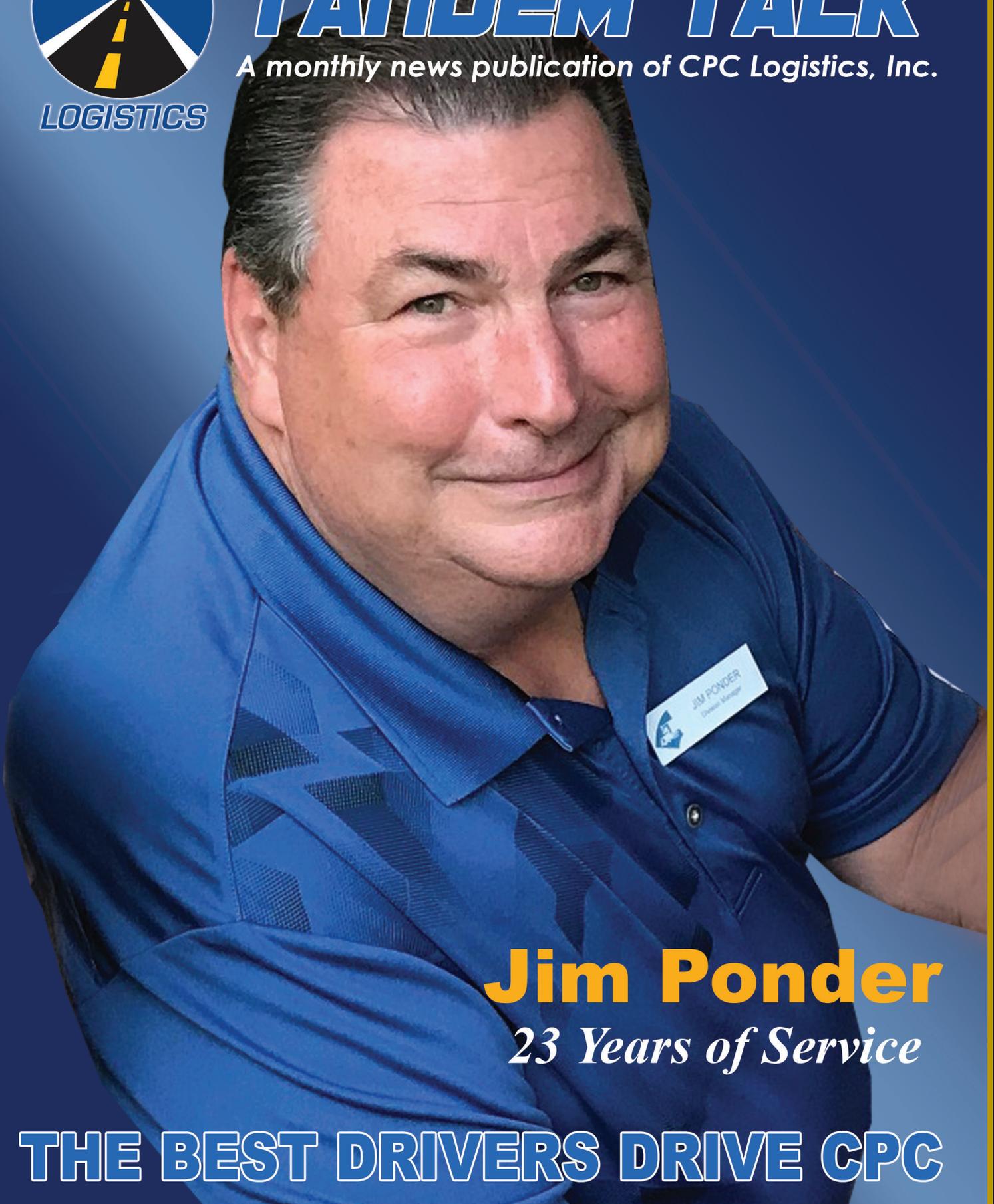


November 2018



TANDEM TALK

A monthly news publication of CPC Logistics, Inc.



Jim Ponder

23 Years of Service

THE BEST DRIVERS DRIVE CPC



CPC Division Manager Jim Ponder to Retire

Too quickly time has passed us by, and now it's time to say goodbye. It is with mixed emotions that we announce the retirement of Jim Ponder, CPC Division Manager, Southaven, Mississippi. Jim has been an integral part of our company for over 23 years. His contributions will always be valued and remembered. His hard work, commitment and dedication are worthy of sincere admiration by all of us at CPC Logistics, Inc.



Jim began his logistics journey as a driver for Lease-way. He was assigned to their Baxter account from 1975 to 1993. From 1993 to 1994 he drove and was the Assistant Dispatcher for Penske Dedicated. Jim moved on to Leaseway Personnel in 1994 as an Operations Manager.

In 1995 Jim brought his strong work ethic and determination to CPC when he was hired as an Operations Manager. Within 3 years he was promoted to Regional Manager, and in 2004 promoted once again to Division Manager.



"Jim could not and would not be out worked or out hustled by anyone in the industry," states Larry Foltz, CPC Executive Vice President of Operations. "There is no one that supports, tutors and guides their Managers better than Jim Ponder. CPC has been very fortunate to have had him as our "rock" for the last 23 years."

Jim's retirement is our loss, but a well-deserved respite for him. He is trading in long days of business travel to spend more time with his wife, Shelby, and enjoy the more tranquil environment of sitting on his boat waiting for that big catch. Your life's work has made a difference, Jim. It has been an honor to have you as part of the CPC Logistics team. **Happy Retirement.**

CHECKING IN WITH CPC



Recent CPC Logistics retiree Larry Lloyd checked in with us from the Portland City Grill in Portland, Oregon.

This restaurant is located on the 30th floor of the US Bancorp Tower and offers views of the Williamette River and the city of Portland as you dine.

It's great to see you enjoying life after work, Larry!



RECENT SAFETY MEETING

Bridgestone Americas Tire Operations – DeForest & Madison, WI – November 2, 2018



L to R: Jason Albers & Daniel Gau (DeForest) and Robert Simonson (Madison)

Advance Logistics – Kansas City, KS – October 26, 2018



L to R: Henry McDaniel, Mike Thiessen, Brad McBride, Steve Hurr and Ron Zishka, Advance Fleet Supervisor

Bridgestone Americas Tire Operations – Minneapolis, MN – October 26, 2018



1st Row L to R: Travis Gonier, Mohamed Hussein & Perry Nunn

2nd Row L to R: Ahmed Abdulkadir & Daniel Gately

Bridgestone Americas Tire Operations – Jackson, MI – November 16, 2018



L to R: Linnie Ross & William Howard

Bridgestone Americas Tire Operations – Cleveland, Ohio – October 20, 2018



L to R: William Schneider & Ivan Rosado

CPC Logistics Drivers of the Month October 2018

Eastern Division

Timothy DuBois - BATO/Allentown PA
Joseph Wheeler - Benjamin Moore/Milford MA

Midwest Division

Dana Tice - John Deere/Davenport IA

Western Division

Oscar Betancourt, Jr. - BATO/Portland OR

Canada Division

Michael Jones - John Deere/Grimsby ON





One Million Mile Awards



Recognizing the career achievement of safely driving over one million miles, **Rodney Huyett** and **Rod Henry** were awarded the prestigious One Million Mile Award.

Rodney and Rod are both assigned to the Moen, Inc. account in Kinston, North Carolina.

CONGRATULATIONS, GENTLEMEN!

Gary Pugh assigned to Moen, Inc. in Kinston, North Carolina was recently presented the One Million Mile Award.



Pictured are Chris Conner, Moen Senior Dispatch, Ron Covert, CPC Regional Manager, James Sams, Ken Pruitt, CPC Division Manager and Rob Sonnenberg, Moen Section Manager Truckload Operations.

In addition to receiving the **Driver of the Month Award** at Moen's recent safety meeting, James Sams was presented the One Million Mile Award.



Pictured are Chris Conner, Moen Senior Dispatch, Ron Covert, CPC Regional Manager, James Sams, Ken Pruitt, CPC Division Manager and Rob Sonnenberg, Moen Section Manager Truckload Operations.



Safety Manager Tip of the Month CRUISE CONTROL- YES or NO?



John Schlichter

Conventional cruise control systems have been in place on commercial vehicles for more than 40 years. During this time, governments and public safety organizations continue to investigate the risks and benefits of using these systems.

BEST PRACTICES FOR USING CRUISE CONTROL

Pros of Using Cruise Control

Reduced strain on right leg
More consistent speed control
Less likely to drive above speed limit
Less speed fluctuation improves fuel mileage

Cons of Using Cruise Control

Reduced situational awareness
Increased driver fatigue
Reduced eye movement & reaction time
Increase in distracted driving
Reduced space cushion
Increased stopping distance
Reduced speed modulation ability
Increased risk of hydroplaning

- Use cruise control when on an open highway & in clear weather.
- Limit the cruise control to no more than 30 minutes at a time & alternate with manual speed control.
- Do not utilize cruise control in heavy traffic or while driving in adverse weather such as rain, fog, ice or snow.
- Keep your feet on the floor, positioned so that you can easily activate the brake & accelerator pedal.
- Maintain a high level of alertness when cruise control is active.



The use of cruise control on commercial vehicles is an effective short-term method to provide a break from right leg fatigue during long-term application of the accelerator pedal. Prolonged use increases the risk of collisions including rear-end, lane changes and run-off-the-road accidents, because of increased mental fatigue, reduced situational awareness & increased reaction times. Use your cruise control system appropriately & in the right environment. **DRIVE SAFE & HAPPY HOLIDAYS!**

Driver of the Month Presentation



Jeremy Hughes, a CPC Logistics employee assigned to Bridgestone Americas Tire Operations in Lebanon, Tennessee, is shown receiving the October 2018 Driver of the Month Award. Presenting the award were Mike Kazy, CPC Logistics, and Steve Clayton, Bridgestone.



Joe Janusz assigned to John Deere Shared Services in Davenport, Iowa was recently presented the September 2018 Driver of the Month Award.
Congratulations, Joe!



James Sams assigned to Moen, Inc. in Kinston, North Carolina was presented the February 2018 Driver of the Month Award at a recent safety meeting. Pictured are Chris Conner, Moen Senior Dispatch, Ron Covert, CPC Regional Manager, James Sams, Ken Pruitt, CPC Division Manager and Rob Sonnenberg, Moen Section Manager Truckload Operations.



DIABETES



Diabetes screening and prevention - More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases. And many adults with prediabetes don't even know they're in the danger zone. In order to identify those individuals and help minimize the likelihood of developing type 2 diabetes, the United States Preventive Services Task Force (USPSTF) recommends diabetes screening as part of a cardiovascular risk assessment for adults 40 through 70 years of age who are overweight or obese.

Diabetes screening - There are several different tests used to screen for diabetes.

- Hemoglobin A1C
- Fasting blood sugar (FBS)
- A two-hour oral glucose tolerance test (OGTT)

The American Diabetes Association recommends diabetes screening for everyone at age 45. The ADA also recommends screening for adults younger than 45 if they are overweight or obese and have one or more risk factors for diabetes. Follow-up screening is recommended at least every three years for a negative result depending on risk factors, and at least annually for people with prediabetes.



Diabetes prevention - Before someone develops type 2 diabetes, they almost always have prediabetes – fasting blood sugar (glucose) levels between 100 - 125 mg/DL (higher than normal, but not yet high enough to be diagnosed as diabetes).

Prediabetes is a red flag for future diabetes risk and is your opportunity to make

changes to help avoid type 2 diabetes and its serious health consequences. Recent research shows that long-term damage to the body, especially the heart and blood vessels, may already occur during prediabetes. Fortunately, research also shows that if you take action when prediabetes is detected, you may be able to delay or prevent type 2 diabetes.

IF YOU HAVE PREDIABETES, IT IS IMPORTANT TO:

- **Seek counseling and instruction on weight loss if you are overweight.** Even modest amounts of weight loss in persons who are overweight will help to reduce the risk for developing diabetes. Include follow-up counseling for your weight loss – it increases your chance for success.
- **Increase your physical activity.** Talk with your health care provider before beginning a new exercise program. Start slow and gradually increase the intensity and the number of minutes.
- **Get a fasting blood sugar test** every year to check for diabetes.
- **Work with your physician** and take action on your other risk factors for heart disease (tobacco use, high blood pressure, high cholesterol).
- **Talk with your doctor** about whether taking metformin to prevent type 2 diabetes is right for you – especially if you have a high BMI, are 60 years old or greater, have a history of gestational diabetes and/or your A1C continues to increase despite lifestyle changes. If you've been diagnosed with prediabetes, this is your chance to help avoid type 2 diabetes. **Don't let your opportunity slip away.**

What to ask your doctor about diabetes

If you think you might need to speak to your doctor about diabetes, topics to ask about include:

Your weight and your risk

- Does being overweight raise my risk for diabetes?
- What changes to my diet or activity level do you recommend?

Blood sugar monitoring

- Should I be checking my blood sugar?
- If so, how often, and what is my target goal?

Hemoglobin A1c testing

- Are my test results at or near the American Diabetes Association's recommended goal of less than 7 percent?
- How can I improve my number?

Diabetic kidney disease

- Can controlling my blood sugar or blood pressure lower my risk for kidney damage?
- Do I need to be on a medication to protect my kidneys?

Foot problems

- Should I be checking my feet on a daily basis?
- Do I need a comprehensive foot exam annually?
- If I have tingling in my feet or a sore that will not go away, should I seek medical treatment?
- Do I need special shoes or foot care products?

Other

- Do you recommend I receive any specific screenings or immunizations?
- How can I take my medicine on days when I cannot eat because I am sick?

Did you know...?

- More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.
- More than 84 million US adults—over a third—have prediabetes, and 90% of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).
- In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight or obese.



SAFETY AWARDS

1 YEAR

Akin Jr, Eddie
Anthony, Mark
Bagley, James
Blaker, Donald
Crummie, Reid
D'Agostino, Thomas
Davis, Lee
Emling, Scott
Gamboa, Hector
Guerra, Cristobal
Hall, Joshua
Henderson Jr, Terry
Hilt, Jeffery
Kim, Chris
Knight, William
Mareus, Terry
McDonald, Stephen
Piloto, Johnny
Rojas, Johnny
Trimbur, Frank

2 YEARS

Abbott, James
Beaver, Philip
Bryan, John
Campbell, David
Cojulun Siquina, Francisco
Gladson, Robert
Hazel, Joseph
Ramos, Marangelli
Speaks, Jeremy
Wigle, Robert
Willis, Dwayne

3 YEARS

Brigham, Ronald
Davies, Jeffrey
Gallina, Louis
Groover, Leslie
Kujundzic, Ivan
Milledge, Anthony
Reyes, Jose
Young, Daniel

4 YEARS

Bennett, Jeffrey
Campbell, Carlos
Cardinal, Jason
DeYoung, William
Dovel, Gary
Gumer, Daniel
Merritt, Jeffrey
Stepherson, Michael
Wheeler, Joseph

5 YEARS

Banks, Jonathan
Dates, Xavier
Dice, Michael
Mann, Steven
Merritt II, Stephen
Piantadosi, Michael
Simmons, Matthew

6 YEARS

Buckner, Perry
Carver, Kent
DeVoe, Nile
Holmes, Terrance
McWhite, Jewel
Nichols, William
Paul, Richard
Rosillo, Christopher

7 YEARS

Hitchcock, Jerome
Hockenberry, James
Lewis, Stefan
Martin, Michael
Padgett, Darryl
Torres, Pablo
Vazquez, Rickey
Vellucci, Kenneth
Weeks, Matthew
Wilke, Kenneth
Williams, Michael

8 YEARS

Chunis Jr, Joseph
Farron, Sherwood
Martin Jr, Wayne
Quarles Jr, John
Salvino, Peter

9 YEARS

Alire, Jr., Ronald
Armendo, Michael
Bentosino, Lowen
Berry, Robert
Detorio, Ronald
Lakie, Paul
Merk, Stephen
Perreault, Robert
Raulerson, Timothy
Stege, Glenn
Taylor, Robin

10 YEARS

Georges, Sintilien
Hall, Randy
Mazzuchelli, Paul
Quinn, Edward
Sloan, Anthony
Williams, Thomas
11 YEARS
Chavez, Manuel
Morton, Michael
Wilson, Kenneth

12 YEARS

Brown, Errol
Davis, Larry
Ingram, Donald
Lutts, Kenneth
McKay, Jerome
McLean, Anthony
Perry, Brian
Reichenbach, Robert

13 YEARS

Gooch, Johnny
Gurule, Karl
Higgins, Robert
Raines, Reginald
Sullivan, James
Whitten, Timothy

14 YEARS

Buckingham, David
Haynes, Gary
Lasenby, Leslie

15 YEARS

Chamberlin, Daniel

16 YEARS

Chrosicki, Peter

18 YEARS

Buckner, Stevie
Hall, Robert

19 YEARS

Cuminale, Peter
Farley, Christopher
Goodnough, Miriam

21 YEARS

Paine, Thomas

22 YEARS

Derderian Jr, Robert

23 YEARS

Williams, Keith

26 YEARS

Davenport Jr, Wilton
Otte, Bruce

33 YEARS

Bednarz, Lloyd
Capps, John

35 YEARS

Keller, Earl
37 YEARS
Whaley, Jerry



Recipe: Mini-Pumpkin Tarts

Ingredients:

- 8 oz light cream cheese
- 30 Mini-Nilla wafer cookies
- ¼ cup light sour cream
- ¼ cup Splenda Sugar Blend
- 1 egg
- ½ tsp vanilla extract
- ¾ cup canned pure pumpkin
- ½ tsp ground cinnamon
- 1 pinch ground nutmeg

Directions:

1. Preheat oven to 350 degree
2. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup.
3. In medium bowl, add remaining ingredients and mix with an electric mixture until smooth.
4. Fill each muffin cup with pumpkin-cream cheese mixture.
5. Place muffin pan in oven and bake for 30 minutes or until done.

Serve cool.

