



LOGISTICS

OCTOBER 2018

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

CPC Logistics & Walgreen Company

40 Years

of Partnership



THE BEST DRIVERS DRIVE CPC



40 years

The Walgreen Company and CPC Logistics, Inc. recently celebrated 40 years of outstanding business partnership.

CPC first provided drivers to Walgreens in June of 1978, starting with 2 drivers based in the Omaha, Nebraska area. Since that time the partnership has grown to over 1200 drivers in over 175 locations across the US and Puerto Rico. The success is directly related to the outstanding performance of our drivers who consistently perform their duties safely with a high level of service at a controlled cost.

Jacob Klingbeil, Walgreens Director of Supply Chain – Fleet Operations, presented a plaque to Butch Wallis, CPC Executive Vice President, commemorating this anniversary at a meeting at Walgreens Corporate Office in Deerfield, IL. The award was accepted on behalf of our tremendous group of drivers, past and present, and is now proudly displayed in our CPC Corporate Office.

Thank you to our many CPC team members who have helped to make this partnership a wonderful success! We look forward to growing towards the next 40 years.

A SPENDING PLAN FOR RETIREMENT

Congratulations, you're about to retire! Your many years of hard work have paid off, and now it's time to finally take it easy. So, how do you plan to spend your time? Traveling? Golfing? Visiting your relatives? However you want to enjoy your retirement, you need to think about how you're going to spend your money.



Don't Rush In - It's important not to be impulsive when you first retire. While you may feel you deserve an exotic vacation or a new car, immediately splurging might not be a smart move. You should determine how much retirement money you can afford to withdraw each year.



No False Assumptions - Make sure you carefully calculate how much you will really need to withdraw from your savings. If you just make some general assumptions, you could end up taking out more than you should and risk running out of retirement funds down the road.

Also, don't assume you won't need retirement income for very long and, thus, that you might as well spend a lot of your money right off the bat. Depending on your age at retirement and how healthy you are, you could be retired for over 30 years. With many retirees living active lives well into their 80s, you may want to prepare for a long retirement so that you don't risk outliving your savings.



Keep Track of Expenses - Write down all the expenses you anticipate you will have once you retire. Work-related expenses will likely be reduced. Depending on your anticipated lifestyle, recreational and travel expenses may increase.

If you plan to relocate, remember to figure in all the costs associated with moving. And, if you will have to pay for part or all of your health care, make sure you include those expenses, too.

Look at Your Investments - While you may focus on the amount



of retirement savings you've accumulated, also project the investment return your savings will generate. The higher your return, the longer your savings are likely to last. In recent years, you may have shifted more of your portfolio into fixed-income investments to help preserve the value of your principal. However, you may want to keep a portion of your funds in stocks so that your portfolio will have the potential to produce returns that outpace inflation.



Anticipate Inflation - During your savings years, inflation had an impact on the future buying power of your money. Inflation will continue to have an impact once you retire, especially if your retirement lasts a long time. Over a 30 year retirement, even a low inflation rate can erode the value of your savings. So consider the rate of inflation when you determine your savings withdrawal rate.



Talk to Your Financial Professional - When it comes to spending your retirement savings, it's important to get it right. Your financial professional can help you figure out how much you can withdraw from your savings so that you achieve your retirement goals and have enough to last throughout your retirement.



Monitor Your Plan - Once you retire and have a spending plan in place, you'll want to review your plan periodically. You may need to make adjustments if your investment returns are lower than anticipated, the rate of inflation increases, or your spending needs change significantly.



RECENT SAFETY MEETING

**BRIDGESTONE AMERICAS TIRE OPERATIONS –
PERRYSBURG, OH – SEPTEMBER 28, 2018**



L to R: John Tedrick, Trent Daniels, Tiffany Lowe, Gary Abbe, Scott Bechstein, Anthony Maran and CPC Safety Manager John Schlichter

TMH TRANSPORT – PRYOR, OK – OCTOBER 4, 2018



1st Row L to R: Tre' Glass, Charles Plemmons, Terry Lane, Jacob Kingfisher, Brian Vance, Keith Vance, Justin Henderson, Lance Sullivan and CPC Fleet Supervisor Nathan Simmons

2nd Row L to R: Richard Fenner, Richard Jones- CPC Division Mgr., Jim Ponder- CPC Division Mgr., Paul Oliver, Wayne Lane, Rodney Williams, Zach Green, London Shrum, Chris London

**BRIDGESTONE AMERICAS TIRE OPERATIONS –
WOODRIDGE, IL – OCTOBER 12, 2018**



1st Row L to R: Kenneth Lewis, Drew Bernklau, Thomas Szweda, James Volante, Caleb Centeno and Dennis VanHorn

2nd Row L to R: Dawn Cameron, Thomas Bove, Richard Wall, John Bienemann, Donald Fenlon, Lushawn Smith and James Mooney

3rd Row L to R: Thomas Sudberry, Thomas Bonner, David Grant, Frank Gilliam, Leodis Thomas, Jodie Coogler, John Holland and Richard Helton

**JOHN DEERE SHARED SERVICES –
PRYOR, OK – OCTOBER 3, 2018**



L to R: Roger Tison, Orvel Ledford, Ken Edelman, Billie McDaniel and Wayne Allison

JOHN DEERE DRIVER APPRECIATION COOKOUT



Drivers assigned to the John Deere Shared Services accounts in Davenport, Iowa and Milan, Illinois were recently celebrated with an appreciation cook-out. Approximately 80 people were in attendance, including Deere & Company officials, CPC Logistics employees and Penske personnel. The delicious meal included smoked chicken and pulled pork which was prepared on the famous Hogzilla smoker by CPC Regional Manager John Fitzgerald, CPC Division Manager Jim Ponder and CPC Division Manager Richard Jones.



CONGRATULATIONS TO THE SEPTEMBER 2018 CPC DRIVERS OF THE MONTH

EASTERN DIVISION

JEREMY HUGHES

Bridgestone Americas Tire Operations - Lebanon, TN

JAIME J. RIVAS, JR.

Benjamin Moore & Company - Clifton, NJ

MIDWEST DIVISION

JOSEPH P. JANUSZ

John Deere Shared Services - Davenport, IA

WESTERN DIVISION

BRIAN S. BUSATH

Walgreen Company - Woodland, CA

CANADA DIVISION

STEWART SISLER

John Deere Private Fleet - Grimsby, ON



Safety Manager Tip of The Month Driving Too Fast for Conditions

Isaac Harmon

Driving too fast for conditions is defined as traveling at a speed that is greater than a reasonable standard for safe driving.

Examples of conditions where drivers may find themselves driving too fast include:

- * Wet roadways (rain, snow, or ice)
- * Reduced visibility (fog) * Construction zones
- * Curves * Intersections * Heavy traffic

The Large Truck Crash Causation Study (LTCCS) reported that 23 percent of large-truck crashes occurred when commercial motor vehicle (CMV) drivers were traveling too fast for conditions.



* You should reduce your speed by 1/2 or more on snow packed roads (i.e., if you would normally be traveling at a speed of 60 mph on dry pavement, then on a snow-packed road you should reduce your speed to 30 mph). When you come upon slick, icy roads you should drive slowly and cautiously and pull off the road if you can no longer safely control the vehicle.

* **40 percent of speeding-related fatalities occur on curves.**

* Braking in a curve can cause the wheels to lock up and the vehicle to skid.

* Even though ramps and interchanges make up less than 5 percent of all highway miles, 20 to 30 percent of all large truck crashes occur on or near ramps. Loaded trailers require 20 to 40 percent more braking distance than passenger vehicles to come to a complete stop. Give yourself plenty of stopping distance. Remember, you control the space in front of you!

F	Focus on your environment and conditions.
A	Adjust your speed to account for increased stopping distance and give yourself more space!
C	Control the environment around your vehicle by creating more space.
T	Take your time and allow more time to travel from stop to stop.

SAFETY IS A **GPG** FACT



Real ID is Here! Updating Your Old Commercial Driver's License

Beginning October 1, 2020, every domestic air traveler will need to present a Real ID Driver's License, a Real ID identification card or a passport in order to board a domestic flight or to enter military bases and secured federal facilities. If you want to continue to use your COMMERCIAL Driver's License at these check points you will need to apply for a Real ID card at your local DMV.

The Real ID Act was passed by Congress to make fraudulent identification harder to obtain and use. Those interested in applying for a Real ID Commercial Driver's License are required to visit a DMV field office in person and present specific documentation:

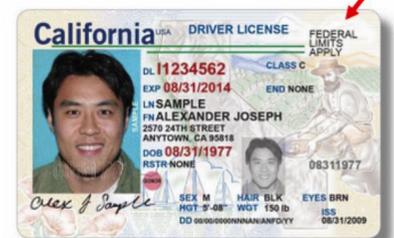
- ✓ Proof of Identity (Certified US birth certificate, valid US passport, employment authorization document, permanent resident card, foreign passport with an approved form I-94)
- ✓ Proof of Social Security Number (Social Security Card, W-2 form, paystub with full SSN)
- ✓ Proof of Residency (Mortgage statement or lease agreement, home utility bills, school documents)
- ✓ Name Change Documents (certified copy of a marriage certificate or certified copy of a divorce decree are required if you have legally changed your name)

For more information visit the Official website of the Department of Homeland Security at: www.dhs.gov/real-id

CARD OPTIONS:



REAL ID Driver License –
with bear and star marking



Federal Non-Compliant Driver License –
with "Federal Limits Apply" marking



Success Story

Nurse Advocate Program

Lockton Nurse Advocates engage with a variety of participants, all of whom are at different stages in their health journey.

Here is one member's story.

After receiving poor results on his biometric screening, Larry began participating in the Nurse Advocate Program. He was overweight, prediabetic, hypertensive and had high cholesterol. His Nurse Advocate suggested a low carbohydrate, or keto, diet.

This way of eating was easy for Larry to follow as a truck driver and he didn't feel as hungry even though he was eating less food overall. He worked with the nurse to determine which foods were best for his diet and experimented with new recipes to help keep his meals interesting. Almost immediately, Larry's weight began to drop, as did his blood pressure.

After 18 months, Larry is nearly 60 pounds lighter and has a normal blood pressure. He is no longer prediabetic, nor does he have high cholesterol. His doctor fully supports his new lifestyle and is proud to see Larry exercising regularly and maintaining his weight loss. Larry has noticed he has more energy and feels better than he has in a long time. He enjoys passing along the advice he received to anyone willing to listen!

Lockton's Nurse Advocate team continues to connect with Larry even though it has been two years since his journey toward better health began. The nurses are available to guide participants every step of the way, and remain a form of support and motivation as long as needed.

I really must thank you for all the wonderful advice you have given me over the past two years. It really was life changing and amazingly simple to follow!

—Larry Hess, LNA participant





BIOMETRIC SCREENING: KNOW YOUR NUMBERS - EXTEND YOUR LIFE

A biometric screening will help you to understand the state of your health so that you can take the necessary steps to improve it. During the screening, a medical professional will collect several measurements – such as height and weight – and take a sample of your blood that will be used to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle related complications.

KNOW YOUR TARGET NUMBERS - It's not enough to just know your results. You also need to know your target numbers so you can put that information to work, whether that means lowering your blood pressure, adjusting your BMI or simply maintaining the healthy targets you've already hit.

BLOOD PRESSURE - Blood pressure is the pressure of the blood on the walls of the arterial blood vessels (blood vessels that carry blood from the heart to other parts of the body). The top number, or systolic pressure, is the peak pressure on the blood vessel. The lower number, or diastolic pressure, occurs when the heart relaxes between beats. Normal blood pressure is less than 120/80 mmHg (millimeters of mercury). Pre-hypertension is defined as a blood pressure in the range of 120-139 over 80- 89. High blood pressure is diagnosed when multiple readings are above 140/90 mmHg.

WAIST CIRCUMFERENCE - Carrying extra weight around the middle puts people at a higher risk for heart disease, some types of cancer and diabetes. Women should aim for a waist measurement of 35 inches or less, while men should stay at 40 inches or less.

BODY MASS INDEX (BMI) - Body Mass Index is an estimate of body fat. Your waist circumference is a measure of where body fat is stored. BMI calculations are a reasonably good indicator of healthy weight in most people (but may not be accurate in very muscular people or in the elderly). In general, the higher the BMI, the higher the risk for diseases such as heart disease, high blood pressure, diabetes and others.

CHOLESTEROL - Cholesterol is a fatty substance found throughout the body that helps build hormones, Vitamin D and substances that help you digest foods. The body produces all the cholesterol it needs for normal functioning, but too much dietary cholesterol can be harmful.

TYPES OF CHOLESTEROL:

LDL cholesterol (Low Density Lipoprotein)

LDL cholesterol sticks to the walls of the arteries and contributes to plaque formation. It may be called “bad” cholesterol because high levels are associated with increased risk of coronary artery disease.

There is no single “target” for everyone. Rather, the target or goal values will depend on your specific situation. These targets depend on your age, whether you have heart disease, stroke, or blood vessel disease, and whether you have diabetes. Establishing targets for a response to treatment is also complicated. Remember! There is no target number you can focus on. You will need to discuss your cholesterol with your doctor to know what is right for you.

HDL cholesterol (High Density Lipoprotein)

HDL has a role in the removal of LDL (bad) cholesterol from the arteries. High levels of HDL are frequently found in people who have a lower risk for heart disease. For this reason, HDL has been called “good” cholesterol. In fact, it is not certain if the HDL is the actual cause of lowered risk. It is also not certain if raising the HDL, by itself, is as beneficial as once thought.

Normal ranges for HDL are males ≥ 40 and females ≥ 50 If your level is lower than this, talk with your health care provider about ways to increase it.

Triglycerides

Triglycerides are the most common form of fats in your bloodstream. The role of triglycerides in heart disease is being re-evaluated. However, all agree that very high levels of triglycerides should be treated with medications. Healthy lifestyle habits continue to be an important way to reduce your risk for heart disease and diabetes. For some people however, medications along with a healthy lifestyle may be necessary.

Normal ranges for triglycerides are 45-149. If your level is higher than this range, talk with your health care provider about ways to lower it.

Total cholesterol

The total cholesterol number reflects the LDL cholesterol, the HDL cholesterol and a fraction of the triglyceride level. Unless this number is extremely high, total cholesterol is not as useful in practice as LDL. The total cholesterol number may be used in certain medical calculations. There is no single “target” for everyone. Rather, the target or goal values will depend on your specific situation.

Blood glucose (blood sugar)

Blood glucose, or blood sugar, is sugar from food that the bloodstream carries to your cells to supply energy. Your body should regulate blood glucose levels so they are neither too high nor too low. It is important to measure glucose as an indication of the presence of diabetes.

Test	Normal	Prediabetes	Diabetes
Fasting Blood Glucose***	less than 100 mg/dL	100 - 125 mg/dL	126 mg/dL or higher
Hemoglobin A1c	below 5.7%	5.7 - 6.4%	6.5% and greater

*Any test for diagnosis of diabetes requires confirmation with a second measurement unless there are clear symptoms of diabetes.

**For this test to be accurate, you should not eat or drink anything except water for at least 8 hours before the test.

IMPORTANT! These target numbers are used for screening/diagnosing diabetes and/or prediabetes. They are NOT the same target numbers used in the treatment of diabetes.

SAFETY AWARDS

1 YEAR

Almeida, Steve
Astorga, Vernardo
Ballard, Japheth
Battle Jr, Frank
Carter, Nathan
Combee, Winston
Cooper, Troy
Cunningham, Justin
DeGood, David
Dupree, Morris
Emrich, Keith
Garcia JR, Benito
Howell Jr, Jerald
Huckeba, Wayne
Koch, Natalie
Lawson, Anthony
Lewis, James
Loaiza, Carlos
Lusena, Jason
Mayfield, Andra
Mitchell, Eric
Penaloza Ortegon, Fabio
Perkins, Marcus
Pestridge, Daniel
Pledger, Aldon
Pobutkiewicz, John
Russell, Prentice
Scheck, James
Schneider, William
Smith, James
Spears, David
Toala Ponce, Frank
Watkins, Terry
Williams, Kevin

2 YEARS

Adeyanju, Tony
Batey, Wesley
Beckwith, Christopher
Braden, Gregory
Brown, Taz
Caba, Gregorio
Caballero, Enrique
Carter, Coby
DePietro, Derek
Feliciano, Michael
Garcia Jr., Rodolfo
Greathouse, Brian
Guerra, Tim
Howard, Jesse
Kresge, Kevin
Lugo Dasta, Raul

Maley, Charles
Matheson, James
Menzies, Antonio
Moncada, Juan
Parker, Edward
Pointer, Albert
Porter, Eric
Prado, Melvin
Segarra, Julio
Stevens, Austin
Wheeler, Todd
Wickum, Douglas
Williams, Thomas

3 YEARS

Bell, Willie
Blakut, Jason
Carter, Tyron
Cheeks, William
Chesher, Jerry
Cornelius, Jonathan
Davis, Jr., David
Devivo, John
Diaz, Eduardo
Duncan, Kevin
Ferrell JR, Charles
Harris-Brown, Deon
Hicks, Rodney
Holbrooks, Dallas
Knighton, Archie
Kohler, Kevin
McCain, Brandon
McCombs, Joseph
Oswalt, John
Regnier, Andrew
Rosario, Francisco
Salabsky, Michael
Spiller, Keithwick
Thomas, Dale
Thompson, Michael
Uribe, Juan
Volina, Jesme
Whetstone, James
Williams, Lynn
Wright, Timothy

4 YEARS

Anderson, James
Arredondo-Richmond, Nathan
Boone, Ryan
Byars, Jason
Christie, Larry
Diaz, Manuel

Felty, Eric
Fluharty, Jarold
Frasier, Michael
Frederick, Curtis
Matheson, Furgus
McGinnis, Lloyd
Miller, James
Mitchell, Hubert
Perkins, Patricia
Smith, Earnest
Stamm, Bradd
Steely, Ricky
Williams, Jeffrey

5 YEARS

Bearden Jr, Hilton
Benitez, Ricardo
Caplinger, Timothy
Chumley, Roger
Conner, William
Ganoe, Ronald
Hale, Terry
Heard Jr, Lemuel
Iglesias, Carlos
Metzger, Robert
Morgan, Bennie
Nixon, Jeremy
Orriols, Alfred
Oswald, Lawrence
Pandolfo, James
Perez, Teddy
Peters, James
Reeves, Jr, Billy
Seefong Jr, Theodore
Taylor, Gerry
Valentine, Robert
Velez, Roberto
Watts, Daniel
Weil, Ralph
Wildowsky, Wil
Yeager, James
Young, Kenneth

6 YEARS

Alred, Edward
Arango, Julian
Baird, Chester
Bennett, George
Brown, James
Cartwright, Charles
Grizzard, Deborah
Harton, Lester
Jones Jr, Leonard

Lay II, Frederick
Mahan, Mark
Maydole, Jonathon
Mayne, Donald
Ortiz, Ricardo
Pereira, Roberto
Sheffield, Jermi-
chael
Smith, Shon
Stanley, Aaron
Thierer, Anthony
Zwilling, William

7 YEARS

Austin, Christopher
Barnett, Paul
Dudley, Larry
Dykes, William
Hunter, Bernard
Ingram, Charles
Jones, Mark
Leseman, Brian
Milano, Brian
Null, Stephen
Taylor, Thurman
Vera, James
Walls, Steven
Williams, Phillip
Wills, Matthew

8 YEARS

Brown, Robert
Cook, Phillip
Ferrell, Christopher
Frederick, Brian
Gaviria, Jose
Kyratzis, George
Mira, Raul
Nunn, David
Ramirez, Hugo
Rushing, Gene
Sims, Anthony

9 YEARS

Acevedo, Angel
Devries, David
Francis, Joshua
Raible, Cornelius
Sherbeck, Michael
Streker, Mark
Taylor, Horace

10 YEARS

Avery, Richard
Beckwith, Jeffrey
Fishleigh, Michael
Henry, James
Loucks, Cory
Maddes, Sidney
Selin, Milo
Starr, James

11 YEARS

Caulder, Timothy
Hartman, Brian
King, Terry
Kitchens, Marvin
Radermacher, John
Tyus, Robert
Watson, Mary
12 YEARS
Byers, Rudy
Cowan Jr, William
George, Michael
Gilbert, Calvin
Simonson, Robert
Sims, Jeffrey
Sweet, Robert
Swindall, Harlan
Whitten, Ricky

13 YEARS

Bagwell, Jerry
Brewer, Bobby
Chaffee, William
Ligon, Ernest
Lovelace, Steven
Runfola, Benjamin
Smith, Bobby
Taylor, Terry
Turley, Virgil

14 YEARS

Nicks, Robert
Parker, Steven
Sladek, Ernest
Stevens Jr, James
Vincent, George

15 YEARS

Grimm, Steven
Huyett, Rodney

Joyce, Kevin
Large, Larry
Ramos, Angel
Smith, Franklin
Wilson, Lewis

16 YEARS

Glenn, Allen
Pugh, Gary
Shoopman, Jeffery
Spellman, Lawrence

17 YEARS

Connolly, Dana
Kline, Richard
Mills, Sr, Leone

18 YEARS

Cryder, Todd
Diaz, Alexis
DuBois, Timothy
Jefferson, Cassie
Kemmerer, Mark
Rice, Robert
Rivas Jr, Jaime
Sabin, Eugene
Sams, James

19 YEARS

Susnosky Jr, Robert
Tandal, Nathan

20 YEARS

Harmon, Barry

21 YEARS

List, Frederick
Moreau, Jean-Guy

23 YEARS

Purdy, Robert
Wasiewicz, Kenneth

26 YEARS

Edwards Sr, Sher-
man

27 YEARS

Chestnut, Robert
Sullivan, George

28 YEARS

Mahar, Ronald