

A MONTHLY NEWS PUBLICATION OF CPC LOGISTICS, INC.



TATVEM TALK

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PHIL NEFF

THE BEST DRIVER DRIVE CPC



MEET PHIL NEFF

Phil Neff has been with CPC Logistics for almost 16 years and is assigned to drive for Walgreens in Orlando, Florida.

Phil is a hard worker who goes above and beyond expectations. His fellow drivers have great respect for him and often will seek his advice and knowledge. Walgreens dispatch can always count on him to get the job done in a safe & timely manner. They have relied on Phil on many occasions to help when in crisis, even on his days off.

With close to 10 years of accident-free driving, safety is a vital part of Phil's success. He is a professional driver with excellent customer service skills. "I have great respect for Phil," states Ken Pruitt, CPC Division Manager. "From the way he approaches his daily job, his positive attitude, his willingness to do what he can to help our customer and other drivers, he is always the model of the professional driver. When we are in need of drivers to volunteer to work in other locations, Phil is always the first to respond. I am truly thankful for him and the job he does each and every day"

Away from the job, Phil enjoys collecting antiques, looking for treasures on the beach with a metal detector and going to Tampa to see his daughter, Samantha as often as possible.

"I really appreciate all the great people I work with at CPC and Walgreens," says Phil, "especially my fellow drivers who always look out for and help each other. For me, it's impressive how CPC & Walgreens are willing to work with drivers to accommodate them whenever possible."

Phil is another great example of the CPC Motto The Best Drivers Drive CPC!

THANK YOU



Consumers do not give much thought as to how food, clothing, household goods, etc. make it to their cities and into their homes, but we all owe a debt of gratitude to the professional truck drivers who drive the trucks that bring the goods. Without the hard work and dedication of these drivers, our way of life would come to a grinding halt. CPC would like to take a moment to extend our heartfelt thanks to each and every one of our drivers for working hard and going the extra mile to keep the supplies of our customers moving. Your commitment, professionalism and safe driving has shone bright throughout this past year. We are proud of you and thank you for the job you do each day.



WELCOME TO CPC

We would like to welcome the newest drivers to CPC Logistics who recently signed on to run a new route for Walgreens from Amarillo, Texas to Denver, Colorado. We are happy to have you with us and wish you all safe travels!

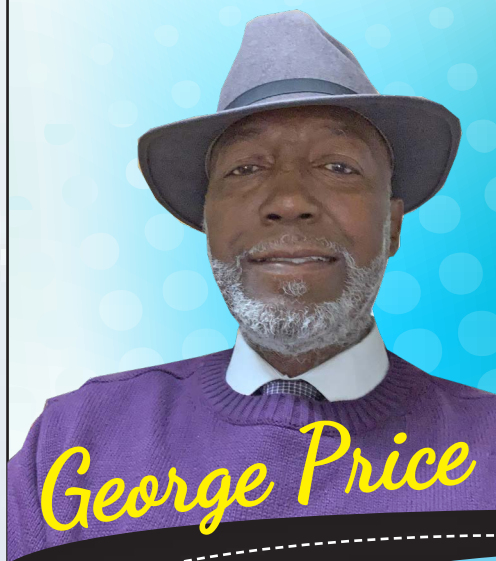


15 YEAR SAFETY AWARD

Deison Colon was recently presented the 15 Year Safe Driver Award by CPC Operations Manager, Jose Chompre. Deison has been assigned to the Walgreens domicile in Puerto Rico since March 2004.

CONGRATULATIONS!

CPC LS - January 2021 Driver of the Month



George Price

**Congratulations
to George Price**
on being selected CPC LS
East Division Driver of the
Month for January 2021!

DECEMBER DRIVER OF THE MONTH



STUART SHUCK

Congratulations to Stuart J. Shuck on being awarded the December 2020 Driver of the Month Award. Stuart is assigned to John Deere Shared Services in Davenport, Iowa.



DRIVERS OF THE MONTH

CPC EAST DIVISION

Harold Kratz has been selected Driver of the Month for January 2021. Harold. He has been with CPC since August 2006 and is assigned to the Walgreens domicile in Sarasota, Florida. Harold's greatest assets are his dependability, his willingness to help other drivers and his professional approach to his job. He always makes a great first impression when representing CPC and Walgreens.

Daniel E. McEachron has been with CPC since January 2019 and is assigned to the Walgreens domicile in Nazareth, Pennsylvania. He is being recognized with the Driver of the Month Award for January 2021 for his safe, dependable driving and for the professional delivery service he provides to Walgreens. Daniel is an asset to our company and well-deserving of this award.

CPC CANADA



Randy E. Moisan has been chosen as January 2021 Driver of the Month for the Canada Division. Assigned to John Deere Canada in Grimsby, Ontario, Randy has been employed with CPC since August 2011. He is focused on his job and can be depended on in any circumstance. Randy's commitment to the job and his impeccable work ethic make him a great asset to the Fleet.

CPC WEST DIVISION

Ronnie W. Bennett has been chosen as Driver of the Month for the West Division for January 2021. He has been employed with CPC since September 2011 and is assigned to Walgreens in Jenks, Oklahoma. Ronnie has been a relay driver in the past, but has been peddling for the last several years for Walgreens. He is a great team player and his work ethic is always being praised by the dispatch team. We appreciate his hard work and dedication to getting the job done.

Bryan L. Gregson is being awarded the Driver of the Month Award for January 2021. Bryan has been with CPC since August 2007 and has been assigned to Walgreens in Yreka, California since that time. He is a dependable, safe driver who has proven himself to be a valuable asset to both CPC and Walgreens. Bryan runs a nightly round-trip relay route from Yreka to Coburg, Oregon, driving through a mountainous terrain area which can be hazardous during the winter season due to snow and ice. Bryan earned his One Million Mile Award in August of 2019.

CPC LS

George E. Price, Jr. has been selected as the January 2021 Driver of the Month for the East Division of CPC Logistics Solutions. George came to CPC LS with a solid safety record in January 2020 and is currently assigned to Continental Silverline in Houston, Texas. He presented flexibility with order placements prior to his retaining his dedicated opportunity. George always arrives on time and he is always prepared. We are proud to have George as part of the CPC LS team.

Kyle Adams is the CPC LS West Division Driver of the Month for January 2021. He has been with CPC LS since July 2019 and was originally assigned to Blueline in Denver, Colorado. However, for the past 4 months Kyle has been assigned to drive for HD Supply, also in Denver. He continues to present a professional attitude, is reliable and he maintains a great safety record. We are very proud to have Kyle as a member of the CPC family, as he is a true professional.



FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

Learn how to spot and prevent cancer - Cancer can affect people of all ages, genders and ethnicities. That's why it's so important to become familiar with the warning signs and make sure you're taking advantage of potentially life-saving health screenings. After all, lowering your risk of cancer can be one of the keys to a longer, healthier life for you and your loved ones.

1 BREAST CANCER: Women age 50 to 74 at average risk for breast cancer should receive a mammogram every two years. Some experts recommend different ages to start screening and different screening frequencies. If you are over 40, talk to your physician about what is right for you.

3 SKIN CANCER: Men and women should report any unusual moles and warts or changes in skin to their doctor. Also talk to your doctor if you are at increased risk of skin cancer.

6 PROSTATE CANCER: Men should begin screening at age 55 and continue until age 69. Starting at age 45, men at higher than average risk of prostate cancer should talk with a doctor about the uncertainties, risks and potential benefits of testing.

2 CERVICAL CANCER: Women should begin screening at age 21 and repeat every three years until age 65 OR every five years from age 30 to 65 if using a combined pap smear and human papillomavirus (HPV) screening.

4 COLORECTAL CANCER: Men and women should begin screening at age 45 and continue until age 75.

RECOMMENDED CANCER SCREENINGS

5 LUNG CANCER: Men and women age 55 to 80 should receive a yearly lung cancer screening if they have a history of heavy smoking and smoke now or have quit within the past 15 years.

10 CANCER-PREVENTION STRATEGIES



1 BE SUN SMART: The most common form of cancer in the U.S. is skin cancer, striking about 1 million Americans each year.



2 PUT A LIMIT ON ALCOHOL: Drinking alcohol is linked to a greater risk of mouth, throat, voice box, esophageal, liver, breast and probably colorectal cancer.



3 GET SCREENED: Talk to your health care provider about screening recommendations.

4 AVOID CHEMICAL EXPOSURE: Chemicals found in the environment, including some workplaces and certain hobbies, can raise your risk for many types of cancer, including kidney and bladder.

5 STAY PHYSICALLY ACTIVE: Studies show physical activity helps to maintain a healthy weight, and it may lower the risk for breast and colon cancer.

6 EAT HEALTHY AND MAINTAIN A HEALTHY WEIGHT: Eat a diet rich in fruits, vegetables, whole grains, nuts and lean meats.



7 QUIT TOBACCO: Tobacco use is the biggest risk factor for cancer – and not just lung cancer.

8 REMEMBER RADON: Radon, the second leading cause of lung cancer, occurs naturally as radioactive elements in rocks and soil gradually break down.

9 GET IMMUNIZED: Some viral and bacterial infections are associated with cancer. Discuss vaccinations with your health care provider.



10 AVOID RISKY SEXUAL BEHAVIORS: Sexual activities such as having sex with multiple partners and/or unprotected sex between non-exclusive partners may lead to sexually transmitted diseases and/or other serious infections, including HPV, HIV and AIDS.



POSSIBLE CANCER SIGNS AND SYMPTOMS

While the following signs and symptoms are often caused by something other than cancer, they could be your body's way of telling you that something isn't right. Listen to your gut and get checked out if they are persistent or if you have a combination of problems.

- Persistent back pain
- Long-term constipation or diarrhea
- Pain or difficulty when urinating
- Unexplained weight loss
- Excessive fatigue that doesn't get better with rest
- Skin, mole or wart changes, or sores that don't heal
- Lumps or thickening in the testicles or breast area
- Nagging cough or hoarseness
- Unusual bleeding or discharge
- Indigestion or trouble swallowing
- White patches in mouth or on tongue



Safety Manager Tip of the Month

Watch for black ice!

Old Man Winter has been at it again. Most of the country has been experiencing below normal temperatures. To make matters worse, many areas that have received the accompanying snow and ice, such as the South, are not equipped to handle it.

When snow is falling so furiously that it limits visibility or when ice covers the road creating slick conditions, even the most experienced driver can be caught in precarious situations. Add a big rig to the mix and the risks become even greater.

Experienced, professional drivers are aware of the hazards of driving in such weather and compensate by paying particular attention to the route details of driving. No one wants to be stranded in cold weather. Special attention is given to vehicle inspections, and truck stop talk centers around road conditions. Everyone knows the dangers of driving commercial vehicles on snow and ice covered roads.

In addition to the usual snow and ice, there is an unseen enemy on the highways during cold weather; black ice! Black ice is probably the most dangerous condition you will encounter on the highway during winter months. The extreme danger is so great because the condition is totally unexpected. Black ice is the condition that results when the temperature drops so fast that light rain or moisture freezes on the road into a smooth, sometimes invisible and extremely slippery surface. The road surface looks entirely normal.

The only defense against black ice is to be aware that the condition exists and of the consequences of encountering it.



Keep your mind on your driving and memorize these helpful tips:

1. Remember that rapidly falling temperatures and moisture on the roadway are ideal conditions for the formation of black ice.

2. Keep your eyes on the spray being thrown by vehicles in front of you. As long as you can see spray, the roadway has not frozen over entirely. If there is a sudden lack of spray from the tires and other vehicles.... watch out! Conditions are prime for black ice.

3. You can check for the formation of ice by rolling down your window and feeling for ice crystals forming on your mirror mounts. If ice is present there, you can safely bet that it will be on the highway as well.

Remember, when road conditions are bad, you are a professional driver. While it certainly is important that your load gets delivered, **it is more important that you arrive there safely!**

WINTER DRIVING: BE PREPARED FOR EVERY SITUATION



It's important to check that you have the right equipment before you start your journey, especially during the harsh winter months. Make sure you are ready for every possible situation and be sure to check that you have the following items on hand:



❶ **De-icer and ice scraper** – front and rear windshields must be clear of snow and ice before you set off



❷ **A shovel and a bag of sand or salt** – minor roads are not always immediately cleared and salted so it can be quite easy to get stuck



❸ **Jumper cables** – just in case your truck (or someone else's) won't start



❹ **A warm blanket and extra warm clothes** – it is a good idea to carry extra clothes in case you get stranded



❺ **Food and water** – just in case you get stuck and are waiting for recovery or help



❻ **At least half a tank of gas always** – journeys may take longer than planned or you may need to find alternative routes



❼ **A flashlight**



❽ **A high-visibility jacket**