BEST DRIVERS DRIVE CPC

CPC has some of the best drivers in the Transportation Industry and each month we are going introduce you to one of them.

Meet MIKE COTUMACCIO

“Dedicated Professional” two words that perfectly describe Mike Cotumaccio. Mike is a CPC driver assigned to True Value in Allentown, PA since March 1993. Over the course of time he has built relationships with the True Value Store owners and staff that he delivers to a point of being almost considered family. Recently Dan Basovitch, owner of J&M Hardware, sent an email to True Value stating that Mike is the most jovial, enthusiastic & caring person. He drives his big rig through NYC like it’s a mini van able to maneuver the rig where other drivers cannot. On behalf of everyone at CPC we would like to echo the sentiments expressed by Mr. Basovitch. Each of us who have worked with you has the deepest respect for your ability as a driver and even more admiration for you as a person. Your positive attitude and optimistic outlook on life lifts up everyone you contact. This is an amazing quality and you do “brighten everyone’s day”! It is truly an honor to have you as a representative of CPC and True Value!

Mike finishes his deliveries with a resounding “Who Delivers the Most Value, True Value”.

In New York, Mike has to drive between parked cars with 1” clearance on each side. He accomplishes this by getting out of the truck and folding in the parked car’s mirrors.

Mike you truly exhibit the best qualities of a professional truck operator and stand as a true example that “The BEST drivers drive CPC”!! Thank you Mike!!.. Butch Wallis VP Eastern Operations

There’s no value like

Mike Cotumaccio
True Value Driver–

- 8x National Rodeo Allentown Representative
- 2006 National Rodeo Champion
- 21 years with True Value

True Value
START RIGHT. START HERE. truevalue.com
Divisional Drivers Of The Month

**EASTERN DIVISION**

**Edward Patrick Quinn** has been selected as Driver of the Month for January 2015 for the Eastern Division. He has been assigned to Walgreen Company in Jupiter, Florida since June 2006. Ed has worked and performed above expectations in the areas of peddle, driver trainer, relay, doubles and yard driver. He is a reliable, professional and dedicated employee who takes his job seriously while making safety a top priority. Respected by his coworkers, Ed’s strong work ethics have helped raise the standards of the driver team at the Jupiter location. He is a true model of what a CPC driver is all about.

**Cedric Ervin** has been selected as Driver of the Month for January 2015 for the Eastern Division. He has been assigned to Walgreen Company in Pelham, Alabama since April 2008. Cedric is a proven asset to CPC as he has a great attitude, is always efficient in his work and is able to complete the job. In addition to his normal duties, Cedric serves as a lead trainer of new CPC employees learning relay and delivery. His attitude and professional approach always make Cedric a joy to work with and he is a great example to others.

**WESTERN DIVISION**

**Sandra Orwig** has been selected as Driver of the Month for January 2015 for the Western Division assigned to John Deere Shared Services in Davenport, Iowa since April 2008. Sandra works as a team driver with her husband Phil. She has driven a variety of the John Deere network routes throughout the Midwest, Northeast and Southeast regions of the United States through all types of weather and traffic conditions providing time sensitive delivers to Deere dealerships and customers, all while maintaining and accident free record. Sandra’s positive attitude and safety record are exceptional making her a great representative of the CPC driver team.

**Wendy Johnson** has been selected as Driver of the Month for January 2015 for the Western Division. She has been assigned to Walgreen Company in Tonopah, Arizona since December of 2000. Wendy is an enthusiastic, professional employee with high personal standards and strong customer service skills. She was recently recognized by the Walgreen Company for her outstanding Driving Performance Leadership in 2014. She maintains an accident free record and has qualified for the Million Mile Award for 2015. Wendy has shown that she is well deserving of this Driver of the Month award.

**CANADA DIVISION**

**Randy Packham** has been selected as Driver of the Month for January 2015 for the Canada Division. He has been assigned to John Deere Fleet in Grimsby, Ontario since March 2004. In that time, Randy has established a strong reputation for his dependability and professionalism. Recently, as he was approaching a multi-vehicle accident in Michigan he could see that traffic in his rear-view mirror was travelling too fast for road conditions. Randy pulled his truck a safe distance from the accident scene and parked it so that a car ahead of him was shielded from the speeding approaching traffic. His power unit was clip, as was the car; however, Randy is credited for shielding the car from fatal damage. The car owner stated he would have been killed had it not been for Randy’s professionalism and quick actions. Randy is a true asset to both John Deere and Huron.

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**CPC Safety Manager Tip of the Month…..John Schlichter**

**Night Driving**

**Facts:**
- Traffic death rates are 3 times greater at night.
- 90% of a driver’s reaction depends on vision.
- Depth Perception, Color Recognition & Peripheral Vision are compromised after sundown.
- A Large number of night-time accidents are single vehicle, run-off-the-road crashes.

**Hazards:**
- **Vision:** Allows your eyes at least 2 minutes to adjust from light to darkness.
- **Glare:** Drivers can be blinded by oncoming headlights. Divert your eyes to the right of the road when vehicle passes.
- **Fatigue:** Drowsiness limits concentration & slows reaction time. If sleepy, get off the road and take a break.
- **Lighting:** Speeds must be low enough to stop within the distance that your headlights illuminate.

**Tips:**
- Keep all lights, windows & mirrors clean.
- Make sure headlights, blinkers & brake lights are working properly.
- Reduce speed and increase following distances.
- If necessary, take a break. Stopping for a light snack or stretching exercises can help alleviate drowsiness.
- Be prepared to take evasive action.

**REMEMBER:** It’s always better to arrive late than not at all...**DRIVE SAFE!!!**
DRIVER OF THE MONTH AWARD PRESENTATIONS

DALE ANTOSH
assigned to Bridgestone Tire in Abbotsford, BC is shown with his Driver of the Month for September 2014 for the Canada Division.

JASON SAVAGE
assigned to Walgreen Company in Pendergrass, AL is shown receiving his Driver of the Month for November 2014 for the Eastern Division. Pictured L to R: Ken Pruitt CPC Division Mgr, Jason Savage, Mitch Price Walgreen Business Process Mgr and James Eunice Walgreen Transportation Mgr.

MILLION MILE AWARD PRESENTATION

DAVE RUX
assigned to NW Foods in Sauk Centre, MN is shown with his Million Mile Award.

GARY PETERSON
assigned to NW Foods in Rochester, MN is shown with his Million Mile Award. Pictured L to R: Harriet Peterson and Gary Peterson.

JULIUS LEWIS
assigned to Bridgestone Americas Tire Operations in Woodridge, IL is shown with his Million Mile Award. Pictured L to R: Dave Flaws BATO Supervisor and Julius Lewis.

CPC SPOTLIGHTS:

CPC and New South Express in Lincoln, AL held a Driver Appreciation Barbecue, October 2, 2014 at the CPC Lincoln AL office. What an event with over 50 drivers and families participating along with Sammy Brown and Tim Compton NSE Managers. Scott Moormann, CPC Division Manager and Dave Lay, CPC Operations Mgr grilled chicken, burgers and hotdogs with Joyce Lay, Regina Mendez and Ramie Matson helping with the preparations. Butch Wallis, CPC VP of Eastern Operations expressed how much he enjoyed spending time with the drivers and their families.

Special Thank-You to all the CPC Employees assigned to NSE for their dedicated work and for making this event a great success.

CPC News Flash

CPC is happy to announce that Greg Boyington is our new Safety Manager in the Southeast and will be working out of the CPC Atlanta, Georgia office. He has an extensive background in the transportation and safety industry and will be a great addition to the CPC team. Welcome Aboard Greg!

Winner of the Best 2014 Employee Safety Tip

Timothy Ryan

The CPC Safety Committee had a difficult time selecting a final winner due to all the great safety tips that were submitted, so a special Thank-you goes out to everyone that participated in the Employee Safety Tip contest.

“TEST YOUR TRUCK TRANSPORT KNOWLEDGE”

1) At 55 mph, how far does a large truck need to travel before it can stop?
2) According to the AAA (Automobile Association of America) which driver was found to be primarily responsible for fatal accidents between a car and a truck by 98%?
Recent CPC Safety Meetings

BRIDGESTONE AMERICAS TIRE COMPANY
Portland, OR – December 6, 2014

Front Row L to R: Rob Koyoma, Nathan Tandal, Jeff Beckwith, Alfredo Rosell, Ed Holmquist, Chris Armstrong, Dean Williams and Kelly Flores.
Middle Row L to R: Steve Hansen, Taz Brown, Tom DeGarmo, Wolfgang Copeland, Steve Mann, Bill Marbut and Kevin Jacobs.

Front Row L to R: Willie Fobbs, Jimmie Hillard, Stephenie Stanley and Greg Basnight.
Back Row L to R: Tim Minga, Maurice Hedgepath, Jeff Lynch, Tom Gurganus and Michael Dickerson.

Roanoke Rapids, Rocky Mount and Wilson NC – December 15, 2014

TOYOTA QUALITY PARTS EXPRESS
Aurora, IL – November 22, 2014

Front Row L to R: Perry Croft, Lance Kuntz, Randy Richardson, Joseph Benhan and Dwayne Wilson.
Back Row L to R: Walter Frueh, Marcel Vallot, Robert Thomas, Glenn Fortune and Jeremy Becker.

Torrance, CA – November 8, 2014

Front Row L to R: Andy Medina, Ariel Mazariegos and Favio Salguero.
Middle Row L to R: Leonard Montes-Corrall, Manuel Ramos, Robert Encinas, Novri Ngamba, Paul Romin, Angel Angeluar and Luis Sanchez.

WALGREEN COMPANY
Moreno Valley, CA – December 15, 2014

Front Row L to R: Mark Fountain, Jose Contreras and James Taliaferro.
Middle Row L to R: Angel Perez, Joe Gutierrez, Delvin Harrington, Douglas Gutierrez, Oscar Gallardo, Luis Silva, Antonio Abarca and Frank Edeza.
Back Row L to R: Jose Martinez, Nasario Sandoval, Moises Moreno, James Plaza, Richard Valentine, Andy Castello and Jake Cotant.

Front Row L to R: Ronnie Young, Lamar Fleming, Bertha Weathers, Elizabeth Pittman and Junior Addison.
Back Row L to R: Sheila Knotts OWL Dispatch, Frank McFadden, Michael Toney, Howard Callaway, Donald Fullard, Al Muir, Jake Staley and Christy Gardner OWL Dispatch.

Torrance, CA – November 8, 2014

Front Row L to R: Julio Cervantes, Jose Esquer and Senovio Guzman.
Middle Row L to R: Victor Pabon, Jerame Anderson, Jose Gaytan, Segundino Reyes, Jorge Guevara and James Pennington.
Back Row L to R: Miguel Villegas, Rodrigo Vega, Scott Craven, Ignacio Licea, Juan Gonzalez, Salomon Martinez and Ruben Londono.

ONE WORLD LOGISTICS
Florence, SC – December 13, 2014

Front Row L to R: Gerald Tainter and Jesus Fierros.
Back Row L to R: Mark Yahrus, Rene Trachsel and Ruben Velasco.
Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to a heart healthier you!

What is heart Disease?
In Coronary Heart Disease (CHD) the coronary arteries that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material called plaque, build up inside the arteries. When plaque blocks an artery, it’s hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

Signs of a Heart Attack:
- Chest Pain or a feeling of pressure, squeezing or fullness
- Pain or discomfort in the upper-body - arms, back, neck, jaw, upper stomach
- Trouble breath - while resting or being active
- Feeling sick to your stomach or throwing up
- Feeling dizzy, light-headed or unusually tired
- Breaking out in a cold sweat

Don’t ignore Changes!
Sign of a heart attack often come on suddenly. But sometimes they develop slowly - hours, days or even weeks before a heart attack happens.

Most Important, TAKE ACTION!
Have your cholesterol and blood pressure checked regularly. Know your family history of heart disease, give up smoking, drink only in moderation, eat healthier and add a little walking to your schedule every day.

Keep Your Heart Healthy at Every Age

DOT MEDICAL GUIDELINES CARDIOVASCULAR DISEASE

(3) A person is physically qualified to drive a commercial motor vehicle if:
(i) That person meets the physical qualification standards in paragraph (b) of this section and has complied with the medical examination requirements in § 391.43; or
(ii) That person obtained from FMCSA a medical variance from the physical qualification standards in paragraph (b) of this section and has complied with the medical examination requirement in § 391.43.

49 CFR Part 391.43: Documentation of an echocardiogram with a LVEF of ≥ 40.

When a claim is received and your last other insurance update is more than 12 months old, UMR will deny all claims until you complete a new update. It does not matter what the dollar amount or diagnosis is on that claim. You will be sent an explanation of benefits (EOB) denial form like the example shown here.

When you get an EOB denial for other insurance update, please respond quickly so your claims are promptly considered.

You have a specific time frame based on your insurance plan. If you do not have other insurance, it is critical to let UMR know that you have no other coverage.

How the process works
When a claim is received and your last other insurance update is more than 12 months old, UMR will deny all claims until you complete a new update. It does not matter what the dollar amount or diagnosis is on that claim. You will be sent an explanation of benefits (EOB) denial form like the example shown here.

Electronic cigarettes (e-cigarettes) are battery-operated products designed to turn nicotine and other chemicals into vapor. These products are often made to look like cigarettes, cigars, pipes and pens. The Department of Health and Human Services (DHHS) says e-cigarettes may contain ingredients that are known to be toxic to humans. Because clinical studies about safety and e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA) there is no way of knowing if they are safe, which chemicals they contain, and how much nicotine is being inhaled.

E-Cigarettes have many unknowns, including the health effects of long-term use. Some may wonder if they may be useful for smokers who are trying to quit. However, there are no e-cigarettes approved by the FDA for therapeutic use, so they cannot be recommended as a cessation aid.

For smokers who want to quit, the HHS recommends FDA-approved treatments proven to be safe and effective, including nicotine gum, lozenges, nasal spray, skin patches and anti-smoking prescription medications.
“We can complain that rose bushes have thorns, or we can rejoice that thorn bushes have roses.”

....Abraham Lincoln

Did You Know . . . Trucker must produce new documentation for TWIC enrollment.

Truckers are among the more than 2.8 million workers enrolled in the Transportation Security Administration program, required for those needed unescorted access to secure maritime facilities. On February 1, 2015, the fee will drop $1.75 to $128.00 because of a decrease in FBI fingerprint processing charges. This does not affect the already reduced fee of $105.25, available to applicants with current, comparable background checks.

The TSA is also changing enrollment requirements of U.S.-born citizens. On July 1, 2015, these applicants must provide one document from the agency’s List A or two documents from it’s List B. These changes are to align TWIC proof-of-citizenship requirements with the Hazardous Material Endorsement and other TSA programs. Requiring proof of citizenship at enrollment will ensure all applicants meet eligibility requirements, the agency said.

Dates To Note: FEBRUARY

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<tr>
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<tbody>
<tr>
<td>1</td>
<td>Super Bowl</td>
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<td>2</td>
<td>Presidents’ Day</td>
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<td>12</td>
<td>Happy Birthday Lincoln</td>
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<tr>
<td>14</td>
<td>Happy Valentine’s Day</td>
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<td>16</td>
<td>Happy Birthday Washington</td>
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<td>17</td>
<td>Groundhog Day</td>
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<td>19</td>
<td>Chinese New Year</td>
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<tr>
<td>22</td>
<td>Happy Birthday Washington</td>
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Answers to Test your Truck Knowledge:
1) Twice the length of a football field.
2) The car driver.

February 2015 is observed as:
Black History Month
National Children’s Dental Health Month
American Heart Month
Parents Leadership Month

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