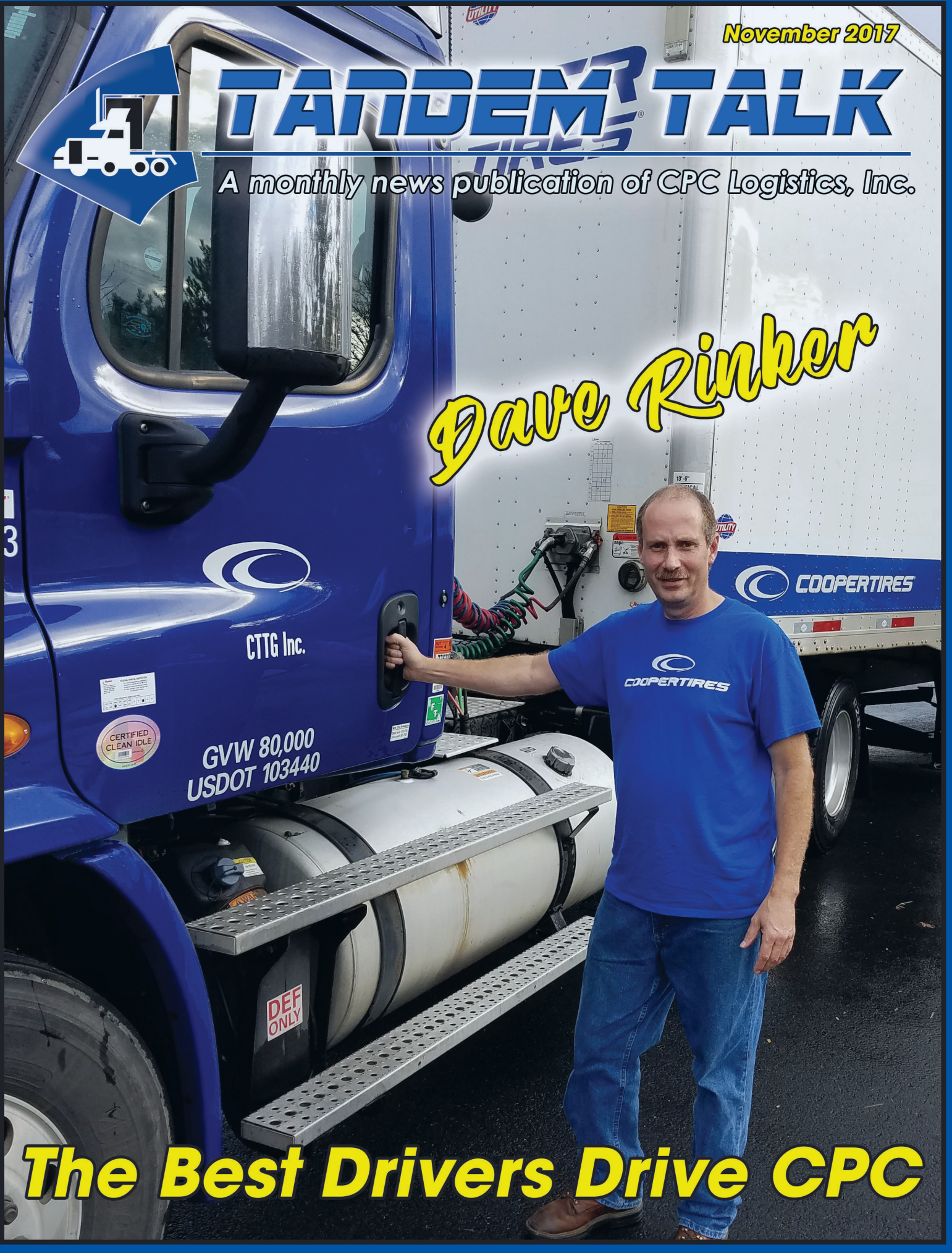
November 2017

TANDEM TALK

A monthly news publication of CPC Logistics, Inc.

Dave Rinker



The Best Drivers Drive CPC

MEET DAVE RINKER

Dave Rinker started his driving career in 1982, giving him 35 years behind the wheel. For 17 of those years he drove for PCA delivering corrugated products on the East coast.

In 2012 Dave began driving for Cooper Tire out of the Alburtis, Pennsylvania domicile where he is consistently one of our top performers. Additionally, Dave serves as a driver trainer for this account. "Dave is a well-rounded and reliable employee," states Kim Dotter, Dispatcher for Cooper Tires. "He has an outstanding relationship with all our customers."

Dave is a US Air Force veteran, serving 4 years active duty and 2 years in the reserves. "I have travelled the whole world," says Dave. "I served in Germany, Italy, Spain, the Middle East, Asia, Korea, Canada, South America – literally, the whole world." His position in the Airforce was logistics, moving everything including personnel, food, supplies and heavy equipment anywhere and everywhere. His more memorable assignments were moving Special Ops Teams.

Dave has been married for 27 years to his wife, Darlene. Dave says, "She puts up with me." In his downtime he enjoys reading, hiking with his family and deep sea fishing with his children.

Thank you Dave Rinker for your service to our country and for representing CPC Logistics every day in a professional manner.

You are another example of why we say……. **THE BEST DRIVERS DRIVE CPC!**

IMPORTANT NOTICE

DOT Final Rule On Expanded Opiates

It's official! Effective January 1, 2018, The Department of Transportation is amending its drug-testing program regulation for safety-sensitive positions to include expanded opiates to its drug-testing panel. Under the new revisions of CFR 49 Part 40, a DOT drug screening will test for four semi-synthetic opioids **(i.e., hydrocodone, oxycodone, hydromorphone, oxymorphone).** Some common names for these semi-synthetic opioids include OxyContin®, Percodan®, Percocet®, Vicodin®, Lortab®, Norco®, Dilaudid®, Exalgo®.

The new 5-panel expanded opiates urine analysis will consist of: Amphetamines (Meth) • Cocaine • Marijuana • Opiates • Hydrocodone • Hydromorphone • Oxymorphone Oxycodone • Phencyclidine (PCP)

"The opioid crisis is a threat to public safety when it involves safety-sensitive employees involved in the operation of any kind of vehicle or transport," United States Secretary of Transportation Elaine L. Chao stated in the press release about the addition of these opioids to the DOT drug testing panel. "The ability to test for a broader range of opioids will advance transportation safety significantly and provide another deterrence to opioid abuse, which will better protect the public and ultimately save lives."

CONGRATULATIONS TO THE OCTOBER 2017 DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Phillip J. Reeves
Walgreen Company
Anderson, South Carolina
Hire Date: August 2007

Stephenie F. Stanley
Walgreen Company
Wilson, North Carolina
Hire Date: September 2010

MIDWEST DIVISION

Stephen P. Barela
Walgreen Company
Sweetwater, Texas
Hire Date: November 2010

WESTERN DIVISION

Michael T. Martin
North America Pipeline Company
Yucca, Arizona
Hire Date: July 2010

CANADA DIVISION

Steve Smith
John Deere ULC
Grimsby, Ontario
Hire Date: February 2010

CPC DRIVER LARRY MUNDY AND REGIONAL MANAGER DAN BUCKLEY SPENT TIME EARLIER THIS MONT WITH THE 5TH GRADE CLASS FROM HERITAGE ELEMENTARY SCHOOL FOR CAREER DAY. STUDENTS WER ABLE TO GET AN UP CLOSE VIEW OF A WALGREENS TRUCK AND TRAILER AND LEARN THE ASPECTS OF DOT DRIVING CAREER. WE APPRECIATE LARRY AND DAN TAKING THE TIME TO MEET WITH THESE-STU DENTS AND PROUDLY REPRESENTING BOTH CPC LOGISTICS AND WALGREEN COMPANY.

RECENT CPC SAFETY MEETINGS

BRIDGESTONE AMERICAS TIRE OPERATIONS – MINNEAPOLIS, MN – NOVEMBER 17, 2017

1st L-R: Miroslav Skokanek, Mohamed Hussein, Perry Nunn and Michael Nyberg
2nd L-R: James Moser, Travis Gonier, Timothy Reineke and Brian Sorenson

WALGREEN COMPANY – ROGERS & SAVAGE, MN – NOVEMBER 7, 2017

L-R: Tonia Keleekai, Nguyen Le, David Tykwinski, Mark Schwalbe, Douglas Knutson, Michael Hartwig, Trevor Knox and Perry Heaton

JOHN DEERE SHARED SERVICES – JONESBORO, GA – NOVEMBER 14, 2017

L-R: Rodney Flanagan & Derrick Moreland

WALGREEN COMPANY – CONCORD, NC – OCTOBER 23, 2017

L-R: Mark Murphy & Tony Henderson

WALGREEN COMPANY – MENOMONIE & BALDWIN, WI – NOVEMBER 16, 2017

1st L-R: Peter Kellso
2nd L-R: Leon Peck, Adam Nelson, David Whitman, Dean Cretsinger, Safety Supervisor & John Evered

WALGREEN COMPANY – ROCHESTER, MN – OCTOBER 30, 2017

L-R: Jonathan Schaitel, CPC Operations Manager, Daniel Fink and Donald Rongve

JOHN DEERE SHARED SERVICES – CONNEAUT, OH – NOVEMBER 21, 2017

L-R: Craig Sholtis, Bobby Warren, Keith Kurelowech

BRIDGESTONE AMERICAS TIRE OPERATIONS – PERRYSBURG, OH – NOVEMBER 3, 2017

1st row L-R: Tiffany Lowe, Michael Harris & Trent Daniels
2nd row L-R: Elliott Wheeler, Jeffrey Rhymer & Galen Vent

BRIDGESTONE AMERICAS TIRE OPERATIONS – WOODRIDGE, IL – NOVEMBER 10, 2017

1st row L-R: John Bienemann, Richard Wall, Marcin Baniak, John Gordon, Thomas Szweda, Donald Fenlon, Dennis VanHorn, James Mooney, Thomas Bowe and Richard Helton
2nd row L-R: Julius Lewis, Kenneth Lewis, Victor Donelson, Leodis Thomas, David Grant, Jodie Coogler, Rodrigo Nieto, Jermaine Dawson and John Holland

Million Mile Award

Jeffery Morris assigned to Bridgestone Americas Tire Operations in Woodridge, Illinois recently earned his Million Mile Award. Presenting this award to Mr. Morris were Dave Flaws, CPC Account Supervisor and Rich Doubek, BATO Transportation Manager.

Celebrating his Million Mile Award achievement is **Rich Moughler.** Rich is assigned to John Deere Shared Services in Davenport, Iowa.

CONGRATULATIONS, RICH!

CPC driver **Darryl Redding** recently achieved his Million Mile Award status. Darryl is assigned to Walgreen Company in Tallahassee, Florida.

DRIVER OF THE MONTH

Jerry Harrison was awarded the August 2017 Driver of the Month Award for the Eastern Division. Jerry is assigned to Walgreen Company in Rosedale, Maryland.

Douglas Fennell received the May 2017 Driver of the Month Award for the Eastern Division. Doug is assigned to the Walgreen Company in Butler, Pennsylvania.Maryland.

SPECIAL RECOGNITION

On Friday, October 20th, **Charles Shields** was recognized for over 37 years at CPC Logistics. Charles started as a driver with CPC, assigned to the John Deere account in Grimsby, Ontario. Back in the day, the drivers assigned to Deere not only did dry van work, but also did flat deck delivery of equipment to dealers across Canada. His travels took him all across Canada, in addition to numerous trips to the Quad Cities. Charles has always been a very dependable driver and a great team player. His safety commitment has been proven by the fact that he has never had an at-fault accident at CPC!

Charles is now a Driver Trainer and Safety Supervisor and works out of the Grimsby office. He is very thorough and his efforts are recognized by the numerous PMTC Fleet Safety Awards that the Deere Fleet has accumulated over the years.

Thanks for your efforts Charles and Congratulations on a remarkable milestone!

Pictured L to R: Son-in-law Jamie, daughter Taylor, Charles and his wife Ruth Ann

Congratulations and Happy Retirement to Art Stephens. Art has been assigned to Avery Dennison in Fort Wayne, Indiana since 2002. CPC Logistics would like to thank you for your many years of dedicated, professional service and wish you lots of happiness in this next chapter of your life.

L - R: Art Stephens and his wife, June

All Star Attitudes

It is said that we learn from our own experiences as well as the experiences of others. In September of this year, 22 of the nation's top private fleet drivers were recognized as National Driver All-Stars. The recognition, co-sponsored by the National Private Truck Council and International Truck/Navistar, Inc., honors those private fleet drivers who have demonstrated exceptional performance in the areas of customer service, safety, compliance with company standards, regulatory compliance and community service.

So, what can we learn from these award winning drivers? What characteristics do they display that we can put into our daily routines? And what attitudes are worthy of emulation?

1. Each operates with a "Golden Rule" mentality. That is: they treat others the way they would want to be treated. Whether it's a customer, another highway user or a company employee – everybody they come into contact is treated with courtesy and respect.

2. They take care of themselves. A commitment to a healthy lifestyle is an essential part of their daily routine. They show up to work early, well-rested, and fueled with the right kind of foods, with their minds focused on the task at hand.

3. They are calm, emotionally level-headed and well balanced. They don't get excited or stressed and they leave their problems at home. They literally keep their emotions in check and "between the lines."

4. They are patient. They don't over-react to situations that are dangerous, stressful or frustrating.

5. Each is committed to excellence in all facets of their lives. They understand that doing a good job doesn't start and stop at the company gates.

6. They invest in thorough pre- and post-trip inspections to ensure their vehicles remain in peak operating condition.

7. They comport themselves with class and exude optimism. They display great confidence in their ability to help solve customer problems – often before it becomes a problem or before the customer realizes that a problem exists. They handle complex on-the-road challenges effortlessly.

8. They surround themselves with people that share their same values, commitment to safety, and allow them to reach their full potential.

9. They work hard. Each volunteers for extra assignments, helps conduct training, and helps coach other drivers. Often you find them volunteering their time outside the truck cab in numerous community improvement projects.

10. Each displays great pride in all facets of their life. Whether it's the way they keep their truck clean, the way they dress, the way they speak, or the way they service the customer, they respect themselves and all those that they come into contact with.

11. For them, truck driving is not a job. It's a passion that carries a huge responsibility. But each views what they do as more than simply driving a truck. They are genuinely excited about the opportunity to serve the customer safely.

12. They commit themselves to daily renewal; they invest in their continuous learning and improvement.

13. Despite their myriad talents and abilities, they are humble to a fault. They don't do anything for the recognition – they do it because it's the right thing to do.

Take note of these all-star attitudes. By putting them into action, you too can enhance your winning performance.

MEET VALUED PHARMACY SERVICES (VPS)

VPS is here to provide support and improve medication adherence to help you achieve better health outcomes and ultimately reduce your overall cost of care. The VPS clinical team manages a Specialty Copay Savings Program coordinated with Optum. Specialty drugs can often cost thousands of dollars per month and typically have special handling or administration requirements. Specialty drugs are prescribed for conditions such as cancer, rheumatoid arthritis, multiple sclerosis, CML, HIV, and numerous other rare conditions. Examples of specialty drugs include Humira®, Ravicti®, Gilenya®, Neupogen® and Sprycel®. If you are taking a specialty medication, then you may qualify for copay assistance.

- VPS connects you with financial assistance available from manufacturers to cover most if not all of the cost of your specialty medication coinsurance.
- If you or a family member suffer from a rare condition or if you are aware that your medication costs thousands of dollars per month, please contact the VPS Customer Care Team to register for the program.

For more information about the Specialty Copay Savings Program, please contact the VPS Customer Care Team at (888) 201-9175 or via email at customercare@vpsrx.com.

Recipe: Baked Apple Delight

Ingredients:

- 4 medium baking apples
- 4 tsp. frozen apple juice concentrate
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- 8 tsp. dried cranberries or raisins
- 8 tsp. crushed walnuts

Preparation:

- Preheat oven to 350 degrees F. Core apples from stem side, almost to the bottom. Mix apple juice concentrate with cinnamon and nutmeg.
- Fill each apple with one teaspoon apple juice/spice mixture, two teaspoons of dried fruit and two tea spoons of walnuts.
- Pour ½ inch of water around apples. Bake for 20 minutes or until apples are soft, but still holding their shape. Serve warm or cold.
- Splurge with a tablespoon of fat-free whipped topping if desired for a few extra calories.

FIVE MEDICATION HURDLES

How you can overcome them

1. I have difficulty remembering to take my medicine.

• Establish a daily routine of taking your medications with meals (If your medication directions allow you to take them with food), at bedtime or while brushing your teeth.

• Keep your medications handy. Store them next to your bed if you take them at night or in the morning. Keep your medicine in the kitchen if you take with food.

• Set an alarm on your phone to remind you to take your medication.

2. I get confused about what I need to take and when.

• Use a seven-day pill organizer to sort your pills, based on when you are supposed to take them.

• Make a list of the names and strengths of the medications you take, how often you should take them and any special instructions for each medication. It's a good idea to keep a current list in your wallet or purse so you are always prepared.

3. I don't know if I can afford to fill my prescription.

• Ask your pharmacist/doctor if there is a generic option.

• Some pills can be prescribed as a double dose, split in half, and taken one-half pill at a time, giving you two doses for the cost of one. The FDA and other medical professional organizations advise against this unless it specifies in the drug information that it's allowed. Be sure to ask your pharmacist or doctor if this is an option.

• Get a 90-day supply through a mail-order pharmacy.

• Check whether there is a rebate program for your name-brand medication.

Bad things happen when you don't follow directions

Always take your medicine as prescribed

- Ask your doctor or pharmacist if there are any special instructions, including foods and medicines you should avoid, and possible reactions and side effects.
- Read the warning label and instructions for how much, how often, and how long you should take the medicine.
- Never give your medicine to somebody else or take medicine not prescribed for you.
- Keep taking your medicine, even if you feel better. You may need to go off some medicine gradually, and antibiotics must be taken as a full course of treatment.

4. I think that I may be experiencing side effects.

• Talk with your doctor or pharmacist. There may be things you can try. If your medication gives you an upset stomach, you may be able to try taking it with food or milk. Or, if your medication makes you drowsy, you may be able to take it before bedtime.

• Always talk with your doctor before stopping medications.There may a different medication you can take to treat your condition.

5. I keep forgetting to get refills of my medication.

• Ask your pharmacy if they can phone you with a medication refill reminder.

• Use your pharmacy's auto-refill option, if available.

• Set a reminder on your mobile device to notify you when you only have a few days of your pills left.

• See if your pharmacy benefits provider has a smartphone app you can use to remind you to refill your prescription

SAFETY AWARDS

1 YEAR
Aberdeen,Ennis
Aparicio, Jr.,Juan
Aparicio,Alan
Barrera,Teresa
Beckwith,Christopher
Bryan,John
Carrillo Jr,Martin
Deverger III,Victor
Gomez,Nestor
Hightower,Michael
Luevano,Jason
Montoya Gonzalez,Carlos
Patino,Cesar
Taylor,Tyvonte
Umana,Rene
Velazquez,Mariano
Willis,Dwayne

2 YEARS
Alvarez,Fabian
Andrade,Martin
Cremer,Troy
Diaz,Jorge
Gallina,Louis
Garcia,Jose Alberto
Gramillo, Jr.,Eliseo
Helm,Donald
Hopper,James
Kohler,Kevin
Kujundzic,Ivan
Mancia Flores,Leonidas
McNulty,Solomon
Milledge,Anthony
Morales,Francisco
Murphy,Christopher
Nunez,Ruben
Sanchez,Hipolito
Schichner,Brian
Segovia,Rafael

3 YEARS
Anderson,James
Cummings,Marvin
Duncan,Kevin
Gumer,Daniel
Hinojoza,Juan
Kellum,Arthur
LaScala,Darren
London,John
Moreno,Moises
Morris,Robert
Pena,Cruz
Pennington,James
Rodriguez,Roberto
Talabert,Wikenson
Woodfork,Jermaine

4 YEARS
Castro,Gustavo
Crump,Michael
Guzman,Senovio
Hargrove,Lance
Karam,Elias
Lizola,Faustino
Lujan,Cosme
Monfort,Robert
Morales,Juan
Piantadosi,Michael
Slater,Gordon
Valentine,Angela
Yahraus,Mark

5 YEARS
Blair,Joseph
Buckner,Perry
Edeza, Jr.,Francisco
Frausto, Jr.,Edward
Guevara,Jorge
Jones Jr,Leonard
Licea,Ignacio
Paul,Richard
Rosillo,Christopher
Silva,Luis

6 YEARS
Casarez, Jr.,Javier
Hitchcock,Jerome
LaCrue,Gary
Sanchez,Javier
Taylor,Thurman
Vazquez,Rickey

7 YEARS
Brown,Robert
Henry,Douglas
Valdez,Raynaldo
Valentine,Nathan
Vasquez,Jay

8 YEARS
Canones, Jr.,Ronito
Contreras,Jose
Dhaiti,Wilner
Gutierrez Jr,Joe
Mahoney,Michael
Michel,Manuel
Perry,David
Stege,Glenn
Stockus,Richard
Taylor,Horace

9 YEARS
Cervantes,Julio
Harrington,Delvin
Henry,James
Lemond,Frederick
Madrigal,Adrian
Mazariegos,Ariel
Moreira,Jose
Picos,Chesuaf
Quinn,Edward
Sanchez,Isidoro
Sexton, Curtis
Shokry,Kamal
Sloan,Anthony
Tribo,Steven
Valentine,Richard

10 YEARS
Abarca,Antonio
Cruz,Jose
Delapenha,Robert
Joya,Dany
Morgan II,Gerald
Salguero,Favio
Vazquez-Delgado,Juan
Wilson,Kenneth

11 YEARS
Jaramillo,Jose
Martinez,Jose
McKay,Jerome
McLean,Anthony
Ngamba,Novri
Rogers,Thomas
Sandoval Orozco,Nasario

12 YEARS
Aguilar,Angel
Anderson,Jeramie
Fletcher,Jerry
Gonzalez,Juan
Gooch,Johnny
Raines,Reginald
Salinas,Alfredo
Whitten,Timothy

13 YEARS
Haynes,Gary
Johnson,Herman
Medina,Andres
Stevens Jr,James
Taliaferro,James

14 YEARS
Chamberlin,Daniel
Hernandez,Ronaldo
Huyett,Rodney
Smith,Franklin

15 YEARS
Chroscicki,Peter
Dinisi,Tony
Garcia,Rafael
Navarro,Steven
Pugh,Gary
Sanchez,Gonzalo
Toon,Ryan
Velasco,Juan

16 YEARS
Chapman,Cortez
Venhaus,Jeffrey

17 YEARS
Bolin, Jr.,Willie
Buckner,Stevie
Dorado,Jimmy
Hall,Robert
Reno,Willard
Sams,James
Velasco,Ruben

18 YEARS
Cuminale,Peter
Farley,Christopher
Goodnough,Miriam
Ontiveros,Steve
Rios,Victor
Sida,Jose

19 YEARS
Sanchez,Luis

20 YEARS
Dennis,Christopher
Romin,Paul

21 YEARS
Gilman,Billy

22 YEARS
Cooper,William
Purdy,Robert
Tainter,Gerald

23 YEARS
Montes-Corral,Leonardo

25 YEARS
Davenport Jr,Wilton
Elizondo,Eliseo
Fierros,Jesus
Otte,Bruce

26 YEARS
Sullivan,George

32 YEARS
Capps,John

34 YEARS
Keller,Earl

36 YEARS
Whaley,Jerry

37 YEARS
Lloyd,Larry

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