

January 2019



TATUM TALK

A monthly news publication of CPC Logistics, Inc.

Welcome Quality Driver Solutions to the CPC Family!



QUALITY DRIVER SOLUTIONS, AND ITS 14 NATIONWIDE OFFICES WILL HELP THE CPC FAMILY OF COMPANIES BECOME A LEADER IN THE TEMPORARY DRIVER SERVICES INDUSTRY!



CPC Logistics Acquires Quality Driver Solutions

Acquisition Includes Integration of Existing Consolidated Logistics Solutions, Creating a National Footprint

CPC Logistics (CPC), the North American leader in truck driver and warehouse personnel services, has acquired Sacramento, California based Quality Driver Solutions, Inc. (QDS)

QDS, with 12 branch locations throughout the western and southern United States, is expected to complement the temporary and flex driver services already provided by CPC under its Consolidated Logistics Solutions (CLS) brand. The combination of QDS and CLS significantly strengthens and diversifies CPC Logistics' position as one of the top logistics personnel providers in North America.

QDS and CLS will combine under the **Quality Driver Solutions** brand, and will be based in Chesterfield, MO. The combined company will help serve the needs of existing customers of both entities and will establish a national service footprint for Quality Driver Solutions going forward.

"This acquisition will result in forming one of the top temporary and flex personnel services providers to truck fleets of all sizes," said Doug Crowell, President & CEO of CPC Logistics. "We expect QDS to allow us to grow and be more flexible in serving the needs of our private fleet customers. The leadership and team at QDS have built a strong business with an excellent growth record, and we plan to work with them to continue serving the growing needs of drivers and customers. We are very excited to bring the QDS team and their experience into our family of companies."

"CPC brings Quality Driver Solutions a new vehicle to extend its service offerings and increase the QDS brand visibility to new areas. All of our associates are excited to work with the CPC team to make QDS an even bigger player in this space," said Ernesto Lopez, former owner of Quality Driver Solutions, Inc.

"Adding the QDS team to our existing business accelerates our growth plans and quickly moves us forward several years. The increase in market presence and bringing in the QDS talented staff and leaders is very valuable in our tight labor market. Combining talent with our significant investments in technology creates a great new opportunity for all of us at CPC and QDS," added Rodney Graham, who will be leading the new combined QDS.

For more information visit QDS at www.callqds.com.



MEET BIG BILL CHRISTMAN

Bill Christman started driving in 1978 at the age of 18, giving him 40 years of driving experience. At that time, no one would hire a young man with no experience, so Bill purchased his own truck and became an owner-operator. Over the years, Bill built his operation into a small trucking company. By 2000 he had grown B&E Christman, Inc. into a 10 truck fleet. He then sold his business but went on driving. Bill has driven over 4 million miles, from one end of the country to the other, pulling all types of equipment and freight.

Eventually, he joined CPC Logistics in 2014 and is assigned to Benjamin Moore & Company in Johnstown, NY where he has been a great addition and valuable team member. His knowledge of the industry has been a tremendous asset to our drivers and to CPC management.

Bill maintains a perfect driving and injury-free safety record. He has helped train new drivers on our doubles operation, which happens to be his choice of loads.

Changes in the industry have been great as far as Bill is concerned, from heaters and air conditioners to power steering. He laughs when the conversation of power steering comes up as he remembers the times he had to stand up to get enough force to turn the wheels in order to back in. "When the newest equipment change of automatic transmissions came in, I thought I would hate it," says Bill. "But it turned out I was wrong and I actually love it! When you've been shifting gears for 40 years, you really appreciate it."

**Thanks for all of your hard work and valued input, Bill! You are just another example of why we say,
THE BEST DRIVERS DRIVE CPC!**



RECENT SAFETY MEETINGS

WALGREEN COMPANY – ORLANDO, FL – JANUARY 7, 2019



L to R: Mitch Landreville, Lonnie Whatley, Damian Galarza, James Wieland, Johanne Paulino, Shannon Martinez, Eduardo Figueroa, Alfonso Idiaquez, Ricardo Borrero, Harold Savignano, James Burch Sr., Ken Mitchell and CPC Regional Manager Mark Echevarria

2nd Row: Troy McDonald, Phillip Neff, Joseph Harris, Ken Moran, Wil Garcia, Dwayne Williams, Angel Diaz, James Adams, Marlin Pugh, Douglas Masterson, Ulysses Smith, Angel Santiago, Ronald O'Reilly

WALGREEN COMPANY – RICHMOND & FREDERICKSBURG, VA – JANUARY 20, 2019



L to R: Will Stirn, Emir Ljubijankic & Said Cordic
2nd Row: Marc Simmons, Ryan Skorupa, Bryon Witham & Kirk Snelling

NORTH AMERICAN PIPE CORP – LEOLA, PA – DECEMBER 15, 2018



L to R: Jeffrey Davies & Frank Trimbur
2nd Row: Dave Huffer, James Hockenberry, Nile Devoe, Robert Perreault & CPC Operations Manager Art Swank

WALGREEN COMPANY – SUFFOLK, VA – JANUARY 21, 2019



L to R: Darius Vaughan & Bret Bruner

WALGREEN COMPANY – CONCORD, NH – January 14, 2019



L to R: Anthony Long & Mark Murphy

DRIVER OF THE MONTH PRESENTATION



Congratulations to Dana Tice on being awarded the Driver of the Month Award for October 2018. Dana is assigned to John Deere Shared Services in Davenport, IA.



Receiving the Western Division Driver of the Month Award for April 2018 was **Greg Dobrinin**. He is assigned to the Walgreens domicile in Coburg, Oregon. **Congratulations, Greg!**

CPC LOGISTICS, INC.
 Drivers of the Month - December 2018

East Division

Pablo Torres - Bridgestone/Bradenton, FL
 Allen Nelson - Walgreens/Perrysburg, OH

West Division

Ronito Canones, Jr. - Walgreens/Moreno Valley, CA
 Julio Cervantes - Toyota Quality Parts Express/Torrance CA

Canada Division

Jeffrey VanderVelde - John Deere/Grimsby, ON



SAFETY MANAGER TIP OF THE MONTH



Isaac Harmon

DO YOU KNOW WHAT YOU ARE TAKING?

When we go to the doctor as we all have to do from time to time and are prescribed medications, do we really know what we are taking? The FMCSA states that knowing about prescription medications is more than just important; it is a matter of life and death. They

stated that commercial drivers should be aware of what drugs they have been prescribed, how they are to take them and the possible side effects from taking the prescriptions.

It is critical that you know how medication could make you feel and how it can impact your driving ability. When a doctor writes you a prescription, it is very important that you ask six basic questions about the medication.

- Why am I taking this medication?
- How much should I take?
- When should I take it?
- How should I take it?
- What should I do if I miss a dose?
- What are the possible side effects?



You need to know how the medication will affect your ability to drive. Receiving answers to these questions will help you gain a better understanding of how to read the prescription label(s).

Medication interactions can occur when an individual takes two or more medications at one time or on the same day. It doesn't matter whether the medication is prescribed, over-the-counter, or herbal.

Interactions can increase or decrease the effectiveness of the medications. When a medication interacts with other medications, chemicals in your body or even some foods, the combination can cause serious side effects not normally linked with the drug. You can evaluate medication interactions by reading the labels and speaking to your doctor. Some medication labels have warning labels that note foods or medications that are not to be combined with the medication.

Although it is common for family and friends to share medications, the medication prescribed for one person may cause serious problems for others. Medications, particularly those that have a narcotic component, may be habit-forming and may pose a severe risk to safe driving. Side effects such as drowsiness, dizziness and confusion have a direct impact on the focus, concentration and stamina needed for commercial driving. Although the person the medication was prescribed to may not have had an adverse reaction, you may.

As a commercial driver is very important to talk to your doctor about the type of work you do and the physical qualification requirements that must be met to safely operate a CMV.

HAPPY RETIREMENT

TMH Transport driver **Paul Oliver** was surprised at the end of December with a Retirement Party at his favorite Pryor, Oklahoma restaurant.

Paul has been with TMH since April 2014 and was well liked by everyone at the Pryor operation. He decided it was time to retire so that he could spend more time fishing with his elderly father, so he was presented a new fishing rod and reel from CPC Logistics to help get him started on those fishing trips.

Congratulations on your Retirement, Paul!



Paul Oliver



Nathan Simmons, Pryor Fleet Manager, is shown presenting the fishing rod to Paul along with a letter thanking him for his service from CPC Executive Vice President Butch Wallis.)

Ken Moran recently retired after 15 years of service with CPC Logistics. He was assigned to the Walgreens domicile in Orlando, Florida. During a recent Safety Meeting Ken was presented with a Retirement Award by Butch Wallis, CPC Executive Vice President.



Ken Moran

Happy Retirement, Ken!



Heart Disease Awareness

Heart disease is the leading cause of death in the United States. By learning about it now, you can reduce your risk of developing heart disease or recurrent heart problems in the future.

Our knowledge of heart disease continues to change and expand. We do know there are certain risk factors for heart disease. A risk factor is a condition or behavior that increases the likelihood of developing a disease or medical problem.

Some risk factors can be eliminated or reduced (modifiable) and some risk factors can't be changed (non-modifiable). Here are a few examples:

Risk factors for heart disease:	
CAN CHANGE	CAN'T CHANGE
Smoking/smoke exposure	Family history of heart disease
Obesity	Male gender
Inactive lifestyle Diabetes	Older than 50
High blood Pressure	
High Blood Cholesterol levels	

Do any of these risk factors apply to you?

The chance of developing – or worsening – heart-related disease increases greatly with the number of risk factors you have.

Reduce your risk for heart disease by working on the risk factors you can change. If you have diabetes or high blood pressure, work to get it under optimal control.

Signs and symptoms of a heart attack

Indicators can vary between men and women. Some signs of a heart attack are obvious, like a guy in a movie gasping and clutching his chest as he falls to the ground.

Many other signs and symptoms of a heart attack are not so obvious, particularly for women. While both men and women can experience chest discomfort, women are more likely to experience a heart attack without chest pressure.

Some of the signs more common in women are shortness of breath, breaking out in a cold sweat, nausea or lightheadedness and pain or discomfort in other areas of the body, such as the back, neck, jaw or stomach.

Since those symptoms can be milder than uncomfortable pressure or squeezing in the chest or pain in one or both arms, they are more likely to be ignored. That's why it's important to learn the signs. Even if you're not sure it's a heart attack, have it checked out. Minutes matter, and calling 9-1-1 is almost always the fastest way to get lifesaving treatment.

HEART ATTACK WARNING SIGNS

- Chest discomfort
 - Discomfort in one or both arms
 - Back discomfort*
 - Neck pain*
 - Jaw pain*
 - Breaking out in a cold sweat*
 - Stomach pain*
 - Nausea*
 - Lightheadedness*
 - Shortness of breath, with or without chest discomfort*
- * = Symptoms more common in women

TIPS FOR PREVENTING HEART DISEASE

- Meet with your doctor to learn your risk for heart disease
- Quit smoking (You'll cut your risk by 50 percent a year after you quit)
- Start an exercise program
- Modify your family's diet, if needed
- Maintain a healthy weight
- Lower your blood pressure
- Reduce your stress

Recipe: Baked Cauliflower Tots

Ingredients:

- 2 cups grated cauliflower (about half a medium head)
- 1 egg
- 3 Tablespoons flour
- ¼ cup low-fat cheddar cheese
- ¼ teaspoon salt



Directions:

- Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
- Grate cauliflower on large holes of a grater
- In a medium bowl, combine cauliflower, egg, flour, cheese and salt; mix well.
- Press mixture together to make about 15 small balls or logs; place on the baking sheet with space between each ball or log.
- Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
- Refrigerate leftovers within 2 hours

Notes:

- Texture will be best when freshly made.

SAFETY AWARDS

1 YEAR

Drakely, Kristopher
Heredia, Juan
Kellso, Peter
Lebron, Rey
Lugo, Vladymir
Martinez, Ralph
Matos, Rafael
Mortensen, Bruce
Perez, Luis
Prosser, Chad
Rodriguez, Eliseo
Santiago, Angel
Sorensen, Richard
Vilanova, Kris

2 YEARS

Battistini, Roberto
Bou, Luis
Colwell, Ricky
Garcia, Heriberto
Laporte, Wilfredo
Latorre, Hector
Lopez, David
Matos, Daniel
Pagan, Eliseo
Parga, Enrique
Rinker, David
Rondon, Jesus
Schuettpehl, Llewellyn
Velez, Felix
Whitman, David

3 YEARS

Cremer, Troy
Fermato, David
Pruski, Timothy
Santiago, Wilfredo
Schichner, Brian
Todd, Lance

4 YEARS

Alberts, Todd
Espada, Victor
Evered, John
Jaime, Jose
Sanchez, Lucas

5 YEARS

Rivera, Rolando

6 YEARS

Nelson, Adam

10 YEARS

Garcia, Fernando
Pacheco, Miguel
Peck, Leon
Rykal, Raymond

12 YEARS

Covey, Denny

13 YEARS

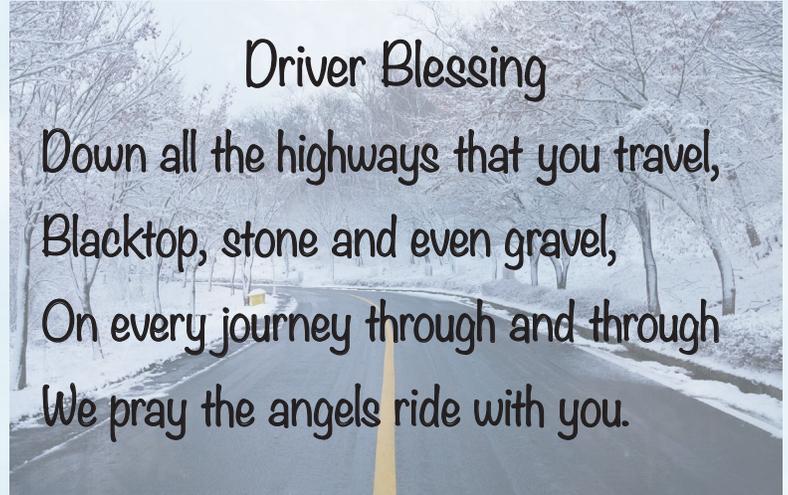
Feliciano, Jose

14 YEARS

Torres, Orlando

18 YEARS

Rongve, Donald
Welch, Kenneth



Driver Blessing

Down all the highways that you travel,
Blacktop, stone and even gravel,
On every journey through and through
We pray the angels ride with you.

AVOID SPREAD OF THE FLU

One way to prevent becoming ill with the influenza virus is to avoid crowded settings and exposure to others who may be infected.

To help protect you in such circumstances, OSHA recommends:



- Stay home if you are sick.
- Cover coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve.



- Wash your hands frequently with soap and water for at least 20 seconds. Use a hand sanitizer if soap and water are not available.

- Avoid touching your nose, mouth and eyes.
- Dispose of tissues in no-touch trash receptacles.



- Avoid shaking hands and always wash your hands after physical contact with others.
- Keep frequently touched common surfaces such as phones and computer equipment clean.

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