



July 2020

Pierce Distribution Services Company

Kevin Hogan Writes...

We are still under the rules of Covid but different state to state. Here in Washington, restaurants are open but tables must be six feet apart. Most of the retail stores (big & small) are open. We continue to stress that all Pierce associates follow proper Covid guidelines as dictated by the Pierce Senior Management Team. Our Business Managers are having problems selling our services since most of our customers/prospective

customers are not allowing visitors yet. It is kind of hard to sell our services over the phone or through the internet. We must do the best we can during these difficult times but this too, will pass. My own travel schedule to the plants and the Corporate Office has been halted for the time being.

On July 30th, it marks the 5 year anniversary for Julie and Jay Hogan (Ripley, TN. GM). I can't believe it has been 5 years. A terrible time for the Ripley associates and the Hogan family. Jay was my parent's oldest

grandchild and the oldest of four children of Penny and Tom Hogan, (Bolingbrook GM.) When my brother Tom went to Vietnam, Penny and Jay moved in with my parents and me for a period of time. My sisters had already moved on to college. Jay was like a little brother. Julie and Jay had four children. Jay had a great smile and I miss him.

I would like to wish everyone celebrating a birthday in August a Happy Birthday. There were two Milestone Anniversaries in August; Dexter Washington (Rockford) 5 years on August 31st and Brad Herr (ICP) 15 years on August 8th. There are four notable anniversaries: Victor Bravo Morales (ICP) 13 years on August 13th, Ken Holze (Rockford) 18 years on August 5th, Donna Hogan (Corporate) 21 years on August 2nd and Tracy Schmitt (Ripley) 21 years on August 11th. I would like to thank everyone celebrating Service Anniversaries in Au-

gust for their years of dedication and commitment to ICP, Pierce Procurement and Pierce Distribution Services.

Kevin Hogan



Russell's Words Of Wisdom...

"It is a waste of time to imagine what you would do if things were different.

They are not different. Get on with your actions."



ICP (Portland) Writes...



Casey Sessions 4 years



Brad Herr 15 years



Victor Bravo 13 years



Cole Robison 1 year



Industrial Craters and Packers has several anniversaries to celebrate this month. Cole Robison celebrates one year, Casey Sessions has four years with ICP, Victor Bravo has 13 years, and Brad Herr has made it to 15 years. Congratulations, gentlemen!

FAMILY FITNESS IS FUN FOR EVERYONE...



Regular physical activity is important for the whole family, but it can be a struggle to get the kids away from the screens. The best way is to join in on the fun. Go for a bike ride or walk, play tag out in the yard, play a quick pick-up game in the driveway.

ICP (Portland) Cont...



In June's newsletter, we shared that Steve Chipman celebrated 20 years with Industrial Craters/Pierce. To celebrate and recognize his 20th anniversary, ICP presented Steve Chipman with a Harley Davidson jacket. Looking good, Steve!

RANDY CANTONWINE

Corporate HR writes...

Why You Should Know Your Numbers

Numbers guide behaviors. Just as your bank account balance influences your spending habits, careful monitoring of your key health metrics can help you make better decisions about your health.

When your numbers fall outside the recommended target ranges, you are more likely to be motivated to take actions that help reduce your risks for developing chronic health conditions, like diabetes, hypertension, and heart disease.

For that reason, knowing your numbers is the first step toward better health. Here are some health numbers you should know and why:

Weight

Carrying extra weight also carries negative health **risks**, such as heart disease, high blood pressure and stroke. Fortunately, research has shown that even modest weight loss can bring about big results. For example, losing just 5% of excess body weight has been shown to reduce the risk of developing diabetes by 58%.

Blood Pressure

Higher than normal blood pressure values are associated with a higher risk for chronic health conditions, like stroke and dementia. Regularly monitoring can help alert you to take immediate action and seek guidance from your doctor.

Cholesterol

Elevated lipids place added strain on your cardiovascular system, so if your numbers have been creeping up over time, it may be helpful to take a closer look at your eating and exercise habits.

Blood Sugar

High blood sugar (sometimes called glucose) may indicate that your body is not managing or using insulin properly. Periodic monitoring of your blood sugar values can help you make better decisions about your daily choices.



Our C.F.O. Writes...



Gallagher Monthly Wellbeing Newsletter July 2020

Each month Gallagher Williams-Manny provides **The Wellness & Prevention Newsletter** to you as a service for distribution to your employees. Please find the newsletter attached. The newsletter includes information on health, wellness, nutrition and disease.

PREVENTATIVE HEALTH

Everyday life has been nothing like it was this time last year, or the year before. But taking care of yourself is vital, no matter what. Planning your annual exams now will help make your own health a priority.

Time has a way of passing by before we know it. Things you meant to do never seem to get done. That includes the things you should do to protect your health. And now, it is harder to make preventive health care a priority. But it is still important.

It's a good idea to talk to your health care provider about:

- Vaccinations that prevent illness, like flu, pneumonia and shingles. You can get them at doctors' offices, some pharmacies and other locations. If you have a primary care provider (PCP), make sure they're updated on any shots you receive outside their offices.
- Screenings to check for high cholesterol, high blood pressure and blood sugar.
- Preventive care for your children. Children should have a check-up each year. Children and babies need vaccinations. And all kids' growth and development need to be tracked. Talk to your doctor to find out how and when to bring your child in for an annual exam visit and shots. The doctor's office should have preventive measures in place to protect you and your child.
- Your well-woman exam. Women need to get a well-woman exam once a year. Depending on your age and health situation, you may be due for a women's screening test such as a pap smear or mammogram. It's recommended that women aged 50 to 74 get a mammogram every other year. Ask your doctor if you need to have more frequent screening or need to start screening earlier due to your personal health situation. Well-woman visits also give you time to talk with your doctor about hormone concerns, sleep issues, stress and any other problems you may be having.
- Colorectal cancer screenings. Both men and women are encouraged to get regular colon cancer screenings between the ages of 50 and 75. Specific timing depends on your age, health and family history.

Staying safe during COVID-19 isn't just about keeping your distance and washing your hands. It includes taking care of your health, even if what that looks like is a little different this year.

AUGUST ANNIVERSARIES

Name	Day	Plant
Donna Hogan	08/02/99	C
Tracy Schmitt	08/11/99	7
Ken Holze	08/05/02	2
Brad Herr	08/08/05	ICP
Victor Bravo Morales	08/13/07	ICP
Steve Sabicer	08/13/12	C
Israel Galvan	08/05/13	2
Richard Proscia	08/26/13	4
Dexter Washington	08/31/15	2
Casey Sessions	08/29/16	ICP
Tina Nichols	08/15/16	7
Melody Wallace	08/08/16	2
Jannys Arias Lima	08/06/18	5
Troy Martins	08/28/18	5
Jessica V Kercado	08/27/18	2
Calvin Goodwin	08/06/18	4
Dayami Guerra	08/06/18	5
Cole Robison	08/26/19	ICP
Dinna Vath	08/12/19	ICP
Elvis Pugh	08/05/19	7
Aaron Pough	08/05/19	4

AUGUST BIRTHDAYS

Name	Day	Plant
Christine Blazer	08/02	2
Toneyo Johnson	08/05	7
Steve Rutherford	08/06	ICP
Richard Strocchia	08/10	2
Bernie Fong	08/11	5
Allester Hightower	08/11	C
Tabitha Chandler	08/15	7
Maritza Gonzalez	08/15	5
Beth Futrell	08/16	2
Stacy Perry	08/20	7
Charles Chaney	08/23	3
Jorge Chavarria	08/23	5
Denise Christian	08/23	4
Jason Bignall	08/24	ICP
David Burns	08/25	7
Lawrence Hickey	08/26	C
Rosa Temple	08/26	7
Jason Jowell	08/30	7
Iva Williamson	08/31	5

Tony Chiodini

Columbia Writes... LET THE SPOILING COMMENCE!

CONGRATULATIONS to Danny Gibbons, Inbound Pre-packer at Plant 4, Columbia, South Carolina. Danny was recently blessed with his first Granddaughter. Ada Rayne Hicks was born on 14 July 2020 at 10:41am, weighing in at 8 pounds 11 ounces and 21 inches long.

SARAH HINCHEE



GET TO KNOW...CURTIS WARREN

*What's your favorite indoor/
outdoor activity?*

Playing with my children

*What was your favorite food when
you were a child?*

Pizza

*If you could learn to do anything,
what would it be?*

To work with computers

*If you could choose to stay a cer-
tain age forever, what age would it
be?*

28.

*If you could meet anyone, living or
dead, who would you meet?*

Marcus Garvey

*What do you want to be when you
grow up?*

I'm 40 now but I wanted to be a
counsel (mentor) to underprivi-
leged children without a father

*When you have 30 minutes of
free-time, how do you pass the
time?*

Study up on my ancestors

What's your favorite TV show?

I do not watch TV much but Blind
Spot

*When was the last time you were
nervous?*

When my last child was born.
Doctors said that there could be



CURTIS WARREN

complications.

Do you have any pets?

No.



Columbia cont...

GET TO KNOW JOHNNY JOHNSON~HERE'S JOHNNY!

What's your favorite indoor/outdoor activity?

Camping/Hiking

What was your favorite food when you were a child?

Breakfast corndogs

If you could learn to do anything, what would it be?

Learn to communicate with dogs

If you could choose to stay a certain age forever, what age would it be?

Probably 25

What do you want to be when you grow up?

Vet (dog rescue)

When you have 30 minutes of free time, how do you pass the time?

Gaming, running, or sleeping

What's the last good book you read?

The False Prince

What's your favorite TV show?

The Middle

When was the last time you were nervous?

This morning

Do you have any pets?

SADLY, NO!!



CORONAVIRUS: I had to shave off my beard so I could wear a face mask!

Lance cannot remember the last time he was without a beard. Wearing the mask at work seemed to be a challenge for him. It was pressing on his face which pushed the hair up his nose and into his mouth. Hair was sticking outside the mask too. He had an issue trying to keep the mask on properly. Lance came into my office and asked to take a picture. It's coming off! IT HAS TO!! Next day a new baby-faced Lance appeared at work.



It is with great sadness that we share that Darrius Pringle, son of Columbia's Ronetta Pringle, was tragically killed in a car accident on July 26. He was only 22 years old. He was affectionately known as "DJ", attended Ridgeview High School and graduated in 2016. He loved sports and was an avid fan of the Steelers and LeBron James. He loved video games, bowling and hanging out with his brother Darrair, cousins and friends—as well as wrestling matches with the little ones in his family. His untimely passing leaves many family members and friends to grieve. RIP Darrius.

Ripley Writes...



ASSOCIATE OF THE MONTH!

Picture: Misty Kirkpatrick & Diana Spann

EAGER AND ABLE!

Ripley's Plant 7 is proud to announce Misty Kirkpatrick as our Associate of the Month. Nominated by her Line Lead, Diana Spann, of the Dealer Return department, Misty has been with Pierce Distribution for over 3 years and is a native Riplian having graduated from RHS in 1994. She started out in the Service Parts department, spent a little time in Breakdown and has found her home in Dealer Return where she serves as back-up Line Lead. Diana boasts of Misty's willingness of learning and taking on new responsibilities as she is always at work, always on time, works well with others and is generally invaluable to the whole department. "I count on her as doing 'whatever it takes', and we are fortunate to have her," states Ms. Diana. Misty is the mother of two children - son, Stone - age 25 and daughter, Karlee - age 24, and 3 beautiful grandchildren. Karlee has two boys and Stone has a daughter with another

daughter due in November. Being a single mom is always challenging, but she loves family time and you will probably find them most weekends on their side by sides riding the "bottoms" of nearby Chisholm Lake, Golddust, Ashport and Barr communities of Lauderdale county. Taking care of my babies and of course a "little shopping" is always essential. FYI - since March Misty has "lost" 44 pounds by participating in Weight Watchers and lots of exercising - she loves to walk and has learned a new way of eating the correct foods. She's looking good, Guys - good-looking single guys with "lots of money" are welcome to apply! Congratulations, Misty, we are PROUD to have you on our team here in Ripley.

MIKE MOORE



DEVELOPMENT

Actions for Staying Motivated:

- Wake up happy.
- Use positive self-talk from morning to bedtime.
- Look at problems as opportunities.
- Concentrate your energy without distraction on the successful completion of your current, most important project.
- Find something good in all your relationships and accentuate the blessings.
- Learn to stay relaxed and friendly no matter how much tension you're under.
- Think and speak well of your health.
- Expect the best from others, too.
- Remain optimistic by associating with optimists.

The Winner's Edge

Ripley Cont...



As the seasons change, so does our Pierce Truck here in Ripley - we're geared up for some water time fun! Join Us!



Pictured below: Becky Uselton, Michelle Leggett, Kimberly Tucker & Lashona Davis (not pictured)

MOVING ON UP—WELCOME, KOMATSU!



L-R: Tracy Schmitt, James Story & Kristi Taylor

On June 25th, Ripley's Plant 7 hosted a small reception in the office lobby to welcome to our office Komatsu representatives, Phyllis Richmond, Becky Uselton, Michelle Leggett, Kimberly Tucker & Lashona Davis (not pictured). These ladies recently moved from the warehouse area offices to the Pierce office area. Pierce officials wanted these ladies to feel welcome and what better way than enjoying pastries, fresh watermelon, cool punch, hot coffee and good fellowship. Following social distancing guidelines, the supervisors and line leads enjoyed our time together.

MIKE MOORE



Pictured below: Phyllis Richmond

