## **Introducing the Healthy Living Wellness Program**

...start living a healthier lifestyle today!

Central PA Teamsters is pleased to introduce **Healthy Living**, the Central Pennsylvania Teamsters Wellness Program. **Healthy Living** 

is designed to provide participants and their families with tools to help improve their health through lifestyle changes. Adopting a healthy lifestyle and monitoring diseases such as asthma and diabetes can help people live longer, more satisfying lives. Studies have also shown that healthy employees are more productive and experience less absenteeism and health care claims.

**Healthy Living** gives members the following benefits and much more:

 information on diseases and health issues for children and adults on the Wellness Link of the Central Pennsylvania Teamsters Health and Welfare Fundwebsite, www.centralpateamsters.com

- discounts on fitness and weight management programs
- a disease management program for members and their families who qualify for the Diabetes or Asthma Care Management program
- Davis Vision Value Advantage Program, a discounted vision care program for retirees and their families covered under the Central Pennsylvania Teamsters Health and Welfare Fund.

These programs are provided to you and your eligible dependents at no cost. Take advantage of the benefits offered by **Healthy Living** and start living a healthier lifestyle today!

Read on to learn about these programs in greater detail.









## Visit Our Wellness Website

centralpateamsters.com to access the Central PA Teamsters Wellness Program for health information, discounts on fitness clubs and weight management programs, and wellness reminders.

The **Globalfit Fitness Program**, offered through the HealthAssurance network, is an exciting way to jumpstart your exercise routine. Members of the Central Pennsylvania Teamsters Health and Welfare Fund can join premier fitness clubs at substantially discounted rates. Save up to 60% on membership rates at over 1,500 participating fitness clubs nationwide. For more information, visit our website Wellness Link and click on "GlobalFit Fitness Program" or call GlobalFit's fitness line at 1-800-294-1500. You must mention

(Continued on Page 2)

# Retirees with Central PA Teamsters Health & Welfare Coverage Can Participate in a Vision Discount Program

ffective January 1, 2007, retired Central PA Teamsters and their dependents covered under retiree health plans R2, R4 and R5 will be offered a discount program for vision care. The Central Pennsylvania Teamsters Vision Value Option, through Davis Vision, will allow retirees and their dependents to pre-pay for services and receive significant discounts off professional eye care services and the regular retail price of eyewear.

#### What does the plan cover?

The plan provides discounts on:

- Eye examinations
- Frames: approximately 22 plan frames to choose from
- Spectacle lenses: includes any eyeglass prescriptions; glass or plastic; single vision, bifocal or trifocal lenses; standard lenses; clear lenses.

#### **Schedule of Charges:**

Eye Examination	\$55.00
Complete pair of eyeglasses	\$135.00
Davis Vision supplied contact lenses*	\$135.00
*Includes many brands of standard soft,	daily-wear;
disposable or planned replacement cont	act lenses.

#### Who is eligible?

Retired Central PA Teamsters and their dependents covered under retiree health plans R2, R4 and R5.

#### How does the plan work?

#### Important: You must pre-pay for these services.

To purchase services, call Davis Vision at 1-800-999-5431. Member service representatives are available Monday through Friday 8 a.m. to 11 p.m.; Saturday 9 a.m. to 4 p.m. and Sunday 12:00 p.m. to 4 p.m. Provide your Central PA Teamsters Health & Welfare Fund ID number to the member representatives.

#### How do I pay for services?

All charges are the responsibility of the member and must be paid in advance through Davis Vision using the payment option of your choice. You may pay by credit card, money order or personal check.

#### Is there a limit on the eyewear I can purchase?

There is no limit on the number of examinations or eyewear you may purchase.

The Central Pennsylvania Teamsters Vision Value Option is available at participating provider offices throughout the country. To locate providers in your area, visit www.davisvision.com or call 1-800-999-5431.



#### Visit Our Wellness Website

(Continued from page 1)

HealthAssurance to receive the discount.

**KidsHealth** offers practical parenting information for parents, homework help for children and answers and advice for teens about a variety of health topics.

Healthy Living and Wellness offers information on complementary and alternative medicine; diet, nutrition, drug, alcohol and substance abuse; exercise and fitness; weight loss and obesity; and smoking and tobacco. Have a health question? The Healthy Living and Wellness section probably has the answer!

Weight Watchers Discounts for Weight Watchers Meetings and Online programs can save you money on registration for this popular weight management program. Check out the Weight Watchers link or call 1-800-710-4663. Please mention HealthAssurance to receive a discount.

Wellness Reminders help you stay healthy by reminding you to schedule your regular screening tests for cancer and other diseases. Choose a specific date of your choice and you will receive a reminder e-mail to schedule your next screening test.

Start taking steps right away to improve your health! Check out this valuable information today!

### **Protect Yourself Against the Flu**

It's time to get vaccinated against the flu. The flu changes every year. So do flu vaccines. Don't expect a past flu vaccine to protect you this year. The flu can be serious or even deadly. The young, old, and ill are most vulnerable. Vaccination is the single-best method of flu protection, says the Center for Disease Control. Schedule your flu vaccine soon!

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## **Central Pennsylvania Teamsters** Health and Welfare Fund Prescription Drug Benefits

## PRESCRIPTION PLAN BENEFITS UNDER PLANS 13, R4 AND R5

If you are covered under Plan 13, R4 or R5 your prescription information is listed below. **Negative Formulary List\*** 

Aciphex	Celebrex	Effexor	Paxil	Relenza	Vioxx
Advicor	Celexa	Lamisil	Pepcid***	Rozerem	Vytorin
Allegra	Clarinex	Lexapro	Pravachol	Sarafem	Zantac***
Altoprev	Crestor	Lipitor	Prevacid	Sonata**	Zegerid
Ambien**	Cymbalta	Lunesta	Prilosec***	Sporanox	Zetia
Axid	Daypro	Mevacor	Protonix	Tagamet	Zocor
Bextra	Diflucan	Nexium	Prozac	Tamiflu	Zoloft
					Zyrtec

#### AND ALL INJECTABLES (EXCLUDING INSULIN AND IMITREX)

\*Please note that this listing is subject to change. Participants will receive notification (via newsletter, mailings, etc.) of additions and/or deletions.

\*\*By law, controlled substances cannot be mail ordered. \*\*\*Over the counter dosages are not covered.

#### MAIL ORDER COPAYMENTS

\$15 Generic for up to a 90 day supply \$30 Brand for up to a 90 day supply \$30 Brand for up to a 90 day supply \$15 Brand for up to a 34 day supply \$60 Negative Formulary for up to a 90 day supply \$30 Negative Formulary for up to a 34 day supply

#### **RETAIL PHARMACY COPAYMENTS**

\$5 Generic for up to a 34 day supply \$15 Brand for up to a 34 day supply

#### PRESCRIPTION PLAN BENEFITS UNDER PLAN 14

If you are covered under Plan 14 your prescription information is listed below.

#### PLAN 14 - Option Levels A, B & C **Negative Formulary List\***

Aciphex	Celebrex	Effexor	Paxil	Relenza	Vioxx
Advicor	Celexa	Lamisil	Pepcid***	Rozerem	Vytorin
Allegra	Clarinex	Lexapro	Pravachol	Sarafem	Zantac***
Altoprev	Crestor	Lipitor	Prevacid	Sonata**	Zegerid
Ambien**	Cymbalta	Lunesta	Prilosec***	Sporanox	Zetia
Axid	Daypro	Mevacor	Protonix	Tagamet	Zocor
Bextra	Diflucan	Nexium	Prozac	Tamiflu	Zoloft
					Zyrtec

#### AND ALL INJECTABLES (EXCLUDING INSULIN AND IMITREX)

\*Please note that this listing is subject to change. Participants will receive notification (via newsletter, mailings, etc.) of additions and/or deletions.

\*\*By law, controlled substances cannot be mail ordered. \*\*\*Over the counter dosages are not covered.

#### MAIL ORDER COPAYMENTS

	Option A	Option B	Option C
Generic for up to a 90 day supply	\$15.00	\$30.00	\$30.00
Brand for up to a 90 day supply	\$30.00	\$40.00	\$60.00
Negative Formulary up to a 90 day supply	\$60.00	\$80.00	\$100.00

#### RETAIL PHARMACY COPAYMENTS

111111111111111111111111111111111111111	COTTITION		
	Option A	Option B	Option C
Generic for up to a 34 day supply	\$5.00	\$10.00	\$10.00
Brand for up to a 34 day supply	\$15.00	\$20.00	\$30.00
Negative Formulary up to a 34 day supply	\$30.00	\$40.00	\$50.00

# Central PA Teamsters Health & Welfare Fund Launches Disease Management Program

Central PA Teamsters Health & Welfare Fund, in partnership with its network provider, HealthAssurance, recently launched a Disease Management Program. The goal of the program is to improve the health outcomes of members with or at risk for specific chronic diseases such as asthma and diabetes. Participation in this program is optional.

If you or a family member is identified as a candidate for the program, you may have already received or will receive information by mail directly from HealthAssurance. Through this program, you or your family member will receive educational materials, individualized support and resources to live life to the fullest.

## **Benefits Covered Under Major Medical**

ost covered services under the Health & Welfare Fund are payable under the Basic Benefits provisions of each Plan when you utilize a participating network provider. There are certain items, however, such as visiting nursing charges and the rental or purchase of medical equipment or supplies that are payable under the Major Medical provisions of each Plan, regardless of whether the provider is participating or non-participating. Unlike Basic Benefits, benefits payable under Major Medical are subject to a deductible and co-insurance.

Under Plan 13, Major Medical Benefits are subject to an annual deductible of \$150. Plans 14, R4, and R5 have an annual deductible of \$200. This means that before any Major Medical benefits are paid, you are responsible for the first \$150 or \$200 of Major Medical expenses. The Plan would then pay 90% of the contracted rate if you utilized a participating provider, or 90% of the Fund's Usual and Customary Rate (UCR) if you utilized

a non-participating provider. You would be responsible for the deductible plus the 10% coinsurance amount up to an out-of-pocket maximum of \$2,000 for Plan 13 or \$2,500 for Plans 14, R4, and R5. Please note that no more than three Major Medical deductibles are applied in any benefit year per family. Each participant or eligible dependent has a \$1,000,000 lifetime Major Medical limit under Plans 13 and 14 and a \$175,000 Major Medical limit under Plans R4 and R5.

If you utilized a non-participating provider, the plan would pay for services according to the UCR established by the Fund. The UCR amount would then be subject to the deductible and co-insurance.

Please note that services by a non-participating provider for hospital, inpatient, surgery, and transplant benefits (if you meet the requirements for transplant coverage) are also payable under the Major Medical provisions of the Plan.

## Coverage of Diabetic Supplies under the Health & Welfare Fund

Diabetic supplies such as insulin syringes and needles are covered under the General Prescription Program (GPP). Purchase of insulin syringes and needles through GPP is subject to a \$15 co-payment under Plans 13, R4, R5, and Plan 14 Option A. The co-payment under Plan 14 Option B is \$20 and under Plan 14 Option C, the co-payment is \$30. You may also purchase insulin syringes or needles through the General Prescription mail order program. Under the mail order program, you may purchase a 90 day supply, subject to a \$30 co-payment under Plans 13, R4, R5 and Plan 14 Option A. The mail order co-payment under Plan 14 Option B is \$40 and \$60 under Option C.

Diabetic equipment and supplies such as a

glucometer, lancets and test strips needed to operate the glucometer are payable under the Major Medical provisions of the Plan, subject to a yearly deductible and coinsurance. You must purchase these items and submit the itemized pharmacy receipt showing patient name, date, and item purchased to the Fund Office for reimbursement. Please note that cash register receipts are not itemized receipts and will not be considered for reimbursement. The Major Medical deductible for Plan 13 is \$150, with payment at 90% of the UCR after the applicable yearly deductible has been met. Plans 14, R4, and R5 have a \$200 Major Medical deductible, with payment at 90% of the UCR fee after the deductible has been met.



## **Living Well**

The following articles are for informational purposes only. Be sure to consult with your physician for complete medical information and diagnoses.

#### Put Out The Fire

Smoking-related diseases are the leading cause of preventable death in the United States. An

estimated 438,000 Americans, both smokers and non-smokers, die each year from smoking-related effects. Most smokers and non-smokers alike know the harmful effects of smoking, yet many smokers find it difficult to quit smoking.

Why is quitting so hard? It is because of nicotine addiction. Nicotine is found in all tobacco products and makes the user feel calm and satisfied while at the same time more alert and focused. The more tobacco you use, the more nicotine you will need to create those same feelings of satisfaction.

#### Men Who Improve Health Habits Improve Hearts

US researchers reported that middle-aged men taking medications for high blood pressure or high cholesterol can decrease their risk of developing heart disease by also adopting a healthier lifestyle. By eating right, not smoking, drinking in moderation, and exercising regularly, these men can cut their chances of heart problems by as much as 57%. Moreover, men who do not need medicines for these conditions can improve their chances by 87% by adopting healthier lifestyle habits. The study followed 42,847 men between the ages of 40 and 75 who did not have diabetes, heart disease, or other chronic conditions at the study start in 1986. They completed questionnaires on their health and lifestyle habits twice a year. Researchers found that the benefits of adopting healthier habits were apparent even if taken up later in life. Men with the lowest risk of heart disease were the ones who practiced all of the healthy habits, but not smoking alone reduced the risk of heart problems by 50%, researchers said.

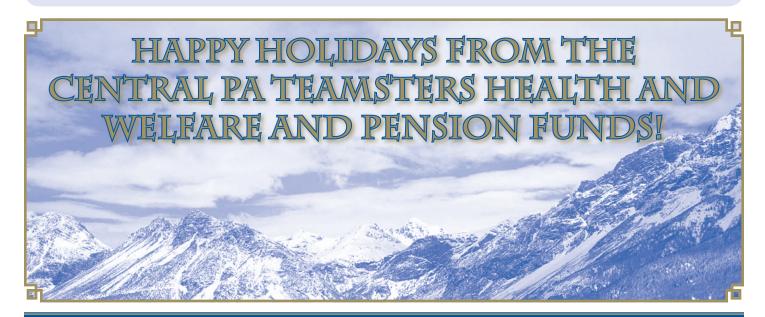
> —Source: General Prescription Programs, Inc. Pharmaceutical Update July/August 2006

## Did You Know? • • • • •

The Central PA Teamsters Health & Welfare Fund Provides Coverage for Smoking Cessation Prescription Medication.

Coverage for certain prescription smoking cessation treatments is covered under the General Prescription Programs (GPP). The Plan will cover one 6 month supply of the prescription per member per lifetime. Some brands of smoking cessation medication also provide access to support programs as part of the cost of the prescription medication.

Ask your doctor if you are a candidate for smoking cessation prescription medication and ask about any support programs which may be offered when purchasing the medication.



## **Preventing Breast Cancer**

Breast cancer is the second most common cancer in women, and, according to the National Cancer Institute (NCI), 13.2 percent of women will receive that diagnosis over their lifetimes. When breast cancer is detected and treated in its early stages, the suffering and loss of life can be reduced or eliminated altogether.

#### What are breast cancer risk factors?

Women who have two or more of the following risks should talk to their doctor:

- Age risk increases for women over the age of 60.
- Personal History past history of breast cancer or breast disease can increase your risk.
- Family History if two or more close female relatives have had the disease or if you carry the BRCA1 or BRCA2 gene, you may be at higher risk.
- Early Menstruation if your first period began before age 12 your risk is greater.
- First Pregnancy after Age 35 the hormonal changes related to pregnancy after age 35 may contribute to greater risk.
- Having No Children women who experience continual menstrual cycles over their lifetimes are more likely to develop cancer.
- Use of HRT based on the recent Women's Health Initiative Study (2002), there seems to be a higher occurrence of breast cancer among women on hormone replacement therapy and recent use of hormone replacement therapy versus women who never had HRT.

## What can you do to lower your risk and increase early detection?

 Perform Monthly Self Breast Exams – every month check your breasts for any changes: lumps, indentations, and loss of symmetry can all be early signs of tumor presence.



- Get Your Mammogram women should have a baseline mammogram at 35 and annuals beginning at age 40 and every one to two years thereafter according to your doctor's treatment plan.
- Decrease Your Daily Fat Intake eat leaner meats and limit red meat.
- Eat Fresh Fruits and Vegetables antioxidant-rich fruits and vegetables have properties that may help prevent cancer.
- Limit Alcohol Consumption studies show there is a slight increase in breast cancer rates in women who consume on average more than two drinks per day.
- Stay Active the U.S. Surgeon General has reported that many health problems can be avoided by moderate exercise.
- Manage Your Weight strive to maintain your ideal body weight; excess body fat can stimulate estrogen production which leads to higher risk.

Early prevention through self-exams and regular mammograms is the best hope for quick recovery and improved prognosis for survival. Talk to your doctor about your risks and prevention today.

Also see **www.nbcam.com** or **www.cancer.gov** for more information.

## **Motor Vehicle Accidents**

by the Fund when a claim is the result of an injury due to a motor vehicle accident. In accordance with Plan provisions, the Fund will **only** cover medical expenses on a subrogated basis once the maximum liability has been paid by the motor vehicle insurance carrier. The Fund will **not** provide coverage for short-term disability benefits (except for the first 5 days of missed work). The only time the Fund will pay more than 5 days of short-term disability is when written proof is submitted verifying that the state in which you reside

does not allow you to purchase wage loss protection from your motor vehicle insurance carrier. You should contact your motor vehicle insurance carrier to evaluate the extent to which you are covered for wage loss benefits as a result of a motor vehicle accident. Do not wait until you have an accident to find out you have no wage loss coverage under your policy. Payment for the first 5 days of short-term disability benefits **does not** apply to motorcycle accidents. There are **no** short-term disability benefits payable for injuries sustained as a result of a motorcycle accident.



s Old Man Winter begins to bear down on communities across the U.S., fight the frigid conditions by following basic winter health and safety tips.

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions and a person's age and state of health. Follow these tips to stay safe in cold weather:

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
  - \* Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
  - \* Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
  - \* Mittens provide more warmth to your hands than gloves.
  - \* Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
  - \* Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has hypothermia or frostbite.

- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.
- Holiday traveling and winter can also be a dangerous combination. Allow extra time when traveling. Monitor weather conditions carefully and adhere to travel advisories.
- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.

Additionally, weather-related illnesses also afflict millions during the winter months. From the common cold to influenza, many sicknesses spread from person to person when an infected individual coughs or sneezes, and simple precautions can help stop the spread of those germs.

- Cover your mouth and nose when you sneeze or cough.
- Clean your hands often.
- Avoid touching your eyes, nose or mouth.
- Stay home from work when you are sick and check with a health care provider when needed.
- Practice other good health habits, such as getting plenty of rest, managing your stress level and drinking plenty of fluids.
- Get a flu shot!

Source: American Red Cross

## **Concerned About Delayed Pension Checks?**

Monthly pension checks are mailed out on the last business day of each month for the following month. For example, December 1, 2006 pension checks will be mailed on November 30, 2006. If your check is delayed, the Fund Office requires that you wait until the 10th of the month before requesting a stop payment and reissue of the check.

Please be aware that if you have a forwarding order on file with the Fund, delivery of your check may be delayed by the Post Office.

The safest, fastest way to receive your pension check is to have it directly deposited into your bank account. Pension checks are credited to your bank account on the first business day of each month. To obtain a direct deposit form, visit our website www. centralpateamsters.com, go to Pension Forms, and click on the link "Authorization Agreement for Automatic Deposits." You can also contact the Pension Department directly to receive the form.

#### June 30, 2006 Retirement Income Plan Returns

The following are approximate net returns for the Central PA Teamsters RIP 1987 and RIP 2000 retirement plans for the 6 month period ending June 30, 2006. The net returns equal gross investment returns less investment and administrative expenses plus the reallocation of forfeited account balances from terminated non-vested participants who incurred a 5-year break in service.

**Approximate Net Return RIP 1987** 4.9%

th of July, 2006

SUPERVALU, INC.

HAMILTON LEASING

DIETRICHS MILK PRODUCTS, INC.

KEYSTONE COCA-COLA BOTTLING CO. ROADWAY EXPRESS, INC.

ST JOHNSBURY TRUCKING CO., INC.

MATLACK, INC. TERMINAL 5

SCHWERMAN TRUCKING CO.

UNITED PARCEL SERVICE INC

EASTERN INDUSTRIES, INC

HALLS MOTOR TRANSIT CO.
PILOT FREIGHT CARRIERS, INC.

STECKEL CONCRETE CO., INC.

WELCO/CGI TOPPS CHEWING GUM, INC.

P I E NATIONWIDE, INC.

TRANSCON LINES

SUPERVALU, INC.

SUPERVALU, INC.

KEREK AIR FREIGHT CORP.

UNITED PARCEL SERVICE, INC.

PRESTON TRUCKING CO., INC.

INTERSTATE MTR. FREIGHT SYS. INC.

ASSOCIATED WHOLESALERS, INC.

SCHNEIDER-VALLEY FARMS, INC.

BIG A AUTO PARTS, INC.

ADAM WHOLESALERS, INC.

MAKOVSKY BROTHERS, INC.

WEYERHAEUSER COMPANY

DALLAS DAIRY, INC.

SYSTEM FREIGHT, INC.

SILVER LINES, INC.

LENTZ MILLING COMPANY

ROADWAY EXPRESS, INC. ROADWAY EXPRESS, INC.

MATERS BAKERY

PRESTON TRUCKING CO., INC.

YELLOW FREIGHT SYSTEM, INC.

UNITED PARCEL SERVICE, INC.

READING HEATER & SUPPLY CO.

NEW PENN MOTOR EXPRESS, INC.

COTT BEVERAGES WYOMISSING, INC.

DRIVERS, INC. ROYAL SWAN FOODS

MATERIALS TRANSPORT SERVICE

PREFERRED DEVELOPMENT CORP

DEDICATED DELIVERY SERVICE INC.

Plan **RIP 2000**  **Approximate Net Return** 4.2%

RETIREES APPROVED FOR PENSIONS

#### July, 2006 through October, 2006

For the n	<b>101</b> ocal
ALTHOUSE, DAVID	429
BAIR JR, DANIEL RICHARD	77
BENZEL, HERBERT W.	429
BORGER, HAL B.	773
BOROWSKI, WILLIAM	40
BOWMAN, ROBERT	229
BRESSLER, TIMOTHY ROBERT	77
BRYAN, FREDERICK R.	31
BUTZ, RONALD D.	773
CASCARINO, PATRICK P.	773
CASSEL, WESLEY L.	429
CHIKEY, ROBERT	40
COOK, PAUL E.	229
COULSON, RICHARD A.	773
COWHER, JAMES L.	77
CRAYTON, RONALD W.	764
CROUSE, GERALD C.	773
DAVIS, DWIGHT D.	77
DAVIS, ROBERT	40
DODGE, NANCY	764
DOLOGITE JR, NICHOLAS M.	773
ELLIS, EDWARD	22
FATZINGER, ROBERT G.	77:
FERNBAUGH, JOSEPH G.	77
FITTRY, CLAYTON G.	77
FLICKINGER, DARVIN E.	771
FREES, JAMES E. GARDNER, JAMES J.	429
GROFF SR, DONALD	77: 42!
HAINES JR, RICHARD W.	42
HARPEL, DENNIS	42
HEPBURN, CHARLES S.	76
HETRICH, FORREST W.	429
HOCK, PAUL E.	77
HOHL JR, GEORGE H.	77
HOOVER, GALEN H.	77
HUBER, JOHN C.	77
HUYETT JR, HARRY R.	77
JABLONSKI, HENRY J.	40
JACKSON, THOMAS W.	76
JENNINGS SR, BARRY WADE	77
JONES, ROBERT E.	42
KEEHN JR, JOSEPH F.	429
KEREK, JAMES JEFFREY	77
KIRKHOFF, LINDA L.	42
KOCHER, KENNETH A.	77
LAUBACH, HORACE HESS	76
LEEDY, G. VICTOR	77
LEHMAN, RONALD L.	77

MACKOWSKI, NORMAN P. MARCH, ROBERT L. MARTIN, PAUL MATINCHECK, THOMAS E. MCCLAIN, RICHARD C. MORGAN, CATHERINE MOSTELLER, DARRYL LEE MYERS II, WILLIAM T. NATR DONALD R. NAVE, GLENN E. NELSON, GERALD NUGENT, JOHN E. OPRENDICK JR, THOMAS J. ORRIS, JAMES E. PAFF, HAROLD E. PAUL, LARRY LEE PETRUSKA, ROBERT M. PHIPPS, ALBERT R. REDMOND, CHARLES S. INTERSTATE MTR. FREIGHT SYS., INC. RIEGEL, GUY H. ROCKMORE, ROXANNE SHEAFFER, GARY K. SHOMO, DAVID T. SMILEY, ROGER L. SPRAGUE, RAY E. STABLEY, HOWARD STACKHOUSE DALE I STARK, ROBERT C. STARNER, STEVEN T. STRUSS, CARL A. TAYLOR, JOHN E. TOMPKINS, DANIEL D. TROY SR, THOMAS R. ULMER, RANDALL W. UMBENHAUER, THOMAS F VALLS RAFAFI VANLUVENDER, ELLEN VAUGHN, EDWARD L. VENTURA JR, BERNARD L. WAGNER, MAHLON WEAVER, MICHAEL R. WELDON, CHARLES J WILLIAMS, KATHLEEN WILSON, SALLIE WISE, DENLEY L. WOLF JR, GEORGE B. ZAPACH, THOMAS

For the month of July, 2006 CON-WAY EASTERN EXPRESS, INC. MATLACK, INC. TERMINAL 9
YORK COUNTY TRANSP. AUTHORITY ROADWAY EXPRESS, INC. TRANS-MATERIALS CO. TOPPS CHEWING GUM ,INC. PENNCAST CORPORATION YELLOW FREIGHT SYSTEM, INC. INTERNATIONAL DISTR CENTER INC. ARKANSAS BEST FREIGHT SYS., INC. UNITED PARCEL SERVICE, INC. SUPERVALU, INC. TOPPS CHEWING GUM, INC. PRESTON TRUCKING CO., INC. THE JOURNAL OF COMMERCE BERKS PACKING COMPANY, INC COCA-COLA BTLNG CO. LEHIGH VLLY ROADWAY EXPRESS, INC. J & H CONCRETE FINKS FAST FREIGHT, INC. GKN POWDERMET, INC. BOUND BROOK ST JOHNSBURY TRUCKING CO., INC. CENTRAL BUILDERS SUPPLY CO. INTERSTATE MTR. FREIGHT SYS., INC. MATLACK, INC. TERMINAL 9 312 ARKANSAS BEST FREIGHT SYS., INC. YORK COUNTY TRANSP. AUTHORITY PIFNATIONWIDE INC. KEREK AIR FREIGHT CORP. ROADWAY EXPRESS, INC. UNITED PARCEL SERVICE, INC. H H FOLLMER CONTRACT 764 KUNZLER & COMPANY, INC. EAZOR EXPRESS, INC USF RED STAR 776 PRESTON TRUCKING CO., INC. ONE SOURCE TOPPS CHEWING GUM, INC. MOTOR FREIGHT EXPRESS, INC. WYOMING QUALITY BEVERAGE MORRIS KREITZ & SONS, INC. INTERSTATE MTR. FREIGHT SYS., INC. MATLACK, INC. TERMINAL 5 YAH INC T/A ESJAY DIST. CO. ARKANSAS BEST FREIGHT SYS., INC. CONSOLIDATED FREIGHTWAYS

CARNATION CO/NESTLE USA, INC.

USF RED STAR

For the month of August, 2006 ABONYI JR, PAUL SWANN OIL, INC. 764 INTERSTATE MTR. FREIGHT SYS., INC. ADAMS, TERRY L. FRIEDMANS EXPRESS, INC. AHNER GLENN A ANDERSON, ROBERT D. P I E NATIONWIDE, INC. 764 COTT BEVERAGES WYOMISSING, INC. ARNER, CHARLES W. BURSCHEL DAIRY COMPANY MATERIALS TRANSPORT SERVICE ASH, WILLIAM D. BACHMAN JR. HOWARD R. 773 BAKER, DENNIS L. KEPLER BROTHERS BANKS, LAWRENCE E. TRANSCON LINES BANZHOF, JOHN D. KEREK AIR FREIGHT CORP. BARRETT, ROBERT L. 229 M & G CONVOY, INC. PLYMOUTH ROCK TRANS. CORP, BASARAB, THOMAS M. 401 BENKOVIC, MICHAEL J. CONSOLIDATED FREIGHTWAYS BENZ JR, JOSEPH E. PLYMOUTH ROCK TRANS. CORP. BERGMAN, DOUGLAS LOUIS 771 BILHEIMER, RODELL C. 773 YELLOW FREIGHT SYSTEM, INC. AAA TRUCKING CORPORATION BLOSS, KENNETH R. MAISLIN TRANSPORT, INC. CENTRE CONCRETE COMPANY BOONIE JR. WAYNE E. BOSLEY SR, CLEMENT W. YELLOW FREIGHT SYSTEM, INC. STROEHMANN BAKERTES I C BUSCEMI, DOMINICK S. CAMERON, GARY W. VALLEY FARMS TRANSPORT, INC. 764 CARSON, ROBERT G. CONSOLIDATED FREIGHTWAYS CASE, JOHN BOROUGH OF WIND GAP JONES MOTOR CO. TNC CASEY JAMES D. DEHOFF, GERALD EUGENE YORK CONCRETE SEPTIC TANKS CO. 776 DIEHL, RONALD L. TRAILMOBILE, INC. DIEM, CARL R. HERMAN R. EWELL, INC. DOYLE, SHERRY 429 INTERNATIONAL PAPER DUFRE RICHARD I CARMAN TRUCKING COMPANY 776 ECKMAN JR, CHESTER H. HARRISBURG NEWS COMPANY EDMONDS, MARGARET KANE STEEL CO. OF PA FARST, CARL D. YELLOW FREIGHT SYSTEM, INC.
I A CONSTRUCTION CORPORATION FFT7FR TAYLOR R 764 FLORYAN, LEONARD ACME MARKETS, INC 401 FOGELMAN, DAVID L. ARKANSAS BEST FREIGHT SYS., INC. FOLK, ROBERT J. BRANCH MOTOR EXPRESS CO. FORD, ROBERT J. ONE SOURCE FREED, GARY L. BOYERTOWN AUTO BODY WORKS, INC. 429 NATIONS WAY TRANSPORT SERVICES FREY, JERRY M. FRITZ, JAMES V. MYERS MEN, INC. KEREK AIR FREIGHT CORP. GAINER JR. CHARLES I. 771 GAMBLE SR, RONALD C. BRANCH MOTOR EXPRESS CO. GERY, TAMMY UNITED PARCEL SERVICE, INC. GETZ, RICHARD J. HOLMES TRANSPORTATION, INC. GOSS, ROBERT E. ARKANSAS BEST FREIGHT SYS., INC. GREEN, ALTON L. EASTERN INDUSTRIES, INC. GROCE, WAYNE A. BRANCH MOTOR EXPRESS CO. HAUPT, RANDOLPH S. 429 ARAMARK REFRESHMENT SERV., INC.

#### For the month of August, 2006 For the month of September, 2006 For the month of September, 2006 229 OM BAKING CORP T/A BAKING CO. THOMAS, ROBERT P. HAWK, DOUGLAS P. 773 CONSOLIDATED FREIGHTWAYS BURDA JR PETER J. 401 ACME MARKETS, INC. HEGAN, CARL C. 771 HERMAN R. FWELL TNC. 771 MILLER & HARTMAN INC. LIHRTN RTCHARD S 776 ARKANSAS BEST FREIGHT SYS. INC. CHRISTIAN, ALVIN HESS, THOMAS MOTOR FREIGHT EXPRESS, INC. COLLIER JR, BERNARD R. ARKANSAS BEST FREIGHT SYS., INC. 771 **TEAMSTERS LOCAL UNION 771** WAIDLEY JR, EDWARD A. 776 DIEHL, RAY L. HETHERINGTON, DENNIS L. 776 PRESTON TRUCKING CO., INC. ARKANSAS BEST FREIGHT SYS., INC. WARFIELD, MICHAEL S. YELLOW FREIGHT SYSTEM, INC. HILTON, CARL 429 OUTNI AN PRETZEI DILEO, HELEN R. HARPER COLLINS PUBLISHERS INC. WEAVER, CONCETTA C. 429 I FNT7 MTILITING COMPANY HOOSE, LARRY M 776 JONES MOTOR CO. INC. DOCKETT RICHARD W. 229 TOPPS CHEWING GUM, INC. YERGEY, PAUL R. 773 ARAMARK SERVICES HUGHES, MALVENIA E. ARKANSAS BEST FREIGHT SYS., INC. ESHLEMAN, SIDNEY J. TRANSCON LINES 776 776 For the month of October, 2006 EVANS, ROBERT L. JOHNSON, DAVID G. 229 AFFILIATED FOOD DISTR., INC. 773 HAROLD STEPHENS COMPANY JONES III, WILLIAM B. SUPERVALU, INC. EWBANK, ROBERT M. HALLS MOTOR TRANSIT CO. ASSOCIATED WHOLESALERS, INC. FLEMING COMPANIES, INC. 429 SUPERVALU, INC. 773 MATERIALS TRANSPORT SERVICE KANN, DARLENE M. KEMPER, RONALD E. BAEIGHKLEY, HENRY P. 776 FENSTERMAKER PALL H. 773 P I F NATIONWIDE INC. FETTER, DEBRA LYNN E J BRENEMAN, L.P. BASHORE, ALLEN R. 776 429 WEINER IRON & METAL CORP. ROADWAY EXPRESS, INC. KLECKNER, DELROY R. FISHER, MICHAEL JAY BAUCHSPIES, JAMES ROADWAY EXPRESS, INC. 776 KLEPADLO, RICHARD C. ROADWAY EXPRESS, INC. FISHER II, CHARLES R. 776 ROADWAY EXPRESS, INC. BERGER, DANIEL G. BERKS PRODUCTS CORP. KRAMER JR. JOHN R. 429 LENTZ MILLING COMPANY FLAHERTY, JOHN J. 401 BECHTEL CONSTRUCTION, INC. BERKHEIMER, EUGENE A. 776 HIGHWAY FILM DELIVERY, INC. STELWAGON MANUFACTURING, CO. ROYAL SWAN FOODS LABAR, JAMES S CONSOLIDATED FREIGHTWAYS GECHTER, BARRY L BETTERLY, ROBERT 229 429 401 LANDES, WARREN FRANKLIN 776 PALMYRA BOLOGNA COMPANY, INC. BOLLINGER, HARVEY M. ROADWAY EXPRESS, INC. GEIB, TERRY R. 429 SCHROCK CABINET COMPANY LEVAN, RONALD K. BRANCH MOTOR EXPRESS CO. GLATFELTER, RICHARD L. PRESTON TRUCKING CO., INC. BOWERS, THEODORE A. MYERS MEN, INC. CONSOLIDATED FREIGHTWAYS LEWIS, THOMAS P. DEFAZIO EXPRESS, INC. GORDON, DAVID H. YELLOW FREIGHT SYSTEM, INC BUCKINGHAM, OSCAR W. WYOMING VALLEY DIST. CO., INC. LICHTENWALNER, RICHARD W. 773 GRUNDEN, MASON GEORGE BURGE, WILLIAM D. ARKANSAS BEST FREIGHT SYS., INC. CONSOLIDATED FREIGHTWAYS 429 401 LINDENMUTH, MARCIA A. SCHROCK CABINET COMPANY HAFTL, GALEN R. SEVEN UP BOTTLING CO. CHRISTIAN, LAWRENCE 229 TOPPS CHEWING GUM, INC. HALL, ROSS E. LONG, LELAND GARY CENTRAL DOOR & PLYWOOD CO. CON-WAY EASTERN EXPRESS, INC. CLYMER, RAYMOND P. NEW PENN MOTOR EXPRESS, INC. LONG JR, JAMES V. TREE PRESERVATION CO., INC. HARTZELL, JOHN R. BOYERTOWN AUTO BODY WORKS, INC. COMONIE JR, LEONARD 229 CONSOLIDATED FREIGHTWAYS LONG JR. ROBERT .1 ROADWAY EXPRESS, INC. CENTRAL STORAGE & TRANSFER CO. HAWK, LARRY PACEMAKER DRIVER SERVICE, INC. CONRAD, CAROL J. 771 READY MIXED CONCRETE CO. LUBIC, THEODORE E. HENDRICKSON, DANNY J. ALPO PETFOODS, INC. COSGROVE, ALLAN L. 401 YAH INC T/A ESJAY DIST. CO. 776 773 GLEN SUMMIT SPRINGS WATER CO. J D M MATERIALS CO., INC. **C&S WHOLESALE GROCERS** MANGAN, PATRICK HILLIARD, LARRY K. COSTANZO, MARIE 229 ASSOCIATED WHOLESALERS, INC. HOLTZAPPLE, ROGER E. MATZ, RAY A. CONSOLIDATED FREIGHTWAYS CREMARD, MARY ANN TOPPS CHEWING GUM, INC. MCAFEE, LINDA ASSOCIATED WHOLESALERS, INC. C&S WHOLESALE GROCERS SUPERVALU, INC. ST JOHNSBURY TRUCKING CO., INC. ARKANSAS BEST FREIGHT SYS. INC. HORST, CONNIE G. 429 CRONE JAMES R. 776 HOSBACH, THEODORE R. CROWE, WILLIAM J. ASSOCIATED WHOLESALERS, INC. MCGRAW, JAMES J. 229 773 429 ARAMARK SERVICES MCLAINE, FRED J. HOTTLE, GLENN L. FRIEDMANS EXPRESS, INC. DAGGER, WILLIAM CRAIG CONSOLIDATED FREIGHTWAYS 773 229 MCMICHAEL, RAYMOND W. CONSOLIDATED FREIGHTWAYS HUNTINGTON, JOHN R ROADWAY EXPRESS, INC. DAMM, JOHN COON INDUSTRIES, INC DUNCAN, GEORGE D. MELAN, DOROTHY P. MERSON, WAYNE L. HALLS MOTOR TRANSIT CO. 869 PURVIN DAIRY COMPANY, INC. HURLEY, LEROY M. 429 SUPERVALU, INC. 776 HURLEY JR, RICHARD A. J C EHRLICH CO., INC. 776 HESS TRUCKING COMPANY 429 SUPERVALU, INC. ECHTERNACHT, ALLAN R. 429 MILLER, DEBRA A. INTERSTATE MTR. FREIGHT SYS., INC. PENNA TRUCK LINES, INC. JADRO, GARY E. CONSOLIDATED FREIGHTWAYS EVANS, JOSEPH E. 776 B & J SAYLOR FOODS CORP. MITMAN III, CHARLES W. ROCK HILL TRUCKING CO., INC. JAROWECKI, MYRON FLYNN, GERARD F. ROADWAY EXPRESS, INC. MUTCHLER, EUGENE C. CONSOLIDATED FREIGHTWAYS JONES, RICHARD A. 401 ACME MARKETS, INC. FOLK, JOHN S. 429 LUDENS INCORPORATED JORDAN JR MARTIN YELLOW FREIGHT SYSTEM INC. MYERS, ROGER E. NACE SR, RICHARD E PRESTON TRUCKING CO., INC. TOPPS CHEWING GUM. INC. FOX LEROY K 229 771 PERK FOODS C/O HEINZ PET KANE, ROBERT L. PEPSI COLA BOTTLING GROUP FRATAMICO, CURTIS F. AFFILIATED FOOD DISTR., INC. 773 229 776 NIEMIEC, CHARLOTTE TOPPS CHEWING GUM, INC. KAZAKAVAGE, JOHN P. HARRY E. ORKIN, INC. FUNK, CHARLES A. UNITED PARCEL SERVICE, INC. 429 OHL, KENNETH D. SILVER LINES, INC. KELLY, JOHN 429 JOHN PFROMMER, INC. GARBER, FRANCIS H. 401 SCHULTZ'S, INC. KEREK AIR FREIGHT CORP. INTERNATIONAL DISTR CENTER INC. ROADWAY EXPRESS INC OLINGER, JAMES A 771 KING, JOHN M. 429 GORDON, JOSEPH C. 229 TEAMSTERS LOCAL UNION 401 GRIFFITH, RONALD L. HALLS MOTOR TRANSIT CO. PASCOE, SHIRLEY 401 KIRKLAND, JEFFREY L. CONSOLIDATED FREIGHTWAYS 776 776 PIZZI JR, LOUIS A MATLACK, INC. TERMINAL 5 KNAPP, HAROLD A. GRUMBLING, GERALD W. BERKS PRODUCTS CORP. 773 ASHLAND CHEMICAL COMPANY PLASTINO, DENNIS R. YELLOW FREIGHT SYSTEM, INC. KRAFT, ROBERT MICHAEL 776 UNITED PARCEL SERVICE, INC HALL, JERED 999 COMMERCIAL CARRIERS, INC. HIGGINS, CLARENCE F. RAPP, GEORGE L. REPPY, DAVID 429 MATERS BAKERY KRAMLICH, DAVID 429 CENTRAL DOOR & PLYWOOD CO. 229 JOS NOTARIANNI & CO. PREFERRED DEVELOPMENT CORP. KRAMMES JR, EARL H. JONES MOTOR CO., INC. HOFFMASTER, RONALD DONALD SALEM CONTRACT CARRIER, INC. 401 429 429 RICE, JAMES W. KUNZLER & COMPANY, INC. NORTHEASTERN DISTRIBUTING, INC. JAMES, RAYMOND W. AFFILIATED FOOD DISTR., INC. KURTZ, ELMER RICHWINE, TODD ALAN ARKANSAS BEST FREIGHT SYS., INC. KURTZ, LOWELL C. JOHN S. EWELL, INC. KERN, KAY A LEHIGH WHOLESALE GROCERY CO., INC. KING, WILLIAM T. CONSOLIDATED FREIGHTWAYS ROSE, DANNY W. 229 ROADWAY EXPRESS, INC. LAWSON JR. MART H. 776 771 YELLOW FREIGHT SYSTEM, INC. KLINE SR, GEORGE D. KNEPPER, JAMES H. MOTOR FREIGHT EXPRESS, INC. LEHIGH WHOLESALE GROCERY CO., INC. ROTH, JOHN L LEGOS, EDWIN AFFILIATED FOOD DISTR., INC. 229 429 ROTHERMEL, GENE A A-P-A TRANSPORT CORPORATION PACO PRODUCTS, INC. LENTZ, JAMES 771 AMERICAN FREIGHT SYSTEM, INC. RYAN, DENNIS J. UNITED PARCEL SERVICE, INC. LINDSEY, TERRY L MRS SMITHS PIE CO. KOCH, JOSEPH D. ROCK HILL TRUCKING CO. SALISBURY, JAMES A. KRITCHTEN, BERNARD ARKANSAS BEST FREIGHT SYS., INC. LITZENBERGER, LEON A 773 ARAMARK SERVICES 776 YORK COUNTY TRANSP. AUTHORITY LENTZ MILLING COMPANY JONES MOTOR CO., INC. SCHOCK, ARTHUR E. LAYSER JR. LEROY H. 401 LEICHTMANS ICE CREAM CO., INC. LORAH, LESLIE E. 429 429 SHAW JR, LAWRENCE M. ACME MARKETS, INC. LUCIANO SR, JOSEPH J. AFFILIATED FOOD DISTR., INC. LESNIAK, RUDOLPH R. ROADWAY EXPRESS, INC. 401 229 229 SHEAFFER, DAVID A. SS BERTZ COMPANY, INC. MARTNICK III, ANDREW SCHWERMAN TRUCKING CO. LIVINGHOUSE, KENNETH L ARKANSAS BEST FREIGHT SYS., INC. SHENK, WADE R. WINDSOR SERVICE, INC. MATHEWS JR, CLARENCE E. B & D TRANSFER MATTHEWS, DAVID G. PORTION PACK FOOD SERVICES, INC. SHUBILLA, HENRY SHULL SR, RICHARD K. ROADWAY EXPRESS, INC. CONSOLIDATED FREIGHTWAYS 401 ACME MARKETS, INC. MCCLELLAN, DENNIS E. MAYFIELD, LONNIE W. 776 HIGHWAY FILM DELIVERY, INC. ROADWAY EXPRESS, INC. MCKEE JR, CLARENCE H. 776 MCCARTNEY III, MARTIN CARNATION CO/NESTLE USA, INC. 776 776 HERMAN R. EWELL, INC. MCMANUS, JAMES A. ADAM WHOLESALERS, INC. MCCAULEY, CHERYL A. ROADWAY EXPRESS, INC. SNYDER, BRIAN E WELCO/CGI MAIERS BAKERY MCMILLION JR, MELVIN RAY ROADWAY EXPRESS, INC. MOYER, RICHARD ROADWAY EXPRESS, INC. SNYDER, WILLIAM H. 773 MEHAFFIE JR. JOHN A. 776 ROADWAY EXPRESS INC MUNGRO JAMES O 229 ROADWAY EXPRESS INC STARK, RICHARD J. BOYERTOWN AUTO BODY WORKS, INC. COTT BEVERAGES WYOMISSING, INC. DOMOCO GAS & OIL COMPANY MOYER JR, RALPH C. NARGOSKI, DANIEL A. 429 429 401 NOECKER, JACK R. STEINER, ROBERT L 771 HERMAN R. EWELL, INC. MYCHAYLIW, STEVEN J. 229 CONSOLIDATED FREIGHTWAYS 429 SUPERVALU, INC. STRINGER, RONALD PAUL ST JOHNSBURY TRUCKING CO., INC. NOCERA, FRANKLIN CLOVER FARMS DAIRY ORZEL, DAVID P. ROADWAY EXPRESS, INC PHILLIPS, SAMUEL B. PUCHALSKI, MARYANN SUHINA JR, JOHN M. 776 DRIVERS, INC. NORTH, LEWIS 429 VICTUS LTD 771 YELLOW FREIGHT SYSTEM, INC. TAPIA, LINDA TOPPS CHEWING GUM, INC. TOPPS CHEWING GUM INC. NOVAK JOHN F. LUDENS INC. 229 429 229 STROEHMANN BAKERIES, L. C. QUATRARA, JACOB A. CAROLINA FREIGHT CARRIERS CORP. TEAL, ROBERTA ROADWAY EXPRESS, INC. PALLADINO, EUGENE T. 429 999 TILBURG, CHARLES E. SUSQUEHANNA VALLEY FARMS DAIRY PENDLETON, RORY F. MATLACK, INC. TERMINAL 19 QUESENBERRY, CURTIS W. USF RED STAR 776 TITUS, DALE L. 229 TOPPS CHEWING GUM, INC. PELLIFGER ROBERT A 229 ROADWAY EXPRESS INC. REICHNER, GREGORY A. 764 LINTTED PARCEL SERVICE INC. PLYMOLITH ROCK TRANS, CORP. YELLOW FREIGHT SYSTEM, INC. TONEY ROBERT J. PENNCAST CORPORATION RESSLER JAMES M. 401 RANK MTCHAFL J 771 771 POWER PACKAGING, INC. WEAVER, ROBERT G. PEPSI COLA BOTTLING GROUP REIFSNYDER, SCOTT RACHLIN FURNITURE, INC. ROSARIO GARCIA, EDWIN 429 773 429 WENGEL. KENNETH A MATERIALS TRANSPORT SERVICE RENNINGER, RODNEY P. LENTZ MILLING COMPANY ROTH, ROBERT V. ASSOCIATED WHOLESALERS, INC. ST JOHNSBURY TRUCKING CO., INC. THE GREAT A & P TEA CO., INC. WOJCIECHOWSKI, THEODORE 429 WINDSOR SERVICE TRUCKING RICHARDS, CAROL A. ROTHERMEL, DENNIS 229 ROADWAY EXPRESS, INC. ROADWAY EXPRESS, INC. ROSS, ROBERT UNITED PARCEL SERVICE, INC. WOLF, RONALD L. 776 765 SETBERT, LARRY W. 776 WRIGHT, ROBERT H. ROADWAY EXPRESS, INC. ROYER, JOHN H. YELLOW FREIGHT SYSTEM, INC. SHIMP, THOMAS A. HAUCK & SONS, INC. 229 YEMM, JOHN W. MAKOVSKY BROTHERS, INC. SALTSBURG, GEORGE ROADWAY EXPRESS, INC SIMON JR, HOWARD F. J D M MATERIALS CO., INC. YIENGST, DAVID R F TRUESDELL COMPANY, INC. SANDS, RICHARD CONSOLIDATED FREIGHTWAYS SMELTZ, KENNETH G. ARKANSAS BEST FREIGHT SYS., INC. 776 SCHEIFELE, MICHAEL J. YOST, ROBERT L 776 HALLS MOTOR TRANSIT CO. 429 BERKS PRODUCTS CORP. STAHLEY, DONNA 429 JONES MOTOR CO., INC. AAA TRUCKING CORPORATION SCHILLING, JAMES L. ZURAWSKI JR, JOSEPH W. KEYSTONE DISTRIBUTION CTR, INC. STOUDT, DAVID B. 401 ARKANSAS BEST FREIGHT SYS., INC. 776 771 TEEL, RICHARD A. ARKANSAS BEST FREIGHT SYS., INC. SCHWERMAN TRUCKING CO. SEARER, DALE P. For the month of September, 2006 SEARLE, KENNETH W. FEESER SUPPLY COMPANY VAVRO, GEORGE P. CONSOLIDATED FREIGHTWAYS MATLACK, INC. TERMINAL 52 HARPER COLLINS PUBLISHERS, INC. SIMMONEAU, ALBERT 776 ROADWAY EXPRESS, INC. VERLANDER, CRAIG D. 312 YORK COUNTY TRANSP. AUTHORITY ATKEY, JAMES W. INTERSTATE MTR. FREIGHT SYS., INC. SMEAK, CLETUS VISOSKI, DAVID P. 229 VITALE, JOHN CONSOLIDATED FREIGHTWAYS ALBRIGHT, EDWARD C. 429 SUPERVALU, INC. SNYDER, CLARENCE P. 773 PIENATIONWIDE, INC. ARNOLD, RAYMOND ANGELICA HEALTHCARE SERV. GRP I SNYDER JR, DONALD F. ARKANSAS BEST FREIGHT SYS., INC. WHITE, BARRY L. PRESTON TRUCKING CO., INC. LIBERTY OIL COMPANY, INC. CONSOLIDATED FREIGHTWAYS TRANS-MATERIALS CO. WISE FOODS BARBER, RICHARD MATLACK, INC. TERMINAL 52 SOLT, EDWARD C. WYATT, ROBERT W. 312 BASEHORE JR, EDMUND BASTIAN, PATRICIA 776 ROADWAY EXPRESS, INC. SPURLIN, DOUG 229 YEAGER, GEORGE W. 401 MACK TRANSPORTATION CO. STAUFFER, JESSE W. MUSHROOM TRANSPORTATION CO., INC. YOCUM, MARK R. POWER PACKAGING, AN EXEL CO. 429 BERGSTRESSER, CLIFFORD THOMAS 229 ROADWAY EXPRESS, INC. STEFANOWICZ, MARK A. ACME MARKETS, INC. YOUNG, JERRY L YELLOW FREIGHT SYSTEM, INC. BERTZ JR. SHELDON T. SS BERTZ COMPANY, INC. STEINBERG, CARL 773 FRIEDMANS EXPRESS, INC. ZURAWSKI SR, DENNIS B. 401 ARKANSAS BEST FREIGHT SYS., INC. ROADWAY EXPRESS, INC. BLEAUSKAS JR. THOMAS F. 229 STETTLER, CAROL A. PEOPLE FIRST 773 ACME MARKETS, INC. BLY, JOSEPH A. STOLTZFUS, MOSES R. JOHN S. EWELL, INC. 771 401 BOHAN, CHARLES KENNETH 764 P I E NATIONWIDE, INC. HERMAN R. EWELL, INC. STRAUSS, DAVID K.

STREAVIG, GREGORY L.

TANSKI, LINDA

ARKANSAS BEST FREIGHT SYS., INC.

TOPPS CHEWING GUM, INC.

MYERS MEN, INC.
PILOT FREIGHT CARRIERS, INC.

BROWN, WILLIAM F.

BROWN III, ROBERT D.

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# Central Pennsylvania Teamsters Pension Fund and Central Pennsylvania Teamsters Health and Welfare Fund

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Kevin M. Cicak – Union Trustee

Tomm Forrest - Employer Trustee

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Joseph J. Samolewicz, Administrator

Martin L. Cullen, Assistant Administrator

#### **Professional Advisors:**

Beyer-Barber, Health and Welfare Fund Actuary & Consultant Novak Francella, LLC, Certified Public Accountants

Summit Strategies, Investment Consultant

Stevens & Lee, Legal Co-Counsel

The Savitz Organization, Pension Fund Actuary & Consultant Willig, Williams and Davidson, Legal Co-Counsel

#### **Investment Managers for the**

#### Central Pennsylvania Teamsters Health and Welfare Fund:

Aronson+Johnson+Ortiz, LP

Causeway Capital Management, LLC

INTECH - Enhanced Investment Technologies, LLC

Rothschild Asset Mqt., Inc.

**SEI Investments** 

Walter Scott & Partners, Ltd.

#### Investment Managers for the

#### Central Pennsylvania Teamsters Pension Fund:

Aberdeen Asset Management, Inc.

Aronson+Johnson+Ortiz, LP

The Boston Company Asset Management, LLC

Causeway Capital Management, LLC

DSI International Management, Inc.

INTECH - Enhanced Investment Technologies, LLC

LSV Asset Management

Mesirow Financial, Inc.

Post Advisory Group, LLC

Principal Financial Group

Prudential Insurance Company of America

Rothschild Asset Mqt., Inc.

State Street Global Advisors

Walter Scott & Partners, Ltd.

Western Asset

Westfield Capital Management Company, LLC

#### Important Information from the Fund Office

#### **Fund Office Contact Information**

Contact the Fund Office directly with any questions on Health and Welfare or Pension benefits. The Fund staff is available Monday through Friday from 7:30 a.m. to 4:00 p.m.

#### **Telephone Numbers:**

Health & Welfare (610) 320-5500 Toll free in PA 1-800-422-8330 Nationwide: 1-800-331-0420 Pension (610) 320-5505 Toll free in PA 1-800-343-0136 Nationwide 1-800-331-0420

## Reminder-Keep Your Information Current with the Fund Office

Please remember to keep your address, dependent and beneficiary information updated with the Funds. You can call or mail in address changes to the Fund. You can call the Fund offices or visit **www.CentralPATeamsters.com** to obtain beneficiary change forms to complete and send in to the Fund office.

## Direct Deposit: It's Convenient, Safe and Easy!

Would you like to be sure that your pension check is available to you on the first business day of each month? You can be certain if you use direct deposit! Eliminate the worries of delayed mail delivery, postponed trips to the bank because of bad weather or when you are out of town, lost or stolen checks, waiting in long lines at the bank, or waiting for your check to clear at the bank.

It's easy to sign up! Just call the Fund Office or visit www.CentralPATeamsters.com (click on "Forms") to get the form. Fill it out and return it to the Fund Office. It takes about 30 days to complete the process. Then relax and enjoy the comfort of knowing that your pension check is available to you each month without delay.

Important: If you are currently using direct deposit and your bank name and/or account number changes, please notify the Fund immediately. If you change banks and need to complete a new form, simply call the Fund Office or visit www.CentralPATeamsters.com (click on "Forms") to get a new form. Please note that direct deposit changes usually take 30 days to become effective after you notify the Fund. After you request a change, your first check will be mailed to your home. Thereafter, your check will be directly deposited to your bank account.

#### **Central PA Teamsters**

P.O. Box 15223 Reading, PA 19612-5223

**Return Service Requested** 

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