



Central Pennsylvania Teamsters GUARDIAN



May 2008

Health and Welfare/Pension Guardian Newsletter

Reading, PA

Motor Vehicle Accidents: How Are Medical and Wage Loss Benefits Paid by the Fund?

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.

The Fund Office receives many questions regarding coverage provided by the Fund when the 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. In other words, the Fund will consider the payment of medical expenses only after benefits from the automobile insurance carrier have been exhausted.

In addition, the Fund will **not** provide coverage for short-term disability benefits (except for the first 5 days of missed work) for injuries sustained in a motor vehicle accident. The only time the Fund

will pay more than 5 days of short-term disability benefits 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. The state of Pennsylvania allows residents to purchase wage loss protection. It is recommended that you 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. Check with your motor vehicle insurance carrier to ensure that your policy carries at least the minimum coverage required by the state in which you reside.

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. ●

Improve Your Health in 2008: Take the Health Risk Assessment!

Is 2008 the year you want to start living healthier? Do you need help getting started making changes in your diet, exercise and lifestyle habits?

If you have access to the internet and 20 minutes to spare, you can get help by taking the Central PA Teamsters Health Risk Assessment (HRA).

The HRA questionnaire is free and confidential. Simply log on to www.CentralPATeamsters.com, select Wellness Links, click on "Take the Health Risk Assessment" and follow the instructions to register. You will be asked to register a user name and password. After your user name is registered, you can begin the questionnaire.

The Health Risk Assessment questionnaire asks questions about your current diet, exercise and lifestyle habits. After you complete the confidential HRA (usually in 15-20 minutes), you are provided

with a free personalized report which you can use to develop goals for improving your health. You can also share this report with your doctor and your family. Take a follow-up HRA questionnaire in six months to check your progress.

As an additional reward, the Central PA Teamsters Health and Welfare Fund will automatically enroll each HRA participant in a raffle to win one of eight \$50 VISA cards, compliments of HealthAssurance.

So, what are you waiting for? Take 15-20 minutes to become a healthier you! Take the HRA today! ●



Winners Announced in the 2007 HRA Drawing

A drawing was held in mid-January at the Fund Office to pick the winners of the 2007 HRA raffle. Any participant in the Central PA Teamsters Health & Welfare Fund over the age of 18 who completed the HRA on-line questionnaire during 2007 was eligible.

The winners are:

Karen Dietz
Kittie Hake
Norman Baugh Jr.
Colleen Finn
Ronald Owens
Francis Allar
Richard Quenzer

One winner asked that their name not be published.

The eight winners completed the Health Risk Assessment during 2007 and were automatically entered in a drawing to win one of eight \$50 VISA gift cards, compliments of HealthAssurance. Congratulations to the winners and thanks to all who participated.

If you completed the HRA during 2007, be sure to take the HRA again in 2008 to compare your results with last year.

Don't miss your chance this year to be entered in the 2008 drawing! Simply complete the Health Risk Assessment by December 31, 2008 and you are automatically entered. The drawing will be held in early 2009.

Retirees: Direct Deposit Makes Sense!

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 other commitments, lost or stolen checks, standing 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 Pension Department or visit the Pension Section of the Central PA Teamsters website 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 Pension Department immediately and request a new direct deposit form to complete (even if your bank informs you that no notification is needed.) If you change banks and need to complete a new form, simply call the Pension Department or visit www.CentralPATeamsters.com (click on "Pension"-"Forms") to get a new form. Please note that direct deposit changes usually take 30 days to become effective after you notify the Pension Department. After you request a change, your first check may be mailed to your home. Thereafter, your check will be directly deposited to your bank account.

Are You Recently Divorced?

Please remember to forward copies of your divorce decree to both the Health & Welfare and Pension Departments.

The Fund does not consider your ex-spouse to be an eligible dependent under the Health & Welfare Plan after the effective date of your divorce. Please note that members are required to reimburse the Fund for any claims paid on behalf of an ex-spouse after a divorce becomes final.

Don't forget to make any necessary changes to your beneficiary forms following your divorce. It is not necessary to change your beneficiary for Health

& Welfare death benefits after a divorce unless you wish to. However, you do need to complete a new beneficiary form for your Pension Benefits after your divorce is finalized.

Downloadable beneficiary forms are available on www.CentralPATeamsters.com (click on "Pension" or "Health & Welfare") or you can call the Pension or Health & Welfare Departments. There are separate beneficiary forms for Pension benefits and for death benefits under the Health & Welfare Plan.

Please contact the Pension or Health & Welfare Department if you have any questions.

Living Well



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

The Mouth-Body Connection

In July of 1998, the American Academy of Periodontology launched an effort to educate the public about new findings which support what dental professionals had long suspected: Infections in the mouth can play havoc elsewhere in the body. Since July of 1998, evidence has continued to mount to support these links. While more research needs to be done to say definitively that people with periodontal disease are at higher risk for developing heart disease, stroke, uncontrolled diabetes, pre-term births and respiratory disease, periodontists do know that periodontal disease is a bacterial infection, and all infections are cause for concern.

Periodontal bacteria can enter the blood stream and travel to major organs and begin new infections. Research is suggesting that this may:

- Contribute to the development of heart disease, the nation's leading cause of death.
- Increase the risk of stroke.
- Increase a woman's risk of having a preterm, low birth weight baby.
- Pose a serious threat to people whose health is compromised by diabetes, respiratory diseases, or osteoporosis.

Don't Ignore Your Oral Health

If you value your oral as well as your overall health, a periodontal evaluation is a good idea. If you have regular checkups, your dentist will be evaluating the condition of your gums. However, you should alert your dentist about any concerns, especially if you:



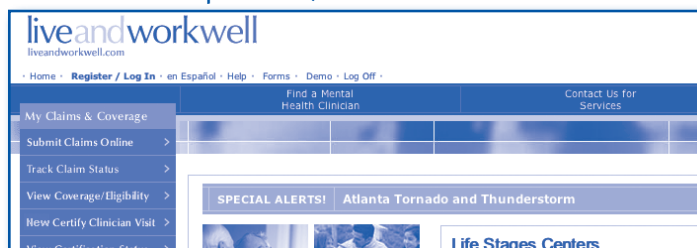
- Notice any symptoms of periodontal disease.
- Have heart disease, diabetes, respiratory disease or osteoporosis.
- Are thinking of becoming pregnant.

- Have a family member with periodontal disease. Research suggests that the bacteria that cause periodontal disease can pass through saliva. This means the common contact of saliva in families puts children and couples at risk for contracting the periodontal disease of another family member.
- Have a sore or irritation in your mouth that does not get better within two weeks.

Source: American Academy of Periodontology

Health Resources Available at Your Fingertips

Central PA Teamsters Live and Work Well is available 24/7 and provides help with everyday life-management issues. Information is available with the push of a button on the Central PA Teamsters website, www.CentralPATeamsters.com. The site is a benefit offered by Central PA Teamsters through our mental health provider, United Behavioral Health.



Information on the following topics (and more) is available on the site:

- Life Stages Centers (nutrition and fitness, stress management, living with chronic conditions and smoking cessation)
- Mental Health Conditions (information and resources on such topics as depression, abuse, alcohol and drug abuse and grief)
- Prescription and Over-the-Counter (OTC) drug information
- Health encyclopedia
- Family and relationship issues
- Mental health clinician search (*note: please check with the Fund office to confirm that the clinician you choose is affiliated with United Behavioral Health.*)

To access the Live and Work Well site, click on "Wellness Links" along the left side of the website's front page. Then click on the CPAT Wellness Program link. Look on the right side of the page to access the Live and Work Well site.

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	Clarinox	Lexapro	Pravachol	Sarafem	Zantac***
Altoprev	Crestor	Lipitor	Prevacid	Sonata**	Zegerid
Ambien**	Cymbalta	Lunesta**	Prilosec***	Sporanox	Zetia
Axid	Daypro	Mevacor	Protonix	Tagamet	Zocor
Bextra	Diffucan	Nexium	Prozac	Tamiflu	Zoloft
				Trepadone	

AND ALL INJECTABLES (EXCLUDING INSULIN AND IMITREX)

Effective June 1, 2008, Luvox will be added to the Negative Formulary List

*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

\$60 Negative Formulary for up to a 90 day supply

RETAIL PHARMACY COPAYMENTS

\$5 Generic for up to a 34 day supply

\$15 Brand for up to a 34 day supply

\$30 Negative Formulary for up to a 34 day supply

PRESCRIPTION PLAN BENEFITS UNDER PLANS 14 AND 16

If you are covered under Plan 14 or 16 your prescription information is listed below.

PLAN 14 and 16 – Option Levels A, B & C

Negative Formulary List*

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

AND ALL INJECTABLES (EXCLUDING INSULIN AND IMITREX)

Effective June 1, 2008, Luvox will be added to the Negative Formulary List

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

MAIL ORDER COPAYMENTS

	<u>Option A</u>	<u>Option B</u>	<u>Option C</u>
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

	<u>Option A</u>	<u>Option B</u>	<u>Option C</u>
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



Vision Care News

Vision Care Benefit Improvement

Effective January 1, 2008, the Central PA Teamsters Health & Welfare Fund will cover the Standard ARC (anti-reflective coating) at no additional charge when an in-network Davis Vision provider is used.

Visit the Central PA Teamsters Health & Welfare Fund's website, [www.CentralPATeamsters.com/Health & Welfare Fund/active vision benefits](http://www.CentralPATeamsters.com/Health%20and%20Welfare%20Fund/active%20vision%20benefits) for a description of benefit coverage under the Plan.

New Web Site Login Process for Davis Vision Members

Davis Vision implemented a new member authentication process for all Web site users, effective during the third week of February, 2008. This new process provides enhanced security and protection of member information. It also creates a platform to offer members access to enhanced Web site features in the future. Davis Vision expects that members will find the new login process to be easier and faster.

During a one-time registration process, each Davis Vision Web site user will be required to enter a user name (consisting of a valid e-mail address) and create a unique password. For subsequent access to the Web site, each member will enter the new user name and password. This approach eliminates the member's need to type in an ID number each time he or she desires access to the Web site after initial registration.

When a member enters the Davis Vision Web site and clicks on "Member Login," a new Member Login page will appear.

To register, the member clicks on the "Register" button to bring up the Member Registration screen below. The member will be able to create his or her own password hint and choose a security question during the registration process. Members may also request automatic password resets, which will be sent to the user's e-mail address (the user name) on file.

Members will continue to be able to use any Davis Vision Client Control Codes and existing links to generic group information on the Davis Vision Web site without having to use the new login process.



Walgreens No Longer a Participating Pharmacy under the Prescription Plan

Effective January 1, 2008, Walgreens is no longer a participating pharmacy under the Central Pennsylvania Teamsters prescription plan through General Prescription Programs (GPP).

The measure was taken due to an increase in Walgreen's dispensing fee. GPP and the Fund Office are committed to containing prescription costs, as

well as all health care costs, in an effort to keep premiums low.

We regret any inconvenience that this action may cause. Please contact GPP at the phone number listed on your GPP ID card (1-800-314-2234) if you need assistance in locating a participating pharmacy.

2007 1099-R Forms Mailed in January

The Fund Office mailed retiree 1099-R statements in January. Please contact the Pension Department if you did not receive your statement.

Retirees receive three copies of the 1099-R. Please be sure to keep your statements in a safe

place in the event you require additional copies for rent rebates or other situations. The Pension Department gets many requests for duplicate 1099-R statements. It costs the Fund time and money to process these requests. Thank you.

Retirement 101

In the November 2007 edition of The Guardian, an article appeared entitled "Are You Planning to Retire?" which describes the process for applying for retirement. The Fund intends to continue discussion of retirement planning with a series of articles under the heading of "Retirement 101."

For more information about the Central Pennsylvania Teamsters Defined Benefit or Central PA Teamsters Retirement Income Plan, please refer to your Summary Plan Description (SPD) or contact the Pension Department.

What is the Most Expensive Purchase You Will Ever Make?

- A. Home
- B. College Education
- C. Car
- D. Retirement

If your answer was "A"-Home, ask yourself this question: Did your house cost 15 or 20 times your current pay?

You are correct if your answer is "D"-Retirement. Skeptical?

Experts report that workers retiring at age 65 typically need between 75-100% of their pre-retirement annual income during retirement, depending upon factors such as longevity, health care costs and investments.*

If you expect to live 20 years in retirement, you will need 16 times your annual pre-retirement pay to finance a goal of living on 80% of your pay at retirement (20 times annual pay if your goal is 100%).

Example

Here is a simple example. John, a participant in the Central Pennsylvania Teamsters Pension Fund, currently earns \$50,000 per year. He is 35 years old and plans to retire in 30 years at age 65. John estimates that his pre-retirement annual income will be \$100,000. John's employer contributes \$800 each month to the Fund's Defined Benefit Pension Plan.

If he "fast forwards" to his retirement date, John expects he will need an annual income equal to 80% of his pre-retirement income, or \$80,000, at retirement for 20 years:

John's Desired Annual Income at Age 65 ... \$80,000
Estimated Years That John Expects
He Will Live in Retirement 20
Example: age 65 to 85 = 20 years

A. John's estimated income needs over 20 years \$1,600,000
(Benefits payable beginning in the year 2038)

Sounds like a lot, doesn't it?

John receives a communication from the Social

Security Administration each year which estimates he will receive a lifetime monthly benefit of **\$2,100** each month beginning at age 65. Because John's full Social Security retirement benefits are not payable to him until age 67, John's monthly benefit payable at age 65 has been reduced.

B. John's estimated total Social Security benefit payments over 20 years..... \$504,000

John also participates in the Central Pennsylvania Teamsters Defined Benefit Plan. Each year, the Fund Office provides John with a Pension Benefits Statement. Based on the contributions that John's employer makes on his behalf over the years, the Fund estimates that John will receive a monthly Single Life Annuity payment of **\$3,600** per month beginning at age 65, payable over his lifetime.

C. John's estimated Defined Benefit Plan payments over 20 years..... \$864,000

D. John's estimated total retirement payments over 20 years (B+C) \$1,368,000

E. Additional assets John expects he will need over his projected 20 years of retirement (A-D) \$232,000

The additional assets may come from a defined contribution plan like the Central PA Teamsters Retirement Income Plan (RIP), an IRA, or other personal savings.

This example does not take into consideration price inflation which may occur over John's 20 years of retirement. Additional savings may be needed to protect against inflation.

A Defined Benefit Plan Assumes Investment Risk

A major advantage of a Defined Benefit Plan, such as the Central Pennsylvania Teamsters Defined Benefit Plan, over a Defined Contribution Plan, such

as a 401(k) plan, is that the Defined Benefit pension plan assumes the investment risk. A participant covered under a 401(k) plan is responsible for making investment decisions. This is an important difference, particularly in an unstable investment climate, because it is the 401(k) participant's responsibility to make their account balance last over their lifetime.

Participants under a Defined Benefit Plan receive a predictable monthly benefit *over their entire lifetime* after they retire, regardless of how long they live or

how well the stock market is performing.

Prepare Now for the Future

Because retirement is the most expensive purchase you will ever make, early planning is critical. The example above is for illustration purposes only. Individual situations will vary. Consult a reputable financial advisor for help in developing your personal plan.

**Source: Employee Retirement Research Institute (EBRI), "Measuring Retirement Income Adequacy," September, 2004.*

Walk-In Medical Facilities

The following is a partial list of in-network walk-in medical facilities operating in Central and Northern Pennsylvania. The centers have indicated that they charge for an office visit co-pay.

These facilities treat non-life or limb threatening, medical illnesses or injuries. They are an alternative to visiting a hospital emergency room when your family doctor is not available.

When a serious condition exists such as chest

pain, shortness of breath, abdominal pain, persistent vomiting or multiple injuries from a bad accident, patients should seek care at a hospital emergency department.

The Fund Office provides this list as a convenience to our members. We recommend that you call the facility before visiting to confirm their hours, location, co-pay amounts and types of treatments available.

St. Joseph Health Network at Elverson

45 South Pine Street, Elverson, PA 19520

Phone: 610-913-1234

Hours:

7 a.m. to 7 p.m. Monday thru Friday
8 a.m. to 4 p.m. Saturday
12 p.m. to 4 p.m. Sunday

St. Joseph Health Network at Maiden Creek

108 Plaza Drive, Suite 101, Blandon, PA 19510

Phone: 610-208-4650

Hours:

7 a.m. to 7 p.m. Monday and Thursday
7 a.m. to 6 p.m. Tuesday and Wednesday
7 a.m. to 5 p.m. Friday
8 a.m. to 12 p.m. Saturday

Cedar Crest Emergicenter

1101 S. Cedar Crest Blvd., Allentown, PA 18103

Phone: 610-435-3111

Hours:

7 a.m. to 11 p.m. • 7 days per week

Redi-Care Medical Center

648 N. Main Street, Taylor, PA 18517

Phone: 570-348-1101

Hours:

9 a.m. to 8 p.m. Monday thru Friday
9 a.m. to 5 p.m. Saturday and Sunday

Good Samaritan Hospital Urgent Care

956 Isabel Drive, Lebanon, PA 17042

Phone: 717-270-5677

Hours:

9 a.m. to 7 p.m. Monday thru Friday
10 a.m. to 2 p.m. Saturday

Water Street Urgent Care

1099 Water Street, Meadville, PA 16335

Phone: 814-337-2273

Hours:

8 a.m. to 8 p.m. Monday thru Saturday
9 a.m. to 2 p.m. Sunday

Redi-Care Medical Center

25th Street Shopping Center

2461 Nazareth Road, Easton, PA 18045

Phone: 610-258-5300

Hours:

8 a.m. to 9 p.m. Monday thru Saturday
9 a.m. to 5 p.m. Sunday

RETIREES APPROVED FOR PENSIONS

October 2007 through February 2008

For the month of October, 2007

Name	Local	Employer
ACCARDI, JOSEPH	771	ANDERSON BAKERY CO., INC.
ADLON II, RICHARD	776	ROADWAY EXPRESS, INC.
ANDREWS, EDWIN E.	773	EASTERN INDUSTRIES, INC.
ASBURY, EDWARD	229	TOPPS CHEWING GUM, INC.
ATHEY, RAYMOND JAMES	771	YELLOW FREIGHT SYSTEM, INC.
BAKER, ROBERT	776	ROADWAY EXPRESS, INC.
BASKERVILLE, CLAUDE L.	429	ARROW CARRIER CORPORATION
BOSTON, GEORGE F.	771	YELLOW FREIGHT SYSTEM, INC.
BYERLY, PATRICK W.	429	COTT BEVERAGES WYOMISSING, INC.
COLYER, FREDERICK S.	776	CONSOLIDATED FREIGHTWAYS
CRISWELL, JR., BEN S.	771	YELLOW FREIGHT SYSTEM, INC.
DUDLEY, JR., THOMAS C.	229	ROADWAY EXPRESS, INC.
EISENBISE, LEON	429	COTT BEVERAGES WYOMISSING, INC.
ERDMAN, GARY W.	776	NEW PENN MOTOR EXPRESS, INC.
ERVIN, THOMAS V.	429	STROEHMANN BAKERIES, L. C.
FARLING, JESSE L.	776	ARKANSAS BEST FREIGHT SYS., INC.
FELA, ALAN MARK	776	CONSOLIDATED FREIGHTWAYS
FLYNN, ROBERT	401	UNITED PARCEL SERVICE, INC.
FRANCK, ELMER W.	429	ASSOCIATED WHOLESALERS, INC.
GACKENBACH, GARY B.	773	EXIDE CORP. DISTRIBUTION CENTER
GALASSO, MICHAEL ANTHONY	773	ROCK HILL TRUCKING CO., INC.
GOOD, JAY L.	764	INTERSTATE MTR. FREIGHT SYS., INC.
GOSTONY, JOSEPH L.	229	ROADWAY EXPRESS, INC.
GRAUF, EDWARD G.	429	SCHROCK CABINET COMPANY
HEIM, RAYMOND L.	771	YELLOW FREIGHT SYSTEM, INC.
HINNERSCHITZ, JOHN H.	773	ARAMARK SERVICES
HUEY, DENNIS W.	429	POLLOCK-READING, INC.
HUFF, ROBERT W.	776	ARKANSAS BEST FREIGHT SYS., INC.
JOHNSON, JR., HARRY C.	764	KEPLER BROTHERS
KARPER, WILBUR T.	771	YELLOW FREIGHT SYSTEM, INC.
KRAFT, JOHN	429	ROADWAY EXPRESS, INC.
KRYSIO, CINDY M.	776	ROADWAY EXPRESS, INC.
KUNCHER, JUDY J.	429	JONES MOTOR CO., INC.
LONGENECKER, CHARLES M.	776	AMERICAN FREIGHT SYSTEM, INC.
MANLEY, GREGORY L.	429	SCHROCK CABINET COMPANY
MCDUFFIE, ROYCE M.	771	A-P-A TRANSPORT CORPORATION
MEDINA, JORGE L.	429	LENTZ MILLING COMPANY
METZGER, JOHN W.	999	ARKANSAS BEST FREIGHT SYS., INC.
MILLER, KENNETH W.	429	SUPERVALU, INC.
MITCHELL, JR., ALBERT	429	RDG. TRANSPORTATION CO.
MOFFO, DOROTHY A.	773	ASHLAND CHEMICAL COMPANY
MOORE, JR., ROBERT K.	776	HALLS MOTOR TRANSIT CO.
MORDAN, LARRY W.	401	WISE FOODS
MUNDORFF, JR., ROBERT S.	771	YELLOW FREIGHT SYSTEM, INC.
NELSON, ROBERT S.	773	CHEMICAL LEAMAN TANK LINES, INC.
NGUYEN, MINH VAN	429	RACHLIN FURNITURE, INC.
NORRIS, TERRY	429	CARL R. BIEBER, INC.
OSORIO, HAROLD D.	429	WINDSOR SERVICE TRUCKING
PAGE, CHARLES W.	776	USF HOLLAND, INC.
PAINTER, SR., JOHN C.	429	YEAGER SUPPLY, INC.
PARRY, DAVID W.	229	C & S WHOLESALE GROCERS
PARTHENMORE, JR., GEORGE R.	776	ROADWAY EXPRESS, INC.
REED, LARRY J.	429	POWER PACKAGING, AN EXEL CO.
REID, GEORGE	229	ROADWAY EXPRESS, INC.
REMALEY, WARREN R.	229	ROADWAY EXPRESS, INC.
RENTSCHLER, DONALD W.	429	ISRAEL SISWEIN & CO.
ROSS, PATRICK J.	229	DEFAZIO EXPRESS, INC.
RUBY, DONALD R.	776	PRESTON TRUCKING CO., INC.
SASA, EDWARD J.	771	YELLOW FREIGHT SYSTEM, INC.
SHEERER, STEVEN	776	UNITED PARCEL SERVICE, INC.
SILER, JOHN H.	764	BRANCH MOTOR EXPRESS CO.
SKELLY, CHRIS A.	776	ROADWAY EXPRESS, INC.
STEIN, BYRON GEORGE	429	PETRO OIL
STEINBACH, ROBERT	229	ROADWAY EXPRESS, INC.
STEPHENS, DAVID K.	776	ROADWAY EXPRESS, INC.
STILL, RALPH E.	776	UNITED PARCEL SERVICE, INC.
STROUT, CHARLES BRUCE	776	ROADWAY EXPRESS, INC.
SWAIN, RONALD E.	776	ARKANSAS BEST FREIGHT SYS., INC.
SWEITZER, LEON F.	429	CLOVER FARMS DAIRY
SZAPACS, DENNIS T.	229	KEYSTONE COCA-COLA BTLG. CO., INC.
TARAMELLI, EUGENE PAUL	229	ROADWAY EXPRESS, INC.
TOMEIO, PATRICK A.	229	ROADWAY EXPRESS, INC.
WAMPLER, GEORGE A.	776	JONES MOTOR CO., INC.
WARRICK, PAUL D.	229	TREE PRESERVATION CO., INC.
WILSON, JAMES	776	ROADWAY EXPRESS, INC.
WILSON, ROY	776	UNITED PARCEL SERVICE, INC.
WOLFE, ROBERT E.	764	P I E NATIONWIDE, INC.
WRIGHT, DAVID S.	764	I A CONSTRUCTION CORPORATION

For the month of November, 2007

Name	Local	Employer
BAILEY, EARL RICHARD	429	SCHROCK CABINET COMPANY
BARTHOLD, CLARENCE H F	773	MAKOVSKY BROTHERS, INC.
BELLEW, SR., LAWRENCE JOHN	776	ROADWAY EXPRESS, INC.
BINGAMAN, LEE H.	764	YOUNG DOOR COMPANY
BLACK, WADE H.	776	ROADWAY EXPRESS, INC.
BLACKWELL, JOHN THOMAS	773	FRIEDMANS EXPRESS, INC.
BRENNER, FIANNA W.	429	COTT BEVERAGES WYOMISSING, INC.
BROWN, DEWEY L.	429	ASSOCIATED WHOLESALERS, INC.

For the month of November, 2007

Name	Local	Employer
BUHR, EUGENE R.	776	CONSOLIDATED FREIGHTWAYS
CALHOUN, RONALD E.	771	YELLOW FREIGHT SYSTEM, INC.
CAMPBELL, GARY	776	ROADWAY EXPRESS, INC.
CHOPEK, JR., MICHAEL G.	229	CONSOLIDATED FREIGHTWAYS
COCKERHAM, JAMES G.	312	CHEMICAL LEAMAN TANK LINES, INC.
CORDARO, SAMUEL A.	229	HARPER COLLINS PUBLISHERS, INC.
COUGHLIN, JAMES	229	HARRINGTON BEER DISTRIBUTING
CUNNINGHAM, DAVID L.	229	CONSOLIDATED FREIGHTWAYS
DARR, DENNIS H.	776	ARKANSAS BEST FREIGHT SYS., INC.
ELERICK, CHESTER E.	429	ARKEMA, INC.
FEDORICK, JAMES A.	429	EMPIRE WRECKING CO. OF READNG PA
GALLAGHER, JOSEPH	229	ROADWAY EXPRESS, INC.
GAUL, DONALD B.	776	JAGTRUX, INC.
GLATFELTER, ROBERT	776	ROADWAY EXPRESS, INC.
GROMLING, SHIRLEYANN D.	429	TOM STURGIS PRETZELS, INC.
HALLOCK, CLARENCE	229	ROADWAY EXPRESS, INC.
HAUSMAN, PAUL D.	773	PEPSI COLA BOTTLING GROUP
HOLTZMAN, TIMOTHY N.	776	ROADWAY EXPRESS, INC.
HOUCK, PHIL D.	773	MATERIALS TRANSPORT SERVICE
HUDAK, GEORGE S.	229	AFFILIATED FOOD DISTR., INC.
HUMMER, SR., THOMAS	401	FRIEDMANS EXPRESS, INC.
KASPER, JOSEPH M.	401	UNITED PARCEL SERVICE, INC.
KASTELEBA, JR., JOHN	999	ALLIED SYSTEMS LTD
KEITH, MARTIN	429	VICTUS LTD
KEMPER, LENORD	401	WISE FOODS
KLAHR, JOHN H.	771	NEW PENN MOTOR EXPRESS, INC.
KLINGBORG, ROGER A.	773	MACK TRUCKS, INC. NVSSC
KOHLER, HAROLD E.	429	E3B PAVING AND MATERIALS CO.
LAROS, ROBERT R.	429	BERKS PRODUCTS CORP.
LAUSCH, RALPH T.	776	P I E NATIONWIDE, INC.
LEE, RICHARD A.	312	MATLACK, INC. TERMINAL 52
LEWIS, KEVIN E.	999	ALLIED SYSTEMS LTD
MADENFORD, VICKI A.	429	GENERAL COMMODITIES WAREHOUSE
MARKS, CAROLYN L.	764	UNITED PARCEL SERVICE, INC.
MASON, THOMAS N.	429	WINDSOR SERVICE, INC.
MEEHAN, MICHAEL D.	312	MATLACK, INC. TERMINAL 5
MERTZ, PATRICIA	773	USF RED STAR
MILLER, DAVID E.	771	HERMAN R. EWELL, INC.
MULL, DONNA	429	COTT BEVERAGES WYOMISSING, INC.
NONNEMAKER, MICHAEL W.	229	ROADWAY EXPRESS, INC.
NORVICK, STEVE S.	771	YELLOW FREIGHT SYSTEM, INC.
NOVINGER, KENNETH W.	776	ROADWAY EXPRESS, INC.
PACIFICO, DANIEL M.	429	BERKS PRODUCTS CORP.
PAINTER, DENNIS L.	771	YELLOW FREIGHT SYSTEM, INC.
PEPIN, LAURIE	229	ROADWAY EXPRESS, INC.
POTTEIGER, JESSE L.	776	BRANDT DISTRIBUTORS
PURSELL, JR., ROBERT H.	773	ADAM MEYER MOVING & STORAGE
SHAFFER, ROBERT E.	776	ARKANSAS BEST FREIGHT SYS., INC.
SHEAFFER, STEPHEN	776	USF RED STAR
SIENE, FREDERICK A.	401	WYOMING VALLEY DIST. CO., INC.
SNYDER, HAROLD V.	312	MATLACK, INC. TERMINAL 5
SOLDERITZ, LARRY D.	229	ROADWAY EXPRESS, INC.
SPARACINO, RICHARD R.	429	ASSOCIATED WHOLESALERS, INC.
STETTLER, TERRY L.	429	BERKS PRODUCTS CORP.
STROHECKER, GENE E.	776	ARKANSAS BEST FREIGHT SYS., INC.
STRUCK, ROBERT G.	776	PRESTON TRUCKING CO., INC.
TROXELL, THOMAS W.	429	SOUTHWEST FREIGHT LINES
URAL, THOMAS A.	776	CLETUS E. MUMMERT, INC.
VENUS, ARNULFO K.	771	LANCASTER COUNTY NEWS CO.
WARCHOLAK, THOMAS P.	776	ARKANSAS BEST FREIGHT SYS., INC.
WEATHERHOLTZ, ARTHUR B.	429	THE BACHMAN COMPANY
WENZEL, BARRY M.	429	ASSOCIATED WHOLESALERS, INC.
WILKE, PAUL T.	773	FRIEDMANS EXPRESS, INC.
WILLIAMS, DAVID J.	773	INTERNATIONAL DISTR. CENTER, INC.

For the month of December, 2007

Name	Local	Employer
BARTCH, RONALD D.	771	YELLOW FREIGHT SYSTEM, INC.
BIESECKER, RICHARD F.	312	MATLACK, INC. TERMINAL 5
BOLLMAN, PHILIP B.	776	ARKANSAS BEST FREIGHT SYS., INC.
BOWMAN, BRUCE	773	MACK TRANSPORTATION CO.
BOYNES, JOSEPH E.	771	YELLOW FREIGHT SYSTEM, INC.
BRESSLER, LARRY E.	429	WINDSOR SERVICE TRUCKING
BRITT, BERNARD	776	ROADWAY EXPRESS, INC.
BUFANO, DAVID J.	429	COTT BEVERAGES WYOMISSING, INC.
BURK, SR., CHARLES W.	776	ARKANSAS BEST FREIGHT SYS., INC.
CARNES, EUGENE L.	776	ARKANSAS BEST FREIGHT SYS., INC.
CAWLEY, PAUL F.	229	DEFAZIO EXPRESS, INC.
CRAIN, WILLIAM	764	UNITED PARCEL SERVICE, INC.
CRUM, JR., BEL T.	776	ROADWAY EXPRESS, INC.
DEATRICK, LARRY D.	776	ARKANSAS BEST FREIGHT SYS., INC.
ESHLEMAN, CLINTON	229	ROADWAY EXPRESS, INC.
EVELHOCH, WILLIAM L.	776	ROADWAY EXPRESS, INC.
FRALEIGH, SR., GERALD J.	771	YELLOW FREIGHT SYSTEM, INC.
GRAEFF, JR., ROBERT E.	776	PACIFIC RAIL SERVICE
GREGO, JAMES J.	229	AFFILIATED FOOD DISTR., INC.
HACKMAN, GLENN K.	771	A-P-A TRANSPORT CORPORATION
HARRIS, MONROE W.	776	PERK FOODS C/O HEINZ PET
HASSENBEIN, JR., AUGUST	429	JOHN PFROMMER LLC

For the month of December, 2007

Name	Local	Employer
HESS, ROBERT H.	429	VICTUS LTD
HOFFERT, THOMAS W.	776	ROADWAY EXPRESS, INC.
HOOVEN, LARRY L.	764	SCHNEIDER-VALLEY FARMS, INC.
HOOVER, KENDAL	429	ARAMARK REFRESHMENT SERV., INC.
HOWELL, LARRY	776	UNITED PARCEL SERVICE, INC.
INGRAM, SHIRLEY S.	312	CHEMICAL LEAMAN TANK LINES, INC.
JONES II, ROBERT S.	773	ASHLAND CHEMICAL COMPANY
KAPP, EUGENE D.	776	ROADWAY EXPRESS, INC.
KEEN, GEORGE C.	229	UNITED PARCEL SERVICE, INC.
KELLER, JOHN A.	429	BOB WHITE QUAL. FROSTED FOODS
KELLNER, JR., FRED R.	776	UE&C-CATALYTIC
KERNS, BARRY LEE	429	J C EHRLICH CO., INC.
LAUDENSLAGER, DAVID P.	771	ARKANSAS BEST FREIGHT SYS., INC.
LILLEY, KENNETH L.	776	USF RED STAR
MANGIARI, THOMAS	229	ROADWAY EXPRESS, INC.
MATOUS, RICHARD J.	229	ROADWAY EXPRESS, INC.
MCCOY, JAMES	773	UNITED PARCEL SERVICE, INC.
MCKISSICK, MICHAEL J.	776	PRESTON TRUCKING CO., INC.
MORRIS, ROBERT	401	PEPSI-COLA BOTTLING COMPANY
MULLEN, SR., KENNETH A.	776	ARKANSAS BEST FREIGHT SYS., INC.
PUGLIESE, LORENZO	429	QUINLAN PRETZEL WISE FOOD GRP.
QUELL, ROBERT L.	429	STROEHMANN BAKERIES, INC.
QUIGLEY III, DANIEL	773	UNITED PARCEL SERVICE, INC.
QUINTER, HOWARD R.	429	BIRDSBORO SLAG PRODUCTS, INC.
RESSLER, KENNETH W.	776	PRESTON TRUCKING CO., INC. FRONTR.
ROHRER, DOUGLAS E.	771	YELLOW FREIGHT SYSTEM, INC.
SALTSBURG, KENNETH E.	776	ANDERSON LOGISTICS
SARGENT, BRUCE B.	229	J. R. BUTLER, INC.
SAVAGE, RICHARD C.	429	EXIDE CORPORATION
SAXTON, DRAKE V.	229	NEW PENN MOTOR EXPRESS, INC.
SHATROWSKAS, EDWARD	764	TOPPS CHEWING GUM, INC.
SHENKO, ANDREW	229	C&S WHOLESALE GROCERS
SHIREY, JOAN	776	NEW PENN MOTOR EXPRESS, INC.
SICHERI, KENNETH	229	ROADWAY EXPRESS, INC.
SKIPPER, JR., HAROLD W.	429	SCHROCK CABINET COMPANY
SMITH, LEE CURTIS	771	YELLOW FREIGHT SYSTEM, INC.
STRAUB, JOHN W.	776	ARKANSAS BEST FREIGHT SYS., INC.
SWANSON, MARLOWE	776	ROADWAY EXPRESS, INC.
THOMAS, JAMES	773	UNITED PARCEL SERVICE, INC.
WHITFIELD, GARY P.	776	ARKANSAS BEST FREIGHT SYS., INC.
WILLIAMS, JOSEPHINE A.	229	SCRANTON SEWER AUTHORITY
WILSON, SANDRA	429	COTT BEVERAGES WYOMISSING, INC.
WINNER, JOHN A.	776	ARKANSAS BEST FREIGHT SYS., INC.
WOOD, MICHAEL L.	764	ARROW CARRIER CORPORATION
YEISLEY, DOUGLAS S.	773	PRESTON TRUCKING CO., INC.
YOHE, RICHARD L.	776	PRESTON TRUCKING CO., INC.
YOUNG, ROSE	401	BECHTEL CONSTRUCTION, INC.

For the month of January, 2008

Name	Local	Employer
ANDERSON, ROBERT D.	764	P I E NATIONWIDE, INC.
AUFIERO, MARY ANN	401	ACME MARKETS, INC.
BENTZ, RICHARD D.	776	PRESTON TRUCKING CO., INC.
BESEK, FRANK S.	764	INTERSTATE MTR. FREIGHT SYS., INC.
BOHLE, JR., JAMES W.	776	FLEMING COMPANIES, INC.
BROZENICK, JOANNE	776	CARNATION CO/NESTLE USA, INC.
BUFFINGTON, JR., JOHN	771	YELLOW FREIGHT SYSTEM, INC.
BUTCHER, AWILDA M.	773	ONE SOURCE
CONAGHAN, RONALD J.	229	YELLOW FREIGHT SYSTEM, INC.
CUMELLO, GREGORY J.	229	ROADWAY EXPRESS, INC.
DOMAL, JOCELYN K.	429	SCRANTON SEWER AUTHORITY
DOWDY, RUSSEL J.	229	UNITED PARCEL SERVICE, INC.
ECK, KENNETH R.	429	BOARD OF SUPERVISORS
EISBACHER, ALBERT E.	229	NEW PENN MOTOR EXPRESS, INC.
FRENCH, RICHARD L.	771	YELLOW FREIGHT SYSTEM, INC.
GAGLIARDO, JANE	773	YELLOW FREIGHT SYSTEM, INC.
GONZALEZ, SERGIO	776	METALS USA
GOUDY, BRYSON CARL	429	BRENNTAG NORTHEAST, INC.
GROSS, JR., STEWART E.	776	CONSOLIDATED FREIGHTWAYS
HAAG, LAWRENCE E.	764	CONSOLIDATED FREIGHTWAYS
HARMES, THOMAS L.	771	KUNZLER & COMPANY, INC.
HICKMAN, SAMUEL L.	776	WALTER W ZEIGLERS SONS, INC.
HOOVER, HAROLD M.	771	KENOSHA AUTO TRANSPORT CORP.
KAUFFMAN, ROLAND L.	776	CONSOLIDATED FREIGHTWAYS
KEARNEY, JAMES T.	229	CONSOLIDATED FREIGHTWAYS
KNEAL, DWIGHT	229	TOPPS CHEWING GUM, INC.
KNOLL, FREDERICK P.	429	ARKEMA, INC.
KOCHER, ROGER	229	ROADWAY EXPRESS, INC.
KOWANICK, WALTER	229	AFFILIATED FOOD DISTR., INC.
KRYESKI, MARY MARGARET	229	SCRANTON SEWER AUTHORITY
KRYSTON, WALTER J.	429	ROADWAY EXPRESS, INC.
LENTZ, PAUL T.	776	PERK FOODS C/O HEINZ PET
LESNEFSKY, FRANCIS E.	229	TRIANGLE PACIFIC CABINET CORP.
LUCAS, DALE J.	776	ARKANSAS BEST FREIGHT SYS., INC.
LUCKENBILL, BARRY L.	429	SUPERVALU, INC.
MALITZ, FRANCIS	773	MAKOVSKY BROTHERS, INC.
MCCLEARY, JOHN C.	776	MATLACK, INC.
MOWERY, DONALD L.	771	YELLOW FREIGHT SYSTEM, INC.
NELSON, IRA IRVIN	776	ARKANSAS BEST FREIGHT SYS., INC.
PACKARD, DAVID P.	771	YELLOW FREIGHT SYSTEM, INC.
PANNEBAKER, LARRY	776	UNITED PARCEL SERVICE, INC.
PAUL, THOMAS G.	764	INTERSTATE MTR FREIGHT SYS., INC.
PIFCHO, JOHN J.	229	YELLOW FREIGHT SYSTEM, INC.
PIFCHO, JR., DANIEL	229	WILLIAM ROSENSTEIN & SONS
RICE, EUGENE W.	771	YELLOW FREIGHT SYSTEM, INC.
RICHARDS, SR., JOHN J.	229	UNITED PARCEL SERVICE, INC.

For the month of January, 2008

Name	Local	Employer
RICHARDS, SR., THOMAS A.	229	FRIEDMANS EXPRESS, INC.
RINEHART, SR., ROBERT F.	771	YELLOW FREIGHT SYSTEM, INC.
ROBB, SAMUEL B.	764	TLI, INC.
SAGER, JOSEPH	776	ROADWAY EXPRESS, INC.
SHIRK, RICHARD A.	776	USF RED STAR
SLOAN, DAVID L.	771	YELLOW FREIGHT SYSTEM, INC.
SMITH, AMYE	776	ARKANSAS BEST FREIGHT SYS., INC.
SNYDER, KENNETH E.	776	UNITED PARCEL SERVICE, INC.
SNYDER, JR., IRVIN M.	776	ARKANSAS BEST FREIGHT SYS., INC.
SPITLER, STEPHEN M.	429	NEW PENN MOTOR EXPRESS, INC.
SPRADLEY III, PHILLIP	429	COTT BEVERAGES WYOMISSING, INC.
STOUDT, CRAIG	429	DIETRICH'S MILK PRODUCTS, LLC
STOUDT, KENNETH R.	429	CLOVER FARMS DAIRY
STRAKA, MICHAEL	229	YELLOW FREIGHT SYSTEM, INC.
STREZNETSKY, JAMES E.	229	CONSOLIDATED FREIGHTWAYS
TAYLOR, FRED W.	764	P I E NATIONWIDE, INC.
WAGNER, DENNIS A.	429	SCHROCK CABINET COMPANY
WAGNER, KENNETH W.	429	NEW PENN MOTOR EXPRESS, INC.
WHITE, DONN MAURICE	776	PENNA TRUCK LINES, INC.
WITMER, BENJAMIN W.	776	ARKANSAS BEST FREIGHT SYS., INC.

For the month of February, 2008

Name	Local	Employer
ADAMS, RANDALL C.	429	WETTERAU FOOD SERVICES, INC.
ALBRIGHT, JOHN F.	429	THE BACHMAN COMPANY
ALDRICH, WILLIAM	229	ROADWAY EXPRESS, INC.
ANDERSON, MARK J.	776	ARKANSAS BEST FREIGHT SYS., INC.
BATDORF, WARREN T.	776	ARKANSAS BEST FREIGHT SYS., INC.
BEAVER, SR., DOUGLAS E.	776	ROADWAY EXPRESS, INC.
BENSINGER, WAYNE F.	429	ROCK HILL TRUCKING CO., INC.
BIANCHI, ADRIAN	229	HARPER COLLINS PUBLISHERS, INC.
BLACKWELL, ALLEN L.	401	KEYSTONE COCA-COLA BOTTLING CO.
BLEW, ROBERT L.	771	HERMAN R. EWELL, INC.
BOYER, SR., WILLIAM	776	UNITED PARCEL SERVICE, INC.
BRUBAKER, DALE L.	771	YELLOW FREIGHT SYSTEM, INC.
CIOLEK, ISABELLE	229	TOPPS CHEWING GUM, INC.
COLON, HERIBERTO	429	COTT BEVERAGES WYOMISSING, INC.
CRAMMER, CHRIS A.	429	EAGLE DISTRIBUTING COMPANY
CRUM, JR., HORACE M.	776	ARKANSAS BEST FREIGHT SYS., INC.
DEITZER, WILLIAM E.	429	CARL R. BIEBER, INC.
DRAHT, ALBERT	401	ST. JOHNSBURY TRUCKING CO., INC.
FETSCH, WILLIAM H.	312	MATLACK, INC. TERMINAL 5
FISHER, JR., HARRY G.	771	YELLOW FREIGHT SYSTEM, INC.
FRITSCH, PAMELA L.	771	READY MIXED CONCRETE CO.
FRY, KENNETH L.	776	R J C INDUSTRIES, INC.
GIBSON, SR., RONALD A.	773	INTERNATIONAL DISTR. CENTER, INC.
HANNON, HAROLD	229	SCRANTON SEWER AUTHORITY
HARBAUGH, ROBERT H.	771	MILLER & HARTMAN, INC.
HEIMPEL, WILLIAM E.	773	EXIDE
HOOD, JOHN M.	229	CONSOLIDATED FREIGHTWAYS
HOOVER, CHARLES L.	771	YELLOW FREIGHT SYSTEM, INC.
JOHNSON, EDWARD R.	776	HALLS MOTOR TRANSIT CO.
KELMINSKI, JEAN A.	229	TOPPS CHEWING GUM, INC.
KILPATRICK, PETER E.	773	FRIEDMANS EXPRESS, INC.
KLOKIS, ROBIN	429	J C EHRLICH CO., INC.
KNECHT, RONALD A.	773	COCA-COLA BTLNG CO. LEHIGH VLLY
KNOLL, TRACY	771	YELLOW FREIGHT SYSTEM, INC.
KROTULSKI, MARK L.	429	UNITED PARCEL SERVICE, INC.
LENTZ, DENNIS	776	ROADWAY EXPRESS, INC.
LILLIS, SR., WESLEY E.	429	BOB WHITE QUAL. FROSTED FOODS
LONG, ROGER F.	773	MACK TRUCKS INC. NVSSC
LOSS, STEPHEN	229	UNITED PARCEL SERVICE, INC.
LUCEY, JEROME C.	429	ARKEMA, INC.
MARKS, RICARDO J.	429	LIBERTY OIL COMPANY, INC.
MCGRAIL, JOHN F.	229	TEAMSTERS LOCAL UNION 229
MEHAL, GEORGE W.	229	TOPPS CHEWING GUM, INC.
MEYERS II, JOSEPH F.	229	C&S WHOLESALE GROCERS, OCEAN LO
MILLER, ROBERT C.	776	NEW PENN MOTOR EXPRESS, INC.
MILLER, WARREN P.	229	DEFAZIO EXPRESS, INC.
OSBORNE, MICHAEL B.	776	ARKANSAS BEST FREIGHT SYS., INC.
PLOWMAN, DAVID T.	771	MILLER & HARTMAN, INC.
ROSS, PETER P.	401	JAMES C. THOMAS & SONS
ROTHERMEL, RANDALL J.	429	WINDSOR SERVICE TRUCKING
SALVADOR, LORETTA	229	C&S WHOLESALE GROCERS
SCHLEGEL, CYNTHIA D.	429	HALLS MOTOR TRANSIT CO.
SEAMAN, LESTER W.	229	CONSOLIDATED FREIGHTWAYS
SELL, DAVID A.	776	FLEMING COMPANIES, INC.
SERAFINO, RIAN	429	COTT BEVERAGES WYOMISSING, INC.
SERFASS, JACK D.	229	ROADWAY EXPRESS, INC.
SHULL, SR., MICHAEL S.	429	SUPERVALU, INC.
STACCHIOTTI, MARY ELLEN	229	ROADWAY EXPRESS, INC.
STAMBAUGH, SR., STEVEN K.	771	YELLOW FREIGHT SYSTEM, INC.
STOUDT, PATRICIA A.	773	PEOPLE FIRST
TOMASCO, THOMAS	776	HESS TRUCKING COMPANY
ULRICH, WILLIAM C.	401	PLYMOUTH ROCK TRANSPORTATION CORP.
VARNER, CALVIN D.	776	CAROLINA FREIGHT CARRIERS CORP.
VITACCO, ROBERT L.	773	UNITED PARCEL SERVICE, INC.
WALTON, CHARLES T.	771	YELLOW FREIGHT SYSTEM, INC.
WALTON, DANIEL B.	401	ROADWAY EXPRESS, INC.
WEILER III, JACOB A.	771	KEREK AIR FREIGHT CORP.
WELDON, CHARLES J.	312	MATLACK, INC. TERMINAL 5
WETMORE, CHARLES E.	773	SILVER LINES, INC.
WILLIAMS, JOHN R.	229	AFFILIATED FOOD DISTR., INC.
WILT, GLENN P.	776	PRESTON TRUCKING CO., INC.
YORDY, MICHAEL J.	429	LEHIGH VALLEY DAIRIES, INC.
ZIOMEK, CHRISTINE	229	ROADWAY EXPRESS, INC.

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

Trustees:

William M. Shappell – Chairman & Union Trustee
 Tom J. Ventura – Secretary and Employer Trustee
 Kevin M. Cicak – Union Trustee
 Tomm Forrest – Employer Trustee
 Peter G. Hassler – Employer Trustee
 Mike Jones – Employer Trustee
 Keith L. Noll – Union Trustee
 Howard W. Rhinier – Union Trustee
 Michael P. Rys – Union Trustee
 Daniel W. Schmidt – Employer Trustee
 Joseph J. Samolewicz, Administrator
 Martin L. Cullen, Assistant Administrator

Professional Advisors:

Beyer-Barber, Health and Welfare Fund Actuary & Consultant
 Morgan Lewis, Legal Co-Counsel
 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 Mgt., 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 Mgt., 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:

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

Note: The Fund Office has extended its hours on a trial basis from 7:30 a.m. to 5:00 p.m.

December 31, 2007

Retirement Income Plan (RIP) Returns

The following are approximate net returns for the Central PA Teamsters RIP 1987 and RIP 2000 retirement plans for the 12 month period ending December 31, 2007. 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.

Plan	Approximate Net Return
RIP 1987	8.4%
RIP 2000	7.0%

For more information and updates on investment returns, visit the Central Pennsylvania Teamsters website, www.CentralPATeamsters.com. Click on Pension/Reports and Notices.

Central PA Teamsters

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

Return Service Requested



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www.CentralPATeamsters.com