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 CSX INTERMODAL
 North Baltimore, OH

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(Pictured left to right : Our own Andrew Spears, Chuck Bills, Joe Box, Pam Orwick, Shawn Heidlebaugh posed in front of a CSX Container at the CSX open house in North Baltimore on June 28th, 2011)

2000 people attended the CSX open house in North Baltimore, Ohio *With the completion of a \$175 million expansion*, operators of the CSX Intermodal Terminal in North Baltimore, Ohio invited the public to see the new facility for themselves. Ohio's Lt. Governor Mary Taylor says the CSX Intermodal Terminal is good not only for North Baltimore but the entire state of Ohio. "The CSX intermodal facility sends a very clear message to the rest of the country and the world that Ohio is open for business." Lt. Governor Taylor said. Michael Ward, CSX's President & CEO said that the \$175 million dollar project is the single largest investment that CSX has made in decades and touted its cutting edge technology, including electrically powered cranes as well as state-of-the-art electronic tracking systems for shipments. Currently CSX employs over 200 people and there is potential for as many as 2000 more spinoff jobs over the next ten years in warehousing and logistics coming to northwest Ohio. Michael Ward announced that CSX will be donating \$30,000 to North Baltimore schools for their computer labs. Ohio Logistics congratulates CSX on their monumental achievement in north west Ohio and we pledge to continue to work closely with CSX as the National Gateway project unfolds.



On June 26th, after many years and many miles in an 18 wheeler, Gary Miller has retired. We all wish him the very best! Gary's trademark laugh and willingness to always get the job done will be missed! Continued success as you embark on this new chapter in life.



Process and Facility Improvement Awards

Our first three recipients of the Process and Facility Improvement awards have been named and they are **Don Thompson** of DSC for his suggestion on changing the labeling process in our Document Service Company, **Donna McDaniel** for enabling us to bid on a transportation lane for a new customer and adding to our Transportation destinations and pickups and **Pam Brodman** received two awards for her suggestions on printing our own business cards and an improvement in our accounts receivable procedure to help insure we receive our remittance from our customers in a more timely fashion. For each award recipient there is a \$25.00 gift card and a certificate given to the recipient.

Great News for Southern Tier Logistics: :

MISA Builds Quality and Value into Everything They Do

MISA is a metal solutions provider not only to companies worldwide, but also right next door. We offer value-added steel and aluminum solutions to customers in the automotive, construction, appliance, food, medical, and aerospace industries, just to name a few. Misa as we know them has long been one of our core customers first in Findlay, Ohio and then in our Penn Centre Location and now, we store in the Upper Oakwood facility for MISA to supply their new customer in Johnson City, New York.

Papillon Agricultural Corporation

Founded in 1981 Papillon is now an employee owned company. Our employees/stockholders have extensive experience in all segments of animal agriculture, including research, nutrition, marketing, purchasing and manufacturing.

Papillon develops, produces and markets high quality products for animal agriculture. We sell our products to the finest and most technically competent feed and nutrition suppliers in the world. We are very proud of our customers and have upheld our pledge, for over 25 years, to never compromise product quality, product safety or product performance for corporate profit. Papillon will also be stored in our Upper Oakwood facility .

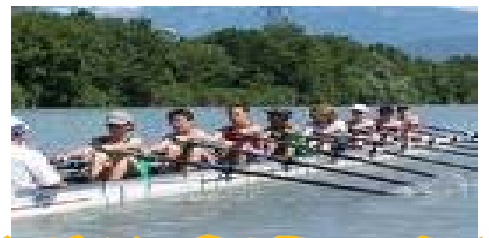
© Air-Flo® Manufacturing Inc.

Air Flo is the leader in manufacturing quality truck equipment. Air-Flo makes spreaders, hoists, dump bodies and multi purpose bodies as well as the Quick Silver snowplow . Air Flo has notified STL of their decision to utilize our facilities & services.

A heartfelt welcome to all of our new Customers and Kudo's to John Armstrong and your team for continuing to grow the business! We will earn our clients' business every day!!



TEAMwork is the ability to work together toward a common vision. It is the fuel that allows common people to attain uncommon results.



MyPlate Replaces the Food Pyramid



On June 2, 2011, the U.S. Department of Agriculture (USDA) released MyPlate, a new symbol for healthy eating that replaces the traditional food pyramid. The new plate was designed to provide a simple visual reminder to help consumers make healthy food choices. Also, general recommendations for healthier eating were released, derived from the 2010 Dietary Guidelines for Americans.

- **Balance calories.** Enjoy your food, but eat less. Avoid oversized portions.
- **Increase healthy foods.** Make half your plate fruits and vegetables. Make at least half of your grains whole grains. Switch to fat-free or low-fat (1 percent) milk.
- **Reduce less healthy options.** Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers. Drink water instead of sugary drinks.
- **Engage in physical activity.** Being active is an important partner to healthy eating. People should strive to get moderate to vigorous physical activity on a regular basis.

Below are suggestions and guidelines for fulfilling the food groups represented on the plate.

FRUITS	VEGETABLES	GRAINS	PROTEIN	DAIRY
<p>Buy fruit or 100 percent fruit juice counts as part of the fruit group.</p> <p>Fruits may be fresh, canned, frozen or dried, and may be whole, cut up or puréed.</p>	<p>Any vegetable or 100 percent vegetable juice counts in this group.</p> <p>Vegetables are divided into five sub-groups: dark green, red/orange, beans and peas, starchy and other. Beans and peas also qualify as a grain.</p> <p>(Typically for vegetarians)</p>	<p>Examples of grains include bread, pasta, cornmeal, branflaked cereals, tortillas and grits.</p> <p>Grains are divided into whole grains and refined grains. Refined grains are processed to remove the bran and germ. Remember: aim to make at least half of your grains whole grains.</p>	<p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed dry products, nuts and seed are considered protein.</p> <p>Choose lean or low-fat protein options and aim to eat a variety of protein foods each week.</p>	<p>Fruit milk products and many foods made from milk are in this group, such as cheese and yogurt. Choose mostly fat-free or low-fat dairy products.</p> <p>Foods that have little or no calcium, such as cream, cheese, cream and butter, are not in this group.</p>

Empty calories. The USDA also recommends that Americans reduce the number of empty calories they consume – calories from solid fats and/or added sugars. Foods with empty calories include most desserts, soda and fruit drinks, pizza, ice cream, sausage, hot dogs and ribs. However, many of these foods can be substituted for a healthier option with lower empty calories (sugar-free, fat-free, lean, unseasoned, baked, etc.). A small amount of empty calories is okay, but most people eat far more than is healthy. The USDA recommends smaller portion sizes and replacing sugary drinks with water.

Source: U.S. Department of Agriculture. For more information on the new guidelines, visit www.choosemyplate.gov.

“ No matter which side of the argument you are on, you always find some people on your side that you wish were on the other side.” ~ Jascha Heifetz

What can you do to help yourself stay healthy and prevent disease?

- Visit your doctor as he/she recommends for routine check ups.
- Take medicines as prescribed and get certain tests done.
- Cholesterol checks** – for men, at least every five years starting at age 35. For women, regularly starting at age 45.
- Blood pressure** – have your blood pressure checked at least every two years, or as your doctor advises.
- Colorectal cancer screening** – begin regular screening for colorectal cancer at age 50. Talk to your doctor about your family history of colorectal cancer and schedule screenings as he/she advises.
- Diabetes tests** – have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- Depression** – if you’ve felt “down,” sad or hopeless and have gotten little pleasure from activities you used to enjoy for the last two weeks straight, talk to your doctor about whether he or she can screen you for depression. Depression is treatable. And your doctor can help you. Source: anthem.com/timewellspend

Ohio Logistics and Findlay’s Tall Timbers Distribution Center Affiliates Sponsored the 2011 Brad Doty Classic July 13th, 2011 at Limaland Raceway. Good Food, Good Friends and Great Customers in attendance .



On June 26th, 2011 Ohio Logistics and Findlay’s Tall Timbers Distribution Center Sponsored two teams in the Van Buren High School Golf Team. Teams were made up of customers, friends, and staff along with Drew Patterson far left who is the son of Mr & Mrs Chris Patterson of our C#2, B#3 & B#4 facility. It was a blustery day with a rain drop or two but thank you all for helping us support our communities in the area and our youth.

“ Life shrinks or expands in proportion to one’s courage.” ~Ananis Nin



**Findlay's Tall Timbers
Distribution Center**

Address P.O. BOX 952
2001 Industrial Drive
Findlay, Ohio 45839-0952

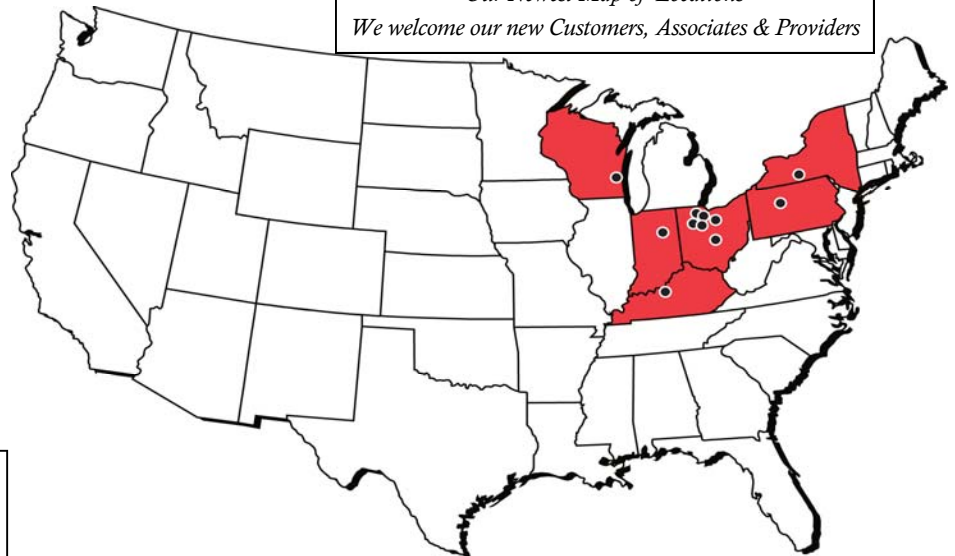
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WE ARE ON THE WEB
WWW.OHIOLOGISTICS.COM

Member of:

- IWLA
- Grant County Chamber
- Greater Louisville Incorporated
- NAFTZ
- OTA
- ATA
- CBICC
- Greater Findlay Inc.
- Chemung County Chamber

*Our Newest Map of Locations
We welcome our new Customers, Associates & Providers*



Toward Wellness through increased activity: We are in need of people interested in bowling on Sunday nights at 6:15. The league is at Sportsman's Lanes in Findlay and is co-ed. Anyone interested contact Jason Young at 419-348-8099. The league starts the end of August.

Third Party Logistics Provider or a 3PL Definition: A 3PL is an outsourced provider that manages all or a significant part of an organization's logistics requirements and performs transportation, locating and sometimes product consolidation activities as well as value added services .

HAPPY BIRTHDAY!!

Building 3	STL
Ed Parker 08/04	Matt Armstrong 08/28
Columbus C2	Doug Gray 08/24
Dave Burnworth 08/25	Joe Hale 08/17
I69	Michelle Jackson 08/31
Phil Zabst 08/23	Nick Kinner 08/20
PCL	Ken Longwell 08/20
Mike Mann 08/03	Chris Peaslee 08/21
NKL	OLG
Sean Riley 08/24	Darrell Harrell 08/01
Wesley Sellers 08/27	JoAnne Lawless 08/12
Jeff Sturgeon 08/06	Jerry Overmyer 08/30
Wisconsin	Greg Wilson 08/29
James Hmielowski 08/12	



Quote to Consider....

“ When you have good homes, good churches, good communities, you’re going to have good school systems, that’s where it all begins. There is discipline in a good family and there is love and teamwork in a good family. It’s the same in sports. It all fits in.”

These words from

Service Anniversaries

Building 1	Transportation
Donna McDaniel 08/29/05	Zach Bingham 08/21/07
Building 2	Don Thompson 08/28/05
Peggy Schmitz 08/01/03	Fostoria
Building 3	Angela Smith 08/22/05
Dennis Andrews 08/04/03	I69
Nicole Harris 08/17/09	Tim Ingram 08/10/09
Ottawa	STL
Rose Imm 08/18/03	Ed Barker 08/23/10
Wisconsin	Lewis Hand 08/01/05
Robert Carney 08/05/10	Anita Mawhir 08/12/02
	Fred McCaslin 08/23/10

Thanks to our staff for dedicating their service to our company.

THANK YOU

