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Ever Welcome
Customer endorsement

“I have spoken to Deb several times and concluded you only hire competent and friendly people as that is all I have encountered. “

“We too appreciate Ms. Peggy’s past help and I shall no doubt call her, probably by mistake, but also just to keep in touch. “

“Nice people are not always so easy to find anymore. Congratulations.”

Sincerely,

David Murray
Customer Support Coordinator
SRI TRANG USA

Ohio Logistics—Columbus—East

This second & newest location in Columbus is a 140,000 square foot facility that handles cans for the beverage industry. It is a 24/7 modern food grade warehouse that employees 10 people working rotating shifts. Average loads handled per day are around 30 to 35. There are 16 dock doors available for loads to be handled. As pictured in the middle below the average amount of cans in the warehouse within one day is 13,000 pallets, with 8169 cans per pallet.



Chyenne Hahn daughter of Angela Smith is a 14 year old freshman at Northeast High School. She is in the choir and Glee Club, and is also active in FFA. She helps out on the family goat farm and also shows goats at the American Boer Goat Association and the Ohio State Fair. She also cares for horses for 4H, is a Junior Fair Board Member for the Madison County Fair and preforms in the talent show every year.



Lizzy Hengsteler daughter of Mike is a 17 year old Senior at Springfield Catholic Central High School. She is on the bowling and track team and works at Young’s Jersey Dairy. Samantha is a 15 year old Sophomore at Lakewood High School. She plays the trombone in the band, takes art and is in a Anime Club. Tia is also a 15 year old Sophomore at Lakewood High School. She plays the trumpet in the band, takes art and is also in Anime Club. Steven is a 14 year old Freshman at Archbold High School. He is in the marching band and plays percussion. He is also on the Bowling Team.



Top tips to promote healthy childhood eating

http://helpguide.org/life/healthy_eating_children_teens.htm

Have regular family meals. Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting, enhances appetite, and provides a perfect opportunity for your children to share what's on their minds. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.

Cook more meals at home. Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar and salt. Save dining out for special occasions.

Get kids involved. Children enjoy helping adults grocery shop, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.

Make a variety of healthy foods available and keep your pantry free of empty calorie snacks. Keep plenty of fruits, vegetables, whole grain snacks and healthful beverages (filtered water, milk, herbal tea, occasional fruit juice) around and easily accessible so kids become used to reaching for healthy snacks when they're hungry instead of empty calorie snacks like soda, chips, or cookies.

Let them choose.

Don't make mealtimes a battleground by insisting a child clean the plate, and never use food as a reward or bribe.

“ Ways to talk to your kids about Safety in the workplace”

from MySafeWork.com

As parents, it's easy to feel overwhelmed by the amount of information we need to relay to our children about the world. And with an issue as complex and non-glamorous as workplace safety and health, it can be tough to know where to start. Here are a few ways to help you discuss workplace safety with your children:

1. Get them when they're young. It's never too early to begin talking about workplace safety (ok, maybe infancy is too early!) The more familiar our children get with their rights and responsibilities as workers, the less likely they'll be to get injured when they start working.

2. Use the media as a discussion starter. For many youth, the topic of workplace safety seems abstract and boring, so bringing [real-life stories](#) into it helps. Every day the newspaper and internet sources provide examples of both students and adults getting injured, or even dying on the job. Clip some articles, or bookmark them online, and ask your kids probing questions like, "Why do you think this accident happened?" or "What do you think could have been done to prevent it?" You'll be sharing a visit.)

3. Look for hazards in the real world. Each time you step out your front door it can be an opportunity to point out concrete examples of [workplace hazards](#) to your children – unsafe conditions at grocery stores, fast-food restaurants, construction sites, etc. Then actively engage them in talking about the hazards they found, and how they can be avoided.

4. Talk about your own experiences. Most of us have had jobs where we were injured or experienced "close-calls." Talking to our children about these encounters makes the issue of workplace safety personal – and from a cherished parent, even more powerful.

5. Build up their self-worth. Teenagers aren't always the most self-confident creatures, and they might be easily intimidated by bosses and coworkers. Teach them how to stand up to people who don't respect them, so that when you're not around to protect and defend them, they'll feel worthy of getting what's rightfully theirs – safe and healthy work!

6. Do as you say. One of the most powerful ways we influence our kids is by modeling responsible behavior. The way we drive with the kids in the car, the way we handle stress, the way we talk about our day at the office – they're are all opportunities to reinforce respectful behavior.

Moriah, daughter of Teresa Thompson-Forsyth has just received her driver's license, will be attending her school winter ball. Caleb, is an artist in many mediums. He is a talented actor and singer. He just completed a community play *I'll Be Home Before Christmas*. Oldest daughter, Jeanne, is finishing up a degree to become a Vet Tech and will be married in the fall.

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Emily Gray daughter of Doug Gray is a junior at Corning West High School. She has been playing Varsity LaCrosse since the 8th grade, and Varsity Soccer since 9th grade. Emily is editor of the West High Yearbook and has been a featured writer. She plans to go to James Madison University to study medicine and become a doctor. She also works part time at Wegman's in Corning as a cashier.



Drew Patterson son of Chris Patterson is a 15 year old freshman at Van Buren High School. His interests are golf, music, piano, cars, and anything happening in the garage.



Abby is a 11 year old 6th grader at Van Buren. Her interests are Soccer, softball, basketball, piano, and fashion.



Texting & Driving

taken from the Findlay Courier Newspaper

Anyone with any driving experience understands why texting while driving is a bad idea. But a Lima, Ohio man is learning the hard way. The man faces up to a year in prison after pleading guilty to attempted vehicular homicide, a charge filed after a vehicle he was driving slammed into the back of a pickup at 55 mph, killing his 3-year old daughter. That's tragic enough. But the man has admitted that he was texting at the time of the accident and never saw the truck. This horrible lesson should only drive home the point that texting and driving are not only incompatible, but unacceptable as well.

As we begin a new day, LORD. Let us remember to leave a trail of cheer, faith, optimism and kindness wherever we go. Through you, we can spread goodness. Amen. ~Prayer from the Courier Newsletter in Findlay, Ohio



Tiffany Tompkins, daughter of Jennifer Wagner is a 15 year old freshman at Mowhawk High School. She loves horses, the county fair, and drawing. She participates in 4-H, plays softball, is a cheerleader, and is in track. She also enjoys dancing in her free time.

Lacie Wagner is a 6 year old Kindergartner at Mowhawk Elementary School. She loves anything her sissy loves to do. She also loves riding her 4-wheeler, drawing, dancing and is a Sponge Bob Squarepants fan.



Congratulations!
Dee Dee Bills was selected Realtor of the Year by the Heartland Realtor's association. Besides providing Five Star Service since 1995 to her Clients, Dee Dee is very active in her community. Dee Dee & her Husband Chuck actively volunteer with Habitat for Humanity and dedicate many hours to the Cancer Society .

Brandon Thomas McGuire son of Stephanie McGuire is a 14 yr old 8th grader. Brandon is a 6' tall 215 pound football player that will be playing for Woodmore High School next year!! Kaiya Suzanne McGuire is an 8 year old 2nd grader. More on the petite side than her older brother, Kaiya loves music, dance and reading. She made a cute ballerina at Becky's Dance Studio.

Also pictured Joe Miller and his daughter LoraLye age 5.



Brayden son of Nikki and Ben Harris is a 13 year old 7th grader at Van Buren Middle School. He is on the middle school golf team and is a Jr. Pony Baseball pitcher. He is also active in the "Pulse" youth group at Stonebridge Church. Brayden enjoys playing Xbox 360, plays the guitar and loves to go deer and squirrel hunting, fishing, skeet shooting.

Natalee is a 10 year old 4th grader at Van Buren Elementary School. She is involved in the Van Buren Bible Club, enjoys painting, scrapbooking, fishing and hunting. She had a painting on display at the Mazza Museum at U of F, and also bagged her first deer in October. She is a self-taught piano player also!!



Quote: "If you want your children to turn out well, spend twice as much time with them as you think you should and half the money" - Esther Selsdon



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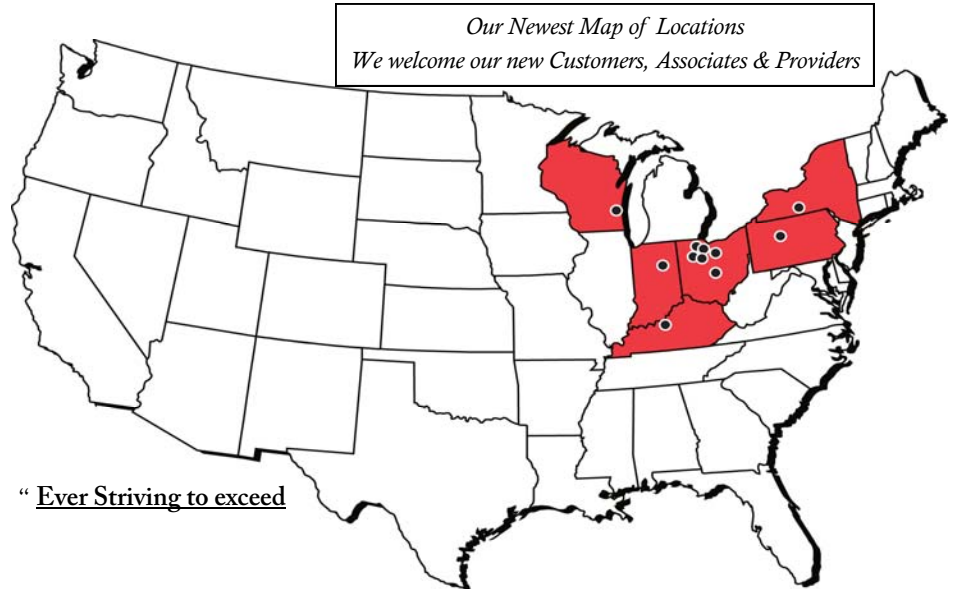
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"Leadership is action, not position." ~ Donald McGannon
"Leadership is the art of getting someone else to do something you want done because he wants to do it." ~ Dwight D. Eisenhower.
"One must not lose desires. They are mighty stimulants to creativeness, to love, and to long life." ~ Alexander Bogomeletz

"I am only one; but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do." -- Helen Keller

HAPPY BIRTHDAY!!

<u>OLG</u>	<u>Ohio Logistics Fostoria</u>
Nichole Snider 03/16	Tim Barnett 03/05
Dennis Mompher 03/02	
Ron Coppage 03/27	
<u>Building 3</u>	
Tom Hosler 03/30	
<u>STL</u>	
Joseph Allowatt 03/29	
Chris Gorvino 03/27	
Lewis Hand Jr 03/23	
KC Kohl 03/18	
<u>Milwaukee</u>	
Benjamin Laszewski 03/22	



First day of a successful repack with Borg Warner. A big Thank You to Nick Kinner and Matt Matthews for your efforts. We want to extend our thanks to Angela Robbins and Lee Hughes from Borg Warner who trained our folks in Borg Warner's Standard Operating Procedures.

Service Anniversaries

<u>DSC</u>	<u>I-69</u>
Joe Box 03/20/06	Shaun Linn 03/22/2010
Mike Hoopman 03/20/06	
<u>Building #1</u>	<u>STL</u>
Pam Brodman 03/27/06	Richard Camacho 3/13/06
<u>OLG</u>	Richard Matthews 03/13/06
Rebecca Tiell 03/06/07	Alan Turner 03/05/07
Richard Morgan 03/01/10	<u>Building #2</u>
Greg Norris 03/01/2010	Dan Zehender 03/26/90

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



**Spring Forward March 13th
Daylight Savings Time begins anew!
Set your clocks ahead 1 hour**

