

FOR IMMEDIATE RELEASE

Trucking Executive, Andy Ahern of Ahern and Associates Calls on Transportation Industry for Annual Food Drive for St. Mary's Food Bank

Ahern looks to add to his remarkable feat of donating over \$1,000,000 worth of food through last decade of food drives.

Phoenix, AZ, November 16, 2010—Summoning his friends and colleagues throughout the transportation industry has become something of a calling for Andy Ahern. Over the last ten years, Andy Ahern, CEO of Ahern and Associates, LLC, has called upon his breadth of contacts within the trucking and logistics industries to participate in an annual, nationwide food drive for the benefit of St. Mary's Food Bank Alliance—the nation's first food bank.

St. Mary's Food Bank has been a special cause for Ahern as he has a deep appreciation for the organization's level of efficiency and stewardship. Through the work of St. Mary's Food Bank and their volunteers, 90% of the aide provided goes to feed families with small children and the elderly in Arizona.

Additionally, for every \$1.00 collected by St. Mary's, .96 cents goes back into the community and ultimately equals \$7.00 of food. Numbers demonstrated by the food bank place them in the top 1% or all charities, especially impressive considering they delivered a record 72.2 million pounds of food to the community in the last year.

Although the transportation industry was hit especially hard during this past recession, Ahern expects to see a regular flow of donations coming in throughout the holiday season. Prior contributors include: North American Transportation, LLC, Land-Link Traffic Systems, Benesch Law Firm, Lawrence Leasing Inc., Stan Koch & Sons Transportation, Paschal Truck Lines, Inc., Patrick Gallagher, Fenway Partners, Inc., Fikes Truck Lines, American Transport, Inc., and PGT Trucking, among others.

In addition to his regular, personal contributions, Ahern is continually impressed with the generosity of his colleagues whose donations have annually compounded until they amassed a staggering \$1,000,000 worth of food for the food bank. "This last year has put a tremendous strain on the needy which is why I'm confident that my friends in trucking will come through again for us this year. Every year I personally call upon dozens of presidents and CEO's of trucking companies across the country to participate in this much needed food drive and they always contribute above and beyond my expectations—I can't thank them enough," explains Ahern.

Terry Shannon, CEO of St. Mary's Food Bank Alliance shares Ahern's sentiments. "Now more than ever, with today's economic conditions putting more and more of our neighbors in challenging financial situations, the food bank needs even more support from our community. Andy Ahern and his network of connections throughout the transportation industry have been incredible supporters in the past and we look forward to a successful food and fund raising campaign again this year. We could not serve the growing need without folks like Andy."

Those who wish to further Ahern's cause and make a direct contribution can send donations to the following address:

**St. Mary's Food Bank
C/o Ahern & Associates, Ltd
2198 E. Camelback Rd. Suite 210
Phoenix, AZ 85016**

About St. Mary's Food Bank Alliance:

St. Mary's Food Bank Alliance, the world's first food bank, is a non-sectarian, nonprofit organization that alleviates hunger by efficiently gathering and distributing food to 534 agencies that serve the hungry. Serving 13 of Arizona's 15 counties, the organization is a member of Feeding America, the national network of food banks, and is committed to volunteerism, building community relationships, and improving the quality of life for Arizonans in need. Last year, the Food Bank distributed more than 67 million pounds of food to families and individuals, provided enough food for 300,000 meals every day, and garnered more than 370,000 volunteer service hours. Web site: <http://www.FirstFoodBank.org>
Phone: 602-242-FOOD.

About Ahern & Associates, Ltd.:

Ahern and Associates is North America's leading trucking and transportation management consulting firm. The skilled consultants at Ahern and Associates specialize in mergers and acquisitions of trucking and logistics companies as well as the restructuring and evaluation of existing carriers that seek to increase operating efficiency and improve profitability. Since 1987, Ahern and Associates has aided hundreds of buyers in the acquisition of trucking and logistics companies throughout the U.S. and Canada as well as assisting many transportation and logistics companies in reducing their overall operating costs and increasing their profitability. For more information, please call 602-242-1030 or visit <http://www.Ahern-Ltd.com>

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