

FOR IMMEDIATE RELEASE

Andy Ahern of Ahern & Associates Rally's Trucking Industry to Fight Hunger Through St. Mary's Food Bank

St. Mary's Food Bank benefits annually from group donations procreated by the efforts of Andy Ahern and his many colleagues within the transportation industry.

Phoenix, AZ December 14, 2009— Known for being the life blood of America, the trucking industry is well adept at transporting food across our nation. But thanks to the perennial efforts of Andy Ahern, CEO of trucking consulting firm Ahern & Associates, Ltd., the trucking industry annually delivers a very valuable payload to St. Mary's Food Bank which helps fund their cause and provide food for the needy.

Leveraging his extensive list of contacts he's built through the years, Ahern regularly solicits his colleagues to band together around the holiday season and provide much needed corporate funding to St. Mary's Food Bank, the world's first food bank. Ahern has singled out St. Mary's Food Bank based on the fact that 90% of the aide provided goes to feed families with small children and the elderly. Additionally, for every \$1.00 collected by St. Mary's, .96 cents goes back into the community and ultimately equals \$7.00 of food.

This year, Ahern has accumulated sizeable donations from companies like North American Transportation, LLC, Land-Link Traffic Systems, Benesch Law Firm, Lawrence Leasing Inc. and Stan Koch & Sons Transportation among others with donations rolling in weekly. Prior contributors include Paschal Truck Lines, Inc., Fenway Partners, Inc., American Transport, Inc., PGT Trucking and Hogan Transport, Inc. to name a few.

Ahern's partners in transportation genuinely appreciate his efforts as does the food bank itself. "Andy has been a long time and tremendous supporter of the food bank. He not only makes regular personal contributions, but he continually encourages those in his business and personal networks to donate to St Mary's. I wish we had many more donors with Andy's personal commitment to taking care of the less fortunate," explains Terry Shannon, President and CEO of St. Mary's Food Bank Alliance.

Entering his second decade of service to St. Mary's Food Bank, Ahern continues to be impressed with the philanthropic efforts of his colleagues. "Every year I call on my friends in the trucking industry to help this very worthy cause and am always amazed with their level of commitment to St. Mary's."

If interested in joining Mr. Ahern's quest for the elimination of hunger in America, donations can be sent directly to St. Mary's Food Bank Alliance c/o Ahern & Associates.

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>

XXX

Business contact:

A.W. Ahern

602-242-1030

Media contact:

Jason W. Jantzen

[Red Spot Marketing](#)

Jason@redspotmarketing.com

602-282-0202