



Tandem Talk

Editor: 14528 South Outer 40 Road, Suite 210, Chesterfield, MO 63017



TANDEM TALK IS A MONTHLY PUBLICATION FOR OUR VALUED CLIENTS AND EMPLOYEES.

BEST DRIVERS DRIVE CPC INTRODUCING PATRICK MIEHLE



Patrick Miehle has been with CPC Logistics Inc. since December 6, 1999. During his entire career with CPC, Pat has been assigned to Benjamin Moore & Company in Carol Stream, Illinois. He has a 30 year Safe Driving record and he was CPC's Driver of the Month in January of 2014.

Patrick is our driver trainer, but whether it is helping a new hire settle in or helping an existing co-worker, he is always willing to help anyone in need. Pat always has a smile and a positive attitude which carries over to his customer deliveries. Pat says he knows every day isn't going to be perfect, and you have to take the good with the bad. Patrick represents both CPC and our client in a professional manner at all times.



In the four plus years I have managed the Carol Stream facility, there has not been a more pleasant, hardworking, and friendly driver than Pat Miehle. Pat puts his full effort into the duties of a driver. He never calls in sick, he is always on time, patient and polite to our customers, and he is extremely well liked by our staff. - **Sam Currie, Regional Manager, CPC Logistics, Inc.**



Pat is the "Driver's Driver." Other drivers as well as the Benjamin Moore leadership team often look to Pat for advice in all areas of truck driving. From routing, to directions, to customer information, Pat is a wealth of knowledge and the one we go to when we have questions. He is diligent in taking care of our equipment, and quick to point out damage, maintenance issues, or safety concerns. His willingness to do anything for the company is truly unbelievable and appreciated. He is a huge asset to our operation and very worthy of recognition for a job well done.

- **Curtis Valencia, Sr. Distribution Manager, Benjamin Moore & Company**

I've been driving for CPC/Benjamin Moore for 24 years. In that time I have gotten to know all of their customers and have become friends with many of them. I started driving a tractor trailer 41 years ago, and in that time I've done everything from hauling steel to gasoline. It's important to me to go out every day, and do the best that I can do. I take it a day at a time and I don't sweat the small stuff. I still enjoy what I do, and enjoy all the people that I work with. I pride myself in doing my job to the best of my ability and as safe as possible.

I've been married to my wife Shelia for 30 years and have a son Nick. Family time is important to me. However if I'm not working, and the sun is shining I can be found on the golf course.

- **Patrick Miehle**

DIVISIONAL DRIVERS OF THE MONTH

EASTERN DIVISION

Ricardo Borrero has been selected as Driver of the Month for January 2017 for the Eastern Division. Ricardo has been assigned to Walgreen Company in Orlando, Florida since September 2004. He has worked as a peddle driver, relay driver and driver trainer and has always performed above expectations. Ricardo is a dedicated, professional driver who takes his job very seriously. Safety is always his top concern and it show through his work record. He is admired by his colleagues and by the Jupiter Dispatch office personnel. He is a true model of what a CPC driver is all about.

Gary Pugh has been selected as Driver of the Month for January 2017 for the Eastern Division. Gary has been assigned to Moen, Inc. in Kinston, North Carolina since September 2001. Gary is the type of driver that every manager enjoys working with. He completes his duties in a safety-minded, efficient way and is always willing to help out where needed. His ability to operate within the driver performance standards while being a safe driver resulted in Gary recently receiving a 14 year Safe Driver Award. Gary's pleasant personality and can-do attitude make him a true asset to CPC and a deserving candidate of the Driver of the Month Award.

MIDWEST DIVISION

Gerry Taylor has been selected as Driver of the Month for January 2017 for the Midwest Division. Gerry has been assigned to Walgreen Company in Houston, Texas since August 2012. Gerry comes to work every day with a positive attitude and is always willing to fill in where needed. Upon arrival at the DC he does a proper pre-trip inspection, including inspecting the exterior for any anomalies. Every truck that Gerry drives gets a thorough cleaning. He is known to coach other drivers on safe work habits and the proper use of equipment. Gerry is a hard-working, positive employee and we are proud to award him this Driver of the Month honor.

WESTERN DIVISION

Mark Ogden has been selected as Driver of the Month for January 2017 for the Western Division. Mark has been assigned to Walgreen Company in Woodland, California since October 2005. Mark is a professional individual who strives to do his best at all times. Recently Mark was asked to work in the dispatch office with Dispatch personnel from Walgreens. He was instrumental in helping to correct some of the routing issues and has been working to improve on-time delivery. In addition to his lead driver role, Mark has trained new drivers and covered routes that were short-handed. He has been a great help during the bulk season and is always willing to assist where needed.

CANADA DIVISION

Hayden Ferreira has been selected as Driver of the Month for January 2017 for the Canada Division. Hayden has been assigned to the John Deere Private Fleet in Grimsby, Ontario since September 2015. Hayden is a true professional when it comes to being a CPC driver. He is always courteous and polite with everyone he meets and is always willing to help out not only the seasoned drivers, but also those drivers who are new to the fleet. Hayden takes very good care of the equipment he uses and can always be counted on to go above and beyond. He takes great pride in his work and doesn't just do the job, but does it well.



DAYLIGHT SAVING TIME March 12, 2017

Rory Manning



It may still be winter, but springing ahead is not as far away as it sounds. Although we will enjoy an extra hour of daylight in the evening, we will also be losing an extra hour of sleep. Though an hour difference in sleep doesn't sound like much it can take a toll on your physical and mental health.

Lack of sleep impairs driving ability, and driving drowsy can be just as dangerous as distracted driving. The Fatal Accident Reporting System found a 17% increase in traffic fatalities on the Monday following the time change; fatigue being a major factor. Sleep schedules are altered and Circadian Rhythms are impacted. According to the AAA Foundation for Traffic Safety, people who sleep 6 to 7 hours a night are twice as likely to be involved in a fatal crash, while those sleeping less than 5 hours increase their risk 4 to 5 times.

With the time change your body clock needs to adjust, so it is important to be proactive so that you can be alert behind the wheel. If you struggle with daylight saving time, here are a few tips to help you leap forward into the new season with that lost hour:

PREPARE TO SLEEP!



Stay Away from Stimulants: Avoid caffeine, alcohol and sugar at least 6 hours before going to bed. Caffeine will wire you up making you unable to sleep, and drinking alcohol before bed will keep you from settling into a deep sleep along with waking you in the middle of the night.



Get Some Exercise: Trucking is a sedentary job that leaves you sitting many hours. As a result, your body is unable to wind down. Take a 30 minute walk after you shut down for the night. Walk until you are breathing deeply. This will help your mind to relax and give your muscles some much needed activity.



Take a Shower: If you are at a truck stop with truck driver showers, take advantage of one. A warm shower will help your body to relax as well as wash away the day from your mind. You will also enjoy getting into your sleep bunker after you have bathed as it will keep your bedding cleaner a little longer.



Take Time to Read: Instead of watching TV or playing video games, do something relaxing. Read a book. Most people will get sleepy from reading as long as the book is not too scary or thrilling.

SAFE DRIVER AWARD



Don Johnston

assigned to Benjamin Moore & Company in Mesquite, Texas is shown with his 21 Years Safe Driver Award.

Jack Martin

assigned to Benjamin Moore & Company in Mesquite, Texas is shown with his 19 Years Safe Driver Award.



RECENT CPC SAFETY MEETINGS



WALGREEN COMPANY – HOUSTON, TX FEBRUARY 20, 2017

1st Row L-R: Coby Carter, Robert Valentine, Juan Gomez, Vernardo Astorga, Joshua Francis, Cassie Jefferson, Ernest Ligon **2nd Row L-R:** Keith Spiller, Carlos Iglesias, Aldon Pledger, Andra Mayfield, Phillip Williams, Leone Mills, Sr., Gene Rushing, Rudy Garcia, Jay Ballard, CJ Howard, Marcus Perkins, Greg Braden, Benito Garcia, Drew Johnson-Bey, and Carlos Rivera **3rd Row L-R:** Kedrick Bennett, Christopher Brooks, Daniel Watts, Earnest Smith, Larry Christie, Michael Thibodeaux, Jonathon Cornelius and CPC Safety Manager Kenneth Kirtley

WALGREEN COMPANY – SMYRNA, TN - JANUARY 23, 2017



1st Row L-R: Brent Jones, Torry Yarbrough, Joseph Martin, Shawn Keasling and Terry Lemay **2nd Row L-R:** Chris Farley, James Childress, Daniel Defonce and James Dorsey

ICU MEDICAL, INC. – PLEASANT PRAIRIE, WI FEBRUARY 16, 2017



L-R: Jeffrey Thompson-ICU Medical, Inc. Transportation Manager, Kurt Phillips, Kelly McCarthy-CPC Dispatch, Jeffrey Fietz-CPC Supervisor, Robert Wolff and Matthew Loriss



WALGREEN COMPANY - CONCORD, NH JANUARY 23, 2017

L-R: Tony Henderson, Anthony Holmes and Steve Taylor

BRIDGESTONE AMERICAS TIRE OPERATIONS ST LOUIS, MO FEBRUARY 3, 2017

L-R: Dennis Bean, Gene Smith and Patrick O'Keefe



BENJAMIN MOORE & COMPANY CAROL STREAM, IL – FEBRUARY 10, 2017



1ST Row L-R: Curt Valencia-Benjamin Moore Sr. Distribution Manager, Andreas Nanut, Faith Branshaw and Paul Dlubisz **2ND Row L-R:** Craig Ligeikis, Joe Manley, Pat Miehle, John Napolitano, Mike Fleck and Dave Carter-Benjamin Moore Logistics Lead

PRESIDENT AWARD

CPC Account Supervisor Dave Flaws was recently awarded the CPC President's Award for his outstanding achievement in providing service to numerous third party vendors using the BATO fleet to make transports in a timely manner.



Pictured L-R: Rich Doubek-BATO Transportation Manager, Dave Flaws and Mark Urban-BATO DC Manager

HIGHWAY *to* HEALTH

TIMES CHANGE YOU CAN TOO

50 years ago, more than 42% of U.S. adults smoked. Today, less than 20% do

YOU CAN
QUIT
SMOKING!



QUITTING SMOKING

Another year. **Will you still be smoking this time next year?**

Fed up with the **family nagging you about quitting?**

Did you tell your doctor you quit **when you haven't?**

You know it's bad for you, but **you're scared to quit—in case you fail?**

Simply **don't know where to start?**

Stopping smoking is a battle against your own mind, **a battle that you can and will win** if you are properly prepared.

COMMON CHALLENGES AND HOW TO OVERCOME THE THEM

Withdrawal. All smokers experience some form of withdrawal but everyone is different. When you use tobacco products, the nicotine triggers your brain to release adrenaline, giving you a buzz of pleasure and energy. Over time, our bodies build a tolerance to nicotine, making it harder to get that pleasant feeling back. And the withdrawal people feel between cigarettes keeps them smoking even when they want to quit.

Having cravings for cigarettes. Cravings often happen without warning but usually only last for 15 to 20 minutes. They can be set off by reminders, or triggers. People, places and things can “trigger” a craving. Knowing what triggers your own desire for tobacco is important if you're trying to quit. Here are some things you can try to avoid a relapse or to cut down on tobacco.

- **Stay clear of places where people are smoking** (bars, bowling alleys, break rooms) Patronize only smoke-free restaurants
- **Keep your hands busy when the urge strikes** (doodle on paper, sip on water)
- **Spend time with friends and family** who don't use tobacco; avoid those who do
- **Chew or suck on sugar-free candy**, gum or raw vegetables
- **Stay away from alcohol as much as possible**; drink juice, soda or ice water instead
- **Go for a stroll**, catch up on some emails, read a chapter of a book, or if you're driving, put on some good music and sing along as loud as you can
- **Keep in mind that cravings come and go**; the feeling will pass quickly – wait for it

Awareness and avoidance of your personal triggers can be very helpful in getting through the first few difficult weeks.

Feeling down or sad. Fend off depression by keeping perspective. Remember that this is a temporary experience. Your addiction will try to tell you that these feelings go on forever until you feed it with another cigarette, but depression associated with quitting smoking generally passes within one to two weeks of your quit date. Reminding yourself that there is a light at the end of the tunnel is crucial. It's about 3 days of torture, 2 weeks of discomfort and then a lifetime of healthy living.

Feeling more hungry or gaining weight. Nicotine pangs are often mistaken for hunger pangs. You feel like you've lost your best friend and are looking for a substitute when in fact you haven't, you have killed an enemy. Simply put, don't substitute food for cigarettes. Don't view the lack of cigarettes as deprivation and an action to be replaced. You are actually giving back to your body. Oxygen, energy, fresher breath, cleaner teeth—not to mention money back in your pocket! The benefits of quitting far outweigh a few unwanted pounds. Focus first on achieving your goal of living tobacco-free. After you quit, set a new goal and focus on reaching and maintaining a healthy weight.

TOOLS TO HELP YOU QUIT SMOKING

Drugstore items:

- Patches
- Sugar free gum
- Lozenges
- Drinking water
- Fake cigarettes – or a straw cut in half will work!

Prescription only:

- Higher strength patches
- DOT approved medications



Support:

- Your CPC Nurse Advocate
- UMR Wellness program and coach, if eligible
- Tell your family and friends
- SmokefreeTXT messaging program:
<https://www.smokefree.gov/smokefree-text-messaging-programs>
- Toll free hotline: 1.800.784.8669 for statewide assistance

Stopping smoking is not impossible. Think of all the difficult things you have done in your life. Sure it's not easy, but really good things rarely come easy—they usually need to be earned! Start planning today, because every day is a day in the health and money bank.

HIGHWAY to HEALTH

PROTECT YOUR LOVED ONES FROM SECONDHAND SMOKE

What is Secondhand Smoke? Secondhand smoke is the combination of smoke that comes from a cigarette and smoke breathed out by a smoker. When a non-smoker is around someone smoking, they breathe in secondhand smoke.

Is Secondhand Smoke Dangerous? Secondhand smoke is dangerous to anyone who breathes it in. There is no safe amount of secondhand smoke. It contains over 7,000 harmful chemicals, at least 250 of which are known to damage your health. It can also stay in the air for several hours after somebody smokes. Even breathing secondhand smoke for a short amount of time can hurt your body. Over time, secondhand smoke can cause serious health issues like cancer and heart disease in non-smokers.



Here are a few of the ways secondhand smoke harms your body: **Cancer.** It has more than 70 toxic chemicals known to cause cancer. Secondhand smoke causes lung cancer in people who have never smoked themselves. **Heart disease.** Breathing secondhand smoke makes it more likely that you will get heart disease, have a heart attack, and die early. **Breathing problems.** It can cause coughing, extra phlegm, wheezing, and shortness of breath.



Secondhand smoke is especially dangerous for children, babies, and women who are pregnant.

Some of the more serious health effects include:

- **SIDS** (sudden infant death syndrome). Babies whose moms smoke while pregnant or who are exposed to secondhand smoke after birth are more likely to die from SIDS.
- **Smaller babies.** Mothers who breathe secondhand smoke while pregnant are more likely to have smaller babies. Babies born small are weaker and have a higher risk for many serious health problems.
- **Weak lungs.** Babies who breathe secondhand smoke after birth have weaker lungs than other babies. This increases their risk of many health problems.
- **Severe asthma.** Secondhand smoke causes kids who already have asthma to get more frequent and severe attacks.
- **Breathing problems.** Kids whose parents smoke around them get bronchitis and pneumonia more often. Secondhand smoke also causes lung problems, including coughing, too much phlegm, wheezing, and breathlessness among school-aged kids.
- **Ear infections.** Kids exposed to secondhand smoke are more likely to get ear infections.

The only way to fully protect non-smokers from the dangers of secondhand smoke is to not allow smoking indoors. Separating smokers from nonsmokers (like “no smoking” sections in restaurants), cleaning the air, and airing out buildings does not completely get rid of secondhand smoke.

HOW CAN I PROTECT MY LOVED ONES FROM SECONDHAND SMOKE?

The best thing you can do to protect your family from secondhand smoke is to quit smoking.

Right away, you get rid of their exposure to secondhand smoke in your home and car, and reduce it anywhere else you go together.

Another important step is to make sure your house and car remain smoke free. Kids breathe in secondhand smoke at home more than any other place. The same goes for many adults. Set “smoke free rules” for anyone in your home or car.

Setting these rules can:

- Reduce the amount of secondhand smoke your family breathes in
- Help you quit smoking and stay smoke free
- Lower the chance of your child becoming a smoker

Whether at home or on the go, there are steps you can take to protect your family from secondhand smoke.

These include:

- Asking people not to smoke in your home or car
- Making sure people looking after your children (e.g., nannies, babysitters, day care) do not smoke
- Choosing smoke free restaurants
- Avoiding indoor public places that allow smoking
- Teaching your children to stay away from secondhand smoke


1 YEAR

Agriell Russo, Leonardo
Arendt, David
Aus, Stephen
Barnes, Johnny
Caballero, Enrique
Caban, Edgar
Carrillo, Xavier
Cornelius, Jonathan
Craig, James
Crisanto, Alfredo
Cue, Justin
Cunningham, Justin
Davis, Jr., David
Diaz, Eduardo
Edwards, Brian
Garcia, Javier
Herbert, Kareem
Herrell, Jeffrey
King, Charles
Knighton, Archie
Lebron, Rey
Matheson, Furgus
Mays, Antoine
McClain, Keion
McDuffie, Sean
Mumphery, Sjhun
Napolitano, John
Perez, Manuel
Puccinelli, Justin
Rivera, Carlos
Rivera, Dennis
Rodriguez, Gil
Ross, Damion
Ross, Ryan
Roudybush, Chris
Russell, Prentice
Santiago, Wilfredo
Smith, Curtis
Spiller, Keithwick
Stanton, Donald
Thibodeaux, Michael
Torres, Osvaldo
Watkins, Barry
Wolff, Robert

2 YEARS

Benitez, Ricardo
Bennett, Kedrick
Boone, Ryan

Brooks, Christopher
Brown, James
Cikanek, Kelly
Coxon, Glen
Davis, Erron
Diederich, David
Espada, Victor
Gilbert, Robert
Greenwood, James
Harris, John
Hurde, Jerry
Jaime, Jose
James Jr, Bernard
Johnson-Bey, Drew
Kalk, Larry
Kolnik, Joseph
Ligeikis, Craig
Machuca, Juan
Matos, Rafael
Mills, Randy
Mock, Michael
Muldrow, Jr., Cornell
Nanut, Andreas
Nichols, Ricky
Parker, Jeffrey
Phillips, Kurt
Pooler, Joshua
Richardson, Randy
Richmond, Nathan
Rodriguez, Luis
Sanchez, Lucas
Schuermann, James
Smith, Earnest
Taylor, Gerry
Valencia, Miguel
Valentine, Robert
Walters, Charles
Watts, Daniel
Williams, Jeffrey
Wondercheck, Dennis

3 YEARS

Becker, Jeremy
Christie, Larry
Cisneros Sanchez,
Edgar
Crough, Edward
Garcia, Ruben
Hill, DeAndrew
Iglesias, Carlos

Rivera, Rolando
Taylor, Randelle
Wilburn, Willie
Williams, Phillip

4 YEARS

Mora, Servando
Ortiz, Ricardo
Pooler, Bradley
Smigielski, Michael
Tobin, Todd
Wilson, Rick

5 YEARS

Barnett, Paul
Beck, James
Busath, Brian
Ferrell, Christopher
Murillo, Fernando
Rushing, Gene
Wnorowski, William

6 YEARS

Davis, Jr., Michael
Diaz, Jorge
Farr, Terry
Francis, Joshua
Frederick, Brian
Lugo, Vladymir
Martinez, Ralph
Ogden, Mark
Rios, Abel
Valdez, Augustin

7 YEARS

Heredia, Juan
Karkhut, Michael
Kuntz, Lance
Newland, Vernon

8 YEARS

Chaides, Ronald
Chand, Vilash
Garcia, Fernando
Ledau Qui-
nones, Raul
Pacheco, Miguel
Perez, Luis
Valtierra, Alejandro

9 YEARS

Archambeau, Brian
Ligon, Ernest
Lizardi, Armando
Madueno, Rodolfo
Mpistolarides, Jeffery
Rodriguez, Eliseo
Vizcarrondo, Julio

10 YEARS

Colon, Javier
Dye, Charles
Fleck, Michael
Frueh, Walter
Lutts, Kenneth

11 YEARS

Croft, Perry
Farmer, Ronnie
Feliciano, Jose
Heal Jr, George
Higgins, Robert
Russell, Larry

12 YEARS

Brants, Erick
Brown, Jr., Leon
Colon, Deison
Fortune, Glenn
Harland, Thomas
Loriss, Matthew
Shavers, Garry
Torres, Orlando

13 YEARS

Baker, Edward
Gillham, Robert
Grimm, Steven
Manley, Joseph

14 YEARS

Mills, Sr., Leone
Tcharny, Joel

15 YEARS

Jefferson, Jr., -
Cassie

16 YEARS

Hickox, Joe
Mora, Juan

19 YEARS

Wilkerson, Jr.,
Robert

23 YEARS

Caputo, Peter

25 YEARS

Fuqua, Lee
Mahar, Ronald

30 YEARS

Miehle, Patrick

