

# Stan's Ink Monthly



## Mark Your Calendar!

September 4—Labor Day

September 10-16—National Truck Driver Appreciation week!

Volume 11, Issue 9

September, 2017

## Mike's Words of Wisdom...

September 2017

### "Change"

Everyone's heard the saying that "the only thing constant in life is change". Not everyone likes change (some do to a point) but the key to change is how we deal with it. We are faced with changes every day at home or at work and if we attack change with a good attitude rather than a bad attitude we find ways to make change work for us rather than against us.

At Stan's we have constant change with things like crop drought, electronic logs, commodity prices, equipment breakdowns, operating expenses, production problems, health, etc.... I could go on and on..... But compared to the weather in the United States, our daily issues seem pretty small. The changes that are frustrating us are nothing compared to what people are experiencing due to the hurricanes, wild fires, and other disasters that are taking lives, displacing families, and destroying billions of dollars' worth of property. Story after story of people losing everything they have besides what they carried out on their back is devastating to hear and breaks our hearts. As bad as the disasters have been, we also hear hundreds of stories of neighbors that may be states away, dropping what they are doing and going to help in any way possible and that's what makes America the greatest country in the world. When the chips are down Americans stand strong and are proud to help each other. The Cajun Navy, National Guard, and the multiple disaster groups are made up of individuals that bond together to help in the recovery and rebuilding of these disaster areas. No matter the language they speak, their race, or their political stance, we reach out to help our fellow man, woman, or child. It is great individuals, that build great teams, towns, states, and the best country in the world USA. Please keep all these people in your thoughts and prayers as they fight for survival and if you have a chance to help, I encourage you to do so.

We at Stan's have our own team of great individuals that make up great divisions and a great company that is respected in our industry. In a much smaller light (not even close to those dealing with the disasters) we at Stan's have to deal with changes that challenge us as individuals, divisions, and as a company. If we continue to work together and figure ways to capitalize on the changes that come our way, we become a stronger team, that is more efficient, and will allow us to bring more value to our customers and support the growth of Stan's.

Like the seasons, everything changes but if we treat everyone with **Respect**, we will build stronger **Relationships**, and enjoy the **Results** of our efforts. It's up to Us! God Bless!

Mike



## Highway to Health

### Healthy Snacking

Let's be real, we all snack. And actually, snacking isn't "bad" for you if you do it in moderation and make healthy choices.

Try these tips to do both!

#### First: Munchies that crunch.

- Apples and pears
- Carrots and celery sticks
- Bell pepper slices
- Roasted chickpeas
- Broccoli and cauliflower
- Popcorn or rice cakes
- Nuts and seeds

#### Second: Rethink your drink.

- Plain or sparkling water
- Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- 100% fruit juice

#### Low-sodium tomato or mixed vegetable juice

#### Third: Snacks that satisfy.

- Whole-grain toast with peanut or almond butter
  - Cherry tomatoes with hummus
  - Low-fat or fat-free cheese
  - Plain low-fat or fat-free yogurt
  - Fruit and veggie smoothie
- Whole-grain crackers and tuna or salmon

#### And Finally: Snacks to curb your sweet tooth.

- Canned fruit (in natural juice or light syrup)
  - Thin slice of angel food cake
  - Unsweetened dried fruits
  - Frozen grapes or bananas

Check nutrition labels and choose wisely when shopping.

Happy Snacking!

Source: American Heart Association



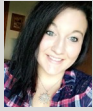
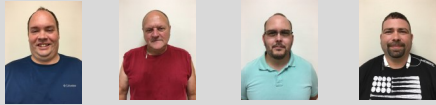
## Flu Shot Clinic

Coming in October! - Watch for Details!

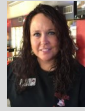


**Stan's Welcomes New Employees!**

Stan's welcomes new employees to the team. Pictured (top row)— William Steffey, Kenneth Hendee, CJ Hill & Jason Abel all join the Reefer Division. Joining the team at the Red Hog are (bottom) Desarae Schuh and Paula Guinn.



**Welcome to Stan's!**



Stan's employees  
have worked

**\*\*251 days\*\***  
without a  
"lost time"  
accident!

Stan's drivers  
have driven  
30 days

without an at-fault  
physical damage  
accident!  
Drive Safely!

**September Birthdays**

- Santiago Trevino—9/1
- Orlando Lopez— 9/1
- Loren Postma—9/3
- Terry Kludt—9/6
- Stan Kopfmann—9/7
- Gilberto Frausto—9/18

*Happy Birthday to our  
September babies!*

**HAPPY  
BIRTHDAY**

**October Birthdays**

- Chad Bacon—10/5
- Edward Wipf—10/5
- Roger Lammey—10/7
- Steve Passenheim—10/9
- Douglas Apato—10/10
- Mike Kopfmann—10/17
- Jim Troth—10/17

*Happy Birthday to our  
October babies!*



**September Years of  
Service Anniversaries**

- Terry Kludt— 16 years
- Luverne Jager— 16 years
- Monty Johnson— 10 years
- Brandon Telkamp— 8 years
- Bernadette VanZee— 5 years
- Lynn Hinrichs— 3 years
- Luis Cucurella— 1 year
- Joey Kilmartin— 1 year
- Justin Friese— 1 year
- Scott Wagner— 1 year

*Thank you for your service and  
dedication to Stan's!*



**Attention Drivers**

That time has come, the e-logs conversion has begun. Relax, e-logs are not that bad. The vast majority of the drivers like e-logs more than paper logs. The most important part to making e-logs work for you is the mindset that you take into the conversion. I commend those drivers who have decided that although they are not thrilled that they are being forced to e-logs by Big Brother, they are going to make e-logs work for them. Our gentleman driver Mick Tennant may have said it best, "It was either make them work or give up what I love doing." That is exactly how you have to look at it! Once you have made the decision that you are going to make e-logs work, the rest is just a matter of trip planning well. God speed ladies and gentlemen. Please be safe out there.

Joey



**FOOD DAILY, ALL DAY LONG**

Beginning at 11:30am in the Driver's Lounge and after 1pm in Dispatch & Main Office Breakrooms.

**SNACKS & MUNCHIES**

Available in Driver's Lounge and Breakrooms.

**GIVEAWAYS, FUN & FELLOWSHIP**

*Thank You*  
**FOR ALL YOU DO!**

**RESPECT • RELATIONSHIPS • RESULTS**

**Aug. Top Fuel Mileage Performers**

Reefer Division:

5.25 MPG—8.48 MPG

Cost /Mile

\$0.49—\$0.30

Bob Haibeck 8.48

Maurice Tennant 8.47

Keith Mathis 8.05

Terry Nedved 8.02

Harlan Hawley 7.95

Grain Division:

4.68 MPG—5.50 MPG

Cost /Mile

\$0.55—\$0.47

Brian Wicker 5.50

Paul Kopfmann 4.97

**Stan's drivers  
traveled a total of  
585,569 miles in  
August!**

**Coincidence or Not???**

**IF...**

**ABCDEFGHIJKLMNQRSTUUVWXYZ**

**EQUALS:**

**1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26**

**THEN**

**K+N+O+W+L+E+D+G+E**

**11+14+15+23+12+5+4+7+5 = 96 %**

**H+A+R+D+W+O+R+K**

**8+1+18+4+23+15+18+11 = 98%**

*Both are important, but fall just short of 100%*

**BUT**

**A+T+T+I+T+U+D+E**

**1+20+20+9+20+21+4+5 = 100%**