

# Stan's Ink Monthly



## Mark Your Calendar!

October 16—National Bosses Day

October 24—Onsite Flu Shot Clinic—

10 AM-2 PM—Let Tammy know if you are interested. FREE to Stan's Avera Members. Price to others to be determined and will be shared soon!

October 31—Halloween



## Highway to Health

### Breast Cancer Screening for Men at Higher Risk

Breast cancer in men is rare, but it does happen. Men have much less breast tissue compared to women and are not routinely screened for breast cancer. Breast cancer screening is only recommended for some men at higher risk due to an inherited gene mutation or a strong family history of breast cancer. For these men, screening may increase the chances breast cancer is found early, when the chances for survival are highest.

Breast cancer screening recommendations for men at higher risk are different from recommendations for women. The National Comprehensive Cancer Network recommends men at higher risk for breast cancer, starting at 35.

- Have a clinical breast exam every year
- Learn how to do breast self-exam

Men at higher risk for breast cancer should also be aware of the warning signs of breast cancer. The most common sign of breast cancer in men is a painless lump. However, any change in the breast or nipple can be a warning sign of breast cancer in men, including:

- Lump, hard knot or thickening in the breast, chest or underarm area
- Change in the size or shape of the breast
- Dimpling, puckering or redness of the skin of the breast
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or nipple discharge

If you notice any of these signs or other changes in your breast or nipple, see a health care provider right away.

Source: The Susan G. Komen Breast Cancer Foundation

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## Mike's Words of Wisdom...

### Respect "Give it to Get it!"

I grew up with my parents teaching me to respect my elders. Whether it was saying hello, holding the door, or asking them if there was anything I could do for them, I was expected to do just that, "Respect My Elders". But respect goes further than our elders, it is an everyday occurrence with anyone we meet. How we treat others reflects how they are going to treat us. If I disrespect your time, your family, or your values you probably aren't going to spend much time with me yet alone respect me.

Building respect as an individual, a family, or a business takes great effort. Our values and our culture define who we are and allows others to determine if we are trustful. Having respect for someone does not mean that we agree with their beliefs or values, but it means we are open to listening and respecting their opinion or view. Each one of us needs to reflect on how we treat others at home and at work so that we are earning the respect of others.

Below are 10 ways we can earn the respect of others at home and at work.

Be Consistent. It builds credibility and structure.

Be Punctual. Time is the most valuable commodity we all have, don't waste it.

Be Responsive and share your thoughts. Good feedback is Good.

Forgive others and yourself for mistakes. They're not mistakes if you learn from them.

Support others. Teammates support the growth of each person which builds a team.

Keep your promises. Keeping our word is the glue to good values and our culture.

Stop gossiping immediately. Share the Reality of the situation not the Rumor.

Be open-minded. Change is the only constant, embrace it and support it.

Stop talking. Genuinely listen to people and stop talking about yourself.

Control your emotions. When emotions run high we can say things we later regret.

I think Stan's (all of us) does a great job with all of these and we have built a great reputation, with great people, in all the industries we work in. I believe in the three R's Respect-Relationships-Results but to get the last two R's you have to get the first R, respect. Each day we need to focus on giving it, so we can get it in return. God Bless! Mike

## Logistics-Lingo!

Happy Halloween to the greatest fleet that a Dispatch team could ask for. We have several new drivers so I would like to explain a few things about LSI and the drop process. When bringing loads into and out of LSI, the reefer unit does not need to be on continuous as this burns much more fuel. If you are bringing a trailer into LSI, please make sure that you fill the trailer prior to dropping. If the trailer is empty, please make sure that the trailer is also clean. We have a blower over at the yard that you are more than welcome to use to blow out any debris. Please do your part so that other drivers don't have to. Be safe out there ladies and gentlemen.

**Stan's Welcomes New Employees!**

Stan's welcomes new employees to the team. Pictured (left to right)— Nick Gebel joins the facilities and maintenance team, Ted Bartel joins the farm, Tim Walker joins the reefer division and Gabby Bagola joins the team at the Red Hog.



**WELCOME TO STAN'S!**



**Congrats!**



Congratulations to Ginger Moeding on the birth of her beautiful granddaughter. Weighing in at 6 lbs. 7 oz. and measuring 20.5 in., Arianna Lillian Bell was born on Sept. 21 to Amber and Justin and proud big brother, Micah!



**Stan's drivers  
have driven  
2 days  
without an at-fault  
physical damage  
accident!  
Drive Safely!**

**Stan's employees  
have worked  
\*\* 25 days\*\*  
without a  
"lost time"  
accident!**

National Truck Driver Appreciation Week was recently celebrated at Stan's. Not only do we appreciate our drivers, we are grateful for their families who support them in their career and allow for them to be a part of the Stan's family. A huge shout out to the team members in the office and everyone who makes Stan's a great place to be!



**October Birthdays**

- Kenneth Hendee—10/1
- 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
- Steve Borkowski—10/21

*Happy Birthday to our October babies!*



**November Birthdays**

- Lori Haak—11/1
- Brian Stange—11/2
- John Bozzella—11-2
- Bob Haibeck—11/10
- Ben Rostyne—11/11
- Duane Kopfmann—11/16
- David Balster—11/16
- Blain Tebay—11/18
- Randy Flitter—11/19
- Todd Boomer—11/24
- Zach Kopfmann—11/25

*Happy Birthday to our November babies!*



At the recent South Dakota Trucking Association Annual Convention, Stan's was recognized for traveling 1-1.75 million accident free miles over a 12 month period of time. THANK YOU to the Stan's drivers who earned this award by focusing on safety while traveling the roadways all across the US. Congratulations to the entire Stan's team!



**Sept. Top Fuel Mileage Performers**

<b>Reefer Division:</b>	<b>Grain Division:</b>
5.80 MPG—8.31 MPG	4.85 MPG—5.38 MPG
Cost /Mile	Cost /Mile
\$0.48—\$0.33	\$0.57—\$0.52
Maurice Tennant 8.31	Bob Baker 5.38
Steven Borkowski 8.04	Paul Kopfmann 5.03
Keith Mathis 7.96	
Jimmie Rederth 7.84	<b>Stan's drivers traveled a total of 555,038 miles in September!</b>
Randy Flitter 7.79	

**October Years of Service Anniversaries**

- Bob Baker — 13 years
- Tammy Bierman — 8 years
- Rick Airth — 3 years
- Jason Gebel — 2 years
- Larry Harvell — 1 year

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