

# Stan's Ink Monthly



## Mark Your Calendar!

August 29—Stan's Fall Social at the Shack—  
Watch for more Details to Come!

September 4—Labor Day

September 10-16—National Truck Driver  
Appreciation week!



Volume 11, Issue 8

August, 2017

## Mike's Words of Wisdom...

August 2017

**Relationship....** *the way in which two or more people or organizations regard and behave toward each other.*

As one of the three R's (Respect-Relationships-Results) the relationship is very important to any marriage or organization. It strengthens that trust between two people or two companies. Building relationships takes time but to break relationship can only take one action or one sentence.

At home the most common relationship is with our spouse and family members. I'm sure we can all recall something we said that after it came out of our mouth, we wished we wouldn't have said (my great uncle said "Think before you Speak). We must always be mindful of other peoples views and feelings by respecting them and building our relationships rather than tearing them down.

At Stan's we should be building relationships with our team members, our vendors, and our customers. If we don't have strength in those three relationships, Stan's is just another number in their computer. As team members, we have to communicate to become the most efficient and productive that we can. Internally, we have to be better than our competitors and bring value to our customers by giving our customers a great product with great service. When we deal with our vendors they should bring value to Stan's not only by pricing, but by quality and service to support the Stan's team. We also need to challenge them to provide us with new and innovative products that help Stan's be more productive and efficient. The customers are key..... without the load, the sale, or the job we would have no income to support Stan's, which is all of us. We are all the face of Stan's when we purchase from a vendor, deliver to the customer, or are selling our customers product or services. It is us they see on a day to day basis and how we build those relationships drives the success of Stan's. If we have that internal teamwork and communication, the vendors and our customers will see that and want to build a relationship with us.

Whether at home or at work we have a choice each day to either build on our relationships or tear them down. Each one of us has to make choices each day and we need to remember that the choices we make, affect our families and Stan's future.

God Bless.

Mike

**Respect Relationships Results**



## Highway to Health

### Sitting for Long Periods of Time is Linked with Higher Cancer Risk

In an American Cancer Society study, women who spent 6 hours or more a day sitting outside of work had a 10% greater risk for invasive breast cancer compared with women who sat less than 3 hours a day, and an increased risk for other cancer types.

The American Cancer Society recommends adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week (or a combination of these), preferably spread throughout the week, and limit time spent sitting when possible.

How to limit your time spent sitting

- Stand up while folding laundry or watching TV
- Walk up the escalator or stairs instead of taking the elevator
- Look into getting an adjustable sit/stand desk at work
- Take short breaks during work to walk around your office building
- Park further away from where you're going, so you walk more
- Stand up and walk around your workspace during a conference call

Source: American Cancer Society

**Stan's Welcomes New Employees!**

Stan's welcomes new employees to the team. Pictured left to right—Mick Tennant, Dale Eng, Israel Taguilas, and Rosendo Ramon all join the Reefer Division. If you see any of these new faces around, introduce yourself and welcome them to the team!



Welcome to Stan's!

Stan's employees  
have worked

**\*\*223 days\*\***

without a  
"lost time"  
accident!

Stan's drivers  
have driven

**0 days**

without an at-fault  
physical damage  
accident!

**Drive Safely!**

**July Accidents and Incidents**

Clipped right mirror of vehicle while merging in traffic—\$1368.17

**July Total : \$1368.17**



We have a \$25,000 deductible and are counting on YOU to keep costs down.

**Congratulations!**

Congratulations to Brandon and Lea Telkamp on the birth of their son  
**Hunter Ryan!**  
Date: 08/02  
Weight: 7 lbs. 15 oz.  
Length: 21"



Congratulations to Jodi Weber on the birth of her granddaughter  
**Renna Lee!**  
Date: 08/07  
Weight: 9 lbs. 5 oz.  
Length: 21"

**HAPPY BIRTHDAY**

**September Birthdays**

- Santiago Trevino—9/1
- Orlando Lopez— 9/1
- Loren Postma—9/3
- Terry Kludt—9/6
- Stan Kopfmann—9/7
- Zach Weber—9/10
- Gilberto Frausto—9/18

**Happy Birthday to our September babies!**



**July Top Fuel Mileage Performers**

<b>Reefer Division:</b>	<b>Grain Division:</b>
5.63 MPG—8.29 MPG	4.6 MPG—5.34 MPG
Cost /Mile	Cost /Mile
\$0.44—\$0.30	\$0.54—\$0.47
Terry Nedved 8.29	Dickson Jorgensen
Maurice Tennant 8.24	5.34
Bob Lisowski 8.08	Paul Kopfmann 4.7
Harlan Hawley 8.00	
Jimmie Rederth 7.88	
	<b>Stan's drivers traveled a total of 525,772 miles in July!</b>

**National Truck Driver Appreciation Week!**

September 10-16th marks National Truck Driver Appreciation Week! Stan's would like to take this opportunity to not only celebrate the drivers, but all employees! There will be giveaways and extra goodies throughout the week!

**Stay Tuned for More Details!**

Thank You to Stan's employees for taking the time to attend our yearly fire safety meeting with Dennis Schilling from Dakota Fire Equipment



**August Years of Service Anniversaries**

- Mark Goral—7 years
- Paul Weber—6 years
- Jodi Weber—6 years
- Russell Wendt—6 years
- Valerie Wendt—6 years
- Ginger Moeding—3 years

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

**Back to School**



Use CAUTION in school zones, as area children gear up to go back to school in the coming weeks!