

# Stan's Ink Monthly



## Mark Your Calendar!

**August 21—Back to School Social—  
4:30-6:30 at the Shack!**

**September 9-15—National Truck Driver  
Appreciation Week**



## Highway to Health

### Healthier Lunchbox Options

The new school year is the perfect time to try some healthier options in your child's lunch box—and yours, too.

Consider these ways to add vegetables and fiber to your sandwich while cutting fat.

- Choose whole-grain or pita bread.
  - Choose low-fat cheeses.
- Top with mustard, relish, ketchup, or low-fat mayonnaise.
- Add flavor and vitamins with roasted sweet peppers, lettuce, tomato, jalapenos, and olives.
- Make a healthier PB&J using peanut or almond butter on whole-grain bread with banana slices or raisins.

Build a flavorful salad with nutritious, fresh ingredients.

Rethink drinks and snacks:

- Pack water, 100% juice, or plain low-fat or skim milk to drink.
  - Choose snacks that contain proteins, carbohydrates, and healthy fats.
- Think outside the (lunch) box:
- Heat leftovers and pack in a thermos.
  - Fill a small container with high-fiber, low-sugar cereal.

Source: [www.cancer.org](http://www.cancer.org)

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August, 2018

### Mike's Words of Wisdom...

August 2018

Desire. A Strong feeling of wanting to have something.

Life is full of desires. Loosing weight or buying a new car, those are a couple desires we all may have. It's great to have desires, but at the end of the day we have to have a plan on how we are going to reach them. We can all dream of winning the lottery (which 11 people in CA just won \$500 million) but that is not a plan. We need to put a plan in motion to reach what we desire.

A desire comes from within, wanting to achieve something that is important to us. In sports we have the desire to win, but to win you have to prepare by practicing and preparing whatever sport you are participating in. If I want to be a professional weight lifter I wouldn't practice pickle ball every day, I would be lifting weights. So how we approach achieving our desire makes the difference of success or failure.

At home, we desire to have family unity, pay down our bills, and have the opportunity to better ourselves while balancing work and family. To do that we have to have a plan that helps us achieve those goals. It has to be a commitment to do the right thing for the right reason.

Stan's is no different, "A Call to Stan's is a Load Off Your Mind" is not just a quote it is a desire. We want every customer that calls Stan's to know that their order will be taken care of successfully without having to follow up on it. It is our job to make sure from order to invoice that the customer receives the best product and the best customer service for whatever they want when they want it. "NO" is not an answer that makes a team successful. From start to finish everyone has to do their job in order to give the customer the "Stan's" experience that keeps them coming back again and again.

Personally, we have to have a desire to improve and do our best at home and at work. If we do this we become successful in life and at work, growing both our family and our work family at Stan's. Stan's was built on Stan's desire to succeed and he is very clear that he wants every employee to do better this year, than last year. It's our job to put in the effort and have the desire to make that happen by supporting Stan's and it's customers.

Respect-Relationships-Results.

Mike

### Holiday Incentive for Drivers:

We certainly understand the importance of all home time and the value of spending time with family during the holidays. Because of the nature of our business and the demands of our customers, freight must continue to move 24/7/365. For those drivers who are willing to assist Stan's in keeping the freight moving around the 6 observed holidays (New Years, Memorial, 4<sup>th</sup> of July, Labor, Thanksgiving & Christmas), we would like to extend the following incentive:

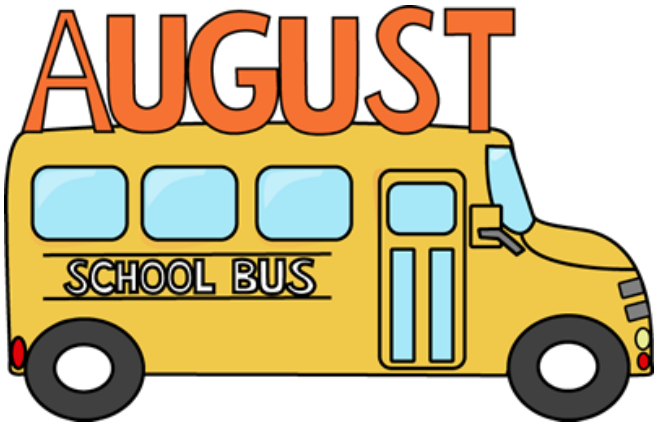
If you make yourself available to dispatch 48 hours prior to and after, in addition to the day of the actual holiday pay, you will receive an additional day (8 hours) of vacation deposited into your vacation bank.

Make yourself available and apply this extra day to all the currently observed holidays, and you will receive an additional **6 days** of vacation to use however and whenever you choose.

This offer is available to all OTR drivers who are away from home a minimum of 2 nights/week.

If you have any questions, please reach out to Joey, Alex or Tammy.

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## Logistics Lingo!

All of us enjoy our time at home with our families. As drivers, getting home to see our loved ones is particularly important. Hitting the day drivers want home is very important to Dispatch as we know how important your home time is to you. Help Dispatch out by picking days to start and end your home time on days that shippers/receivers are open. As an example, if you want to spend a particular weekend home, request home for Friday and leave out on Monday. This helps Dispatch find better, more reliable customer freight. Thank you to all of our men and women out there, be safe! - Joey

### National Truck Driver Appreciation Week!

September 9-15 marks National Truck Driver Appreciation Week! Stan's would like to take this opportunity to celebrate our drivers! There will be giveaways and extra goodies throughout the week. Stay tuned for more details!

### Congratulations!

Congratulations to Sandy Naber on the birth of her granddaughter Maiven Roy! Born on 7/10 to proud parents Cody and Jansen.

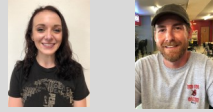
Congratulations to Tammy Bierman on the birth of her grandson, Gunnar Scott! Born on 7/13 to proud parents Mitch and Tyneille.

Stan's drivers have driven 10 days without an at-fault physical damage accident! Drive Safely!

Stan's employees have worked \*\* 303 days \*\* without a "lost time" accident!

### Stan's Welcomes New Employees!

Stan's welcomes new employees to the team. Jessi Keleher (left) joins Stan's Facilities & Maintenance/Housekeeping team, and Tully Bartel (right) joins the team at the Red Hog!



Welcome to Stan's!!!

### August Birthdays

- James Zard—8/4
- Monty Johnson—8/5
- Kyle Davis—8/6
- Terry Nedved—8/8
- Catherine Lucklum—8/12
- Barry Eldeen—8/14
- Joey Kilmartin—8/17
- Patsy Hoglo—8/18
- Mark Goral—8/18
- Jason Gebel—8/18
- Brandon Telkamp—8/19
- Alex Kopfmann—8/20
- David Chapa—8/21
- David Fletcher—8/30

Happy Birthday to our August babies!

### September Birthdays

- Santiago Trevino—09/01
- Orlando Lopez—09/01
- Loren Postma—09/03
- Terry Kludt—09/06
- Stan Kopfmann—09/07
- Zach Weber—09/10
- Gilberto Frausto—09/18
- Nick Gebel—09/18

Happy Birthday to our September babies!



### August Years of Service Anniversaries

- Mark Goral—8 years
- Jodi Weber—7 years
- Ginger Moeding—4 years
- William Steffey—1 year
- Kenneth Hendee—1 year
- Jason Abel—1 year

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

### Limited Time Offer Referral Incentive:

Stan's is offering 1,000 reasons to refer someone to the Stan's team! That would be \$1,000!!! This is a limited time offer and applies to the next 5 full time referrals that are hired for current Stan's positions only. If you know of someone who would be a good fit with the Stan's team, we currently have positions available from Accounting to Over the Road Drivers. Please have them get in contact with Tammy and please make sure they mention your name or list your name on the application!

### Check out the Monthly Safety CD's!

Congratulations to the July winners;

- Jimmie Rederth
- Jeff White
- Mikel Hoffman
- Mick Tennant
- Jeni Sinkbeil

### July Top Fuel Mileage Performers

Reefer Division:	Grain Division:
5.27 MPG—8.66 MPG	4.12 MPG—5.13 MPG
Cost /Mile	Cost /Mile
\$0.61—\$0.37	\$0.78—\$0.63
Maurice Tennant 8.66	David Fletcher 5.13
Loren Postma 8.57	Dickson Jorgensen 4.77
Jason Abel 8.34	
Terry Nedved 8.12	
James Zard 8.12	
	<b>Stan's drivers traveled a total of 563,701 miles in July!</b>

### Party Time!

Tuesday, August 21st

4:30-6:30PM @ THE SHACK

Yard Games ~ Snacks ~ Beverages

Join us for a Back to School Social and School Supply Drive!

Bring a new school supply item and get your name in a drawing for a chance to win Stan's Bucks. Help children in surrounding school districts get the supplies they need!

#### Items Needed:

- #2 Yellow Pencils
- Book Bags
- Colored Pencils
- Crayons
- Dry Erase Markers
- Erasers
- Folders
- Glue Bottles
- Glue Sticks
- Markers
- Notebooks
- Pencils Box
- Scissors
- Tissues

### Avera Wellness Screenings—

September 24, 2018 starting at 8:30 am at the Shack.

FREE to all Stan's employees!!!

Watch for additional information in the coming weeks.

For more info. or to schedule an appointment—Contact HR.

