

# Stan's Ink Monthly



## Mark Your Calendar!

Nov. 6— Daylight Savings time ends

(fall back)

Nov. 8 — Election Day

Nov. 11 — Veteran's Day

Nov. 17— Great American Smokeout

Nov. 24— Happy Thanksgiving!



## Highway to Health

### Be Festive Without the Added Fat

Starting with Halloween, and moving right into Thanksgiving and Christmas, the last 3 months of the year are full of festive events, cookie baking and family feasts.

So how do you get through the holidays without totally blowing all the healthy lifestyle changes you've been making the past few months?

#### Making Healthier Choices

\*For holiday potlucks, volunteer to bring a healthy dish so you have at least one good option to enjoy.

\*Use the buddy system and split a dessert with a friend or just take a half portion so you can treat yourself.

\*Watch out for seasonal drinks. Eggnog and pumpkin spice lattes are yummy but they're also packed with sugar. If you're already indulging in other heavy foods it's best to avoid these or at least cut back.

\*Prepare and eat healthier meals at home when you're more in control of ingredients.

\*Keep portions in check. Keep in mind that casseroles and dressings can have more fat and are best enjoyed in smaller portions. Do the same with gravy.

Source: Avera.org

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

November 2016

#### Be Thankful!!

There was an article in the Mitchell Republic sports section that I have to share. Mitchell was leading the first round high school football playoff game 50 points over Sturgis and with 30 seconds left a young man nicknamed "T" came in for the final play of the game. He was born with Down syndrome and was put in to play the running back position for the final play of the game. What happened next was truly a display of sportsmanship. With the final play being called the opposing defense called time out to discuss their strategy. When the ball was snapped and handed off to "T" he ran 58 yards for a touchdown with Sturgis players diving short of his feet as he ran towards the end zone where he was swarmed by team members to celebrate. Sturgis's coach said when he brought it up to the team during the time out they were all in. He also said it is not always about the score, but the student athlete experience that is most important. In ten years no one in the stands or on the field will remember the score of the game but they will remember the last play.

What a great experience for everyone that was there and all of those that have read that article or saw the TV spots nationwide. In our daily lives (which include work) we often get distracted from what real success is. It is not always about winning, but often about how we play the game of life. We often chase the material things, but when we catch them, we sometimes realize that wasn't what we wanted. At Stan's I challenge you to have fun doing what you're doing. Don't stress about the unknowns, but utilize your skills and abilities to make each day the most productive and at the end of that day, week, year, career you will celebrate your successes while enjoying the experience.

November is the celebration of Thanksgiving, which is celebrating the things we are thankful for. Family and friends are a big part of what we should be thankful for so I challenge you to say thank you to those that that you are thankful for and let them know they are important to you. You may be surprised at how they react. I want to say thank you for all you do for supporting the Stan's team and all our customers along with all you do for your families and friends. During the month of November you will likely have a Thanksgiving celebration with turkey and all the trimmings..... Enjoy that time to reflect on all the things you have been blessed with, especially those sitting at the table.

*Forest E. Witcraft said "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove....but the world may be different because I was important in the life of a child."* I don't think anyone in that huddle ever heard this quote but on that last play of the game, they did make a difference in "T's" life. Now it's our turn.

**Happy Thanksgiving and God Bless!**

**Stay Connected with the Latest Happenings at Stan's**

Check out our website: [www.stansinc.net](http://www.stansinc.net)

For:

- Current Job Openings
- Monthly Feed Specials
- View the Legacy Video
- And Much More!

**Like Stan's & The Red Hog on Facebook!**

Stan's employees  
have worked  
**\*\*225 days\*\***  
without a  
"lost time"  
accident!

**November Birthdays**

Lori Haak—11/01  
Brian Stange—11/02  
John Bozzella—11/02  
Bob Haibeck—11/10  
Grant Straughn—11/10  
Duane Kopfmann—11/16  
Dave Balster—11/16  
Blain Tebay—11/18  
Randy Flitter—11/19  
Todd Boomer—11/24

**Happy Birthday to our November babies!**

**Stan's Welcomes New Employees!**

Stan's welcomes 3 new employees to the team. Pictured left to right are: Grant Straughn (Driver Manager), Edward Wipf (Reefer), and Larry "Stretch" Harvell (Reefer)

If you see these new faces around, introduce yourself.





**Welcome to Stan's!**



Quitting is hard so don't be afraid to lean on your loved ones for support, or to reach out to the American Cancer Society. We can help.

[cancer.org/smokeout](http://cancer.org/smokeout)  
1.800.227.2345

©2008, American Cancer Society, Inc. No. 022987

**December Birthdays**

Skimpy Seamen—12/02  
Richard Sentell—12/19  
Don Sackett—12/19  
Les Eckels—12/20  
Brian Wicker—12/26  
Conny Hogberg—12/28  
Rick Airth—12/30  
Robbie Schley—12/30

**Happy Birthday to our December babies!**

**Happy Birthday!!!**

On Monday October 17th, Stan's employees took time out of their busy day to help wish Mike Kopfmann and Jim Troth a very Happy Birthday!

**Pheasants Forever**

Stan's and the Red Hog Saloon proudly support the local Wessington Springs and Heartland Region (Huron) Pheasant Forever Chapters. Both chapters hosted their annual banquets and fundraising events on Friday, Oct. 14. The volunteer members of these organizations contribute time and talents to make a difference for habitat and conservation education in our communities.

**Oct. Top Fuel Mileage Performers**

<b>Reefer Division:</b>	<b>Grain Division:</b>
6.28 MPG—7.96 MPG	4.28 MPG—4.96 MPG
Cost /Mile	Cost /Mile
\$0.39—\$0.31	\$0..57—\$0.49
Terry Nedved 7.96	Paul Kopfmann 4.96
Harlan Hawley 7.85	Dickson Jorgensen 4.77
JJ Otruba 7.77	
Carman Anderson 7.73	
Randy Flitter 7.71	

**Stan's drivers traveled a total of 475,637 miles in October!**



If you or someone in your family is up to something GREAT—We want to know! Send your newsworthy events or accomplishments to [social@stansinc.net](mailto:social@stansinc.net) so we can share them with the Stan's Team!

**November Years of Service Anniversaries**

Mikel Hoffman—15 years  
Roger Lammey—6 years  
Brian Wicker—6 years  
Chris Carr—2 years  
Richard Sentell—3 years  
Randy Flitter—2 years

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

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