



Mark Your Calendar!
January 15—Martin Luther King Jr. Day
January 23—Quarterly Safety Committee Meeting in the conference room—2:00-3:00

STAN'S ALPENA • SD

Highway to Health

2018 Health Tips

There is no one food, drink, pill, machine, or program that is the key to achieving optimal health. A person's overall routine is what is most important.

1. Embrace nutrition basics. Eating right doesn't have to be complicated. Adopt a healthy eating plan including a variety of fruits, vegetables, lean proteins, whole grains, and low-fat dairy.
2. Move More. Aim for at least 150 min of moderate activity each week.
 3. Be smoke free.
4. Schedule sleep. Aim for 7-9 hours per night.
5. Prioritize preventative screenings.
6. Connect with others. Building a community of people who can help you through life's ups and downs is a vital step towards happiness and good health.
 7. Stress Less.
8. Work toward or maintain a healthy weight. If you are overweight, work toward losing 5-7% of your weight to significantly reduce your health risks.
9. Set SMART goals. General goals are not effective. A SMART goal is specific, measurable, action-oriented, realistic, and timely. "I will walk 20 minutes over my lunch break on Tuesdays and Thursdays" is a SMART goal.
10. Stay positive. Health goals don't always go as planned. When you face challenges, focus on all the positive changes you have made, no matter how small they seem. Treat yourself with kindness.

Source: healthandwellness.vanderbilt.edu

Volume 12, Issue 1

January, 2018

Mike's Words of Wisdom...

January 2018
 The Best of the Best.

As I was watching the National Championship game between Alabama and Georgia Monday night it made me think about how much time each team had spent preparing since last season ended with 3 a day practice, preparing for every game throughout the season, and now on the biggest stage of their lives for the championship. What an exciting game with each team having opportunities to win, but in the end, there could only be one winner. It was Alabama, showing the world they are the best of the best in college football. After almost missing the college playoffs Alabama came back to win the Championship for a 5th time in 9 years breaking all kinds of records. When asked, how do you do it, Nick Saban said "I trust the players who do things the right way." Saban and his coaching staff make tough personnel/play calls all the time and each team member is expected to play their position, support their team, and be the best. On Monday night, they did just that.

How does that relate to the Stan's team? If we don't do our best by doing things the wrong way, we come up short for our families and our jobs. We have to have a daily focus on making things better by supporting our team and encouraging others to do their best. We can be armchair quarterbacks or we can play the game... we can second guess what others do or we can learn from our mistakes and give 100%. Are we utilizing our skills and talents to their potential or are we allowing ourselves to just get by? No matter how good we think we are, we can always improve. Here are a few easy ones to focus on.....

Time management. Not only our own, but helping others manage theirs. Time is money and the more money we spend wasting time the less Stan's has to share with us. Everyone has 1440 minutes per day, what we do with them is up to us.

Preparation. Load planning, trip planning, accounting, pricing, ordering, etc.... We must be prepared for our job so that we can be successful and produce great results. Procrastination is not our friend, it just gives you time to fail.

Production. Not just getting it done, but getting it done right and timely to produce the best results. Stan's has multiple productivity incentive programs that pay us for saving the company money. MPG, Mill Minutes per Ton, Safety, etc.... all generate savings for Stan's (all of us). The more productive we are, the more valuable we are.

Customer Service. Most of our customers do business with us because we bring value to their business and they trust us with their business. Smile, be nice, and solve their problems and they will keep paying our bills. It only takes one bad experience to lose a customer for life.

There is always room for improvement both at home and at work. If we want to be the best of the best and win Life's National Championship we must continue to improve ourselves, our families, and our company. What we do every minute, every hour, every day, every month, and every year makes a difference and if we are the best of the best our actions will show others that we are definitely winners!

Respect-Relationships-Results God Bless!



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

January Birthdays

Luverne Jager—1/10
Israel Taguilas—1/13
Luis Cucurella—1/15
Ginger Moeding—1/18
Austin Kopfmann—1/24

Happy Birthday to our January babies! 

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

HAPPY BIRTHDAY


February Birthdays

Carl Hill—2/1
Dickson Jorgensen—2/3
Theodore Bartel—2/4
Jeni Sinkbeil—2/6
Scott Wagner—2/8
Megan Kopfmann—2/9
Jodi Weber—2/12
Jason Abel—2/12
Michael Phillips—2/17
Cody Friese—2/18
Chris Cashman—2/24


Happy Birthday to our February babies!

Stan's Welcomes New Employees!

Stan's welcomes new employees to the team. Pictured (left to right)— James Cochran and Mike Powell join the reefer division and Adriana Salas joins the team at the Red Hog.



WELCOME TO STAN'S!



HR Corner

Avera health insurance renewal is now complete. Information was sent via email, peoplenet and mailed to home addresses. If you have any questions, please reach out to Tammy @ 605-849-3604.

We are excited to announce the creation of a new Facebook page/group labeled as Team Stan's.

This is a closed group that has been created to provide a positive outlet for tips, pictures, successes, travels, a place to ask questions and share information. For drivers to ask or share where there is available overnight parking, washes or any other tips. Where is the best place to have a burger & a cold beer in Alpena, SD?

A page to help fellow team mates!



Check it Out! 

January Years of Service Anniversaries

Stan Kopfmann—54 years
Duane Kopfmann—18 years
Dickson Jorgensen—14 years
Michael Phillips—7 years
Mark Zimmermann—5 years
Doug Mentele—4 years
Jim Zard—3 years
Don Sackett—3 years
Robbie Schley—3 years
David Chapa—1 year
Douglas Apato—1 year

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

Logistics Lingo!

Ladies and gentlemen of the captain's chair,

We are allotted the privilege of wait time from Mike which is something drivers from other companies simply just don't have. The proper way to alert me to a wait time situation is to simply send a free form message to me telling me the load number, why you are requesting wait time, and how many hours you are requesting. I will then send you a response one way or another to let you know how many hours I am approving. If you haven't received a response within 48 hours, please send me a reminder message. This gives me the opportunity to approach wait time when I have all of the facts. And remember if it isn't safe, don't do it.

Joey

Dec. Top Fuel Mileage Performers

Reefer Division:	Grain Division:
5.13 MPG—8.02 MPG	3.85 MPG—4.46 MPG
Cost /Mile	Cost /Mile
\$0.57—\$0.36	\$0.76—\$0.65
Scott Wagner 8.02	Brian Wicker 4.46
Maurice Tennant 7.84	Paul Kopfmann 4.45
Larry Harvell 7.69	
Santiago Trevino 7.5	Stan's drivers traveled a total of 547,062 miles in December!
Jimmie Rederth 7.5	