

# Stan's Ink Monthly



## Mark Your Calendar!

- October 16—Flu Shot Clinic
- October 16—Safety Committee Meeting—2:00-3:00 pm in the conference room
- October 16—National Bosses Day
- October 17—Birthday Potluck @ Driver Lounge from 12:00-1:00 pm
- November 2—Apparel Orders Due!



## Highway to Health

### October is Breast Cancer Awareness Month

Breast Cancer Symptoms:  
What You Need to Know

An important way to stay healthy is to be aware of how your breasts normally look and feel. Paying attention to changes and getting regular mammograms can help find cancer in its early stages, which gives you a better chance of successful treatment. If you have any of these symptoms, get checked right away.

- A Lump in your breast
- Swelling in or around your breast
- Skin thickening or redness
- Breast warmth and itching
  - Nipple changes
  - Nipple discharge
  - Pain

While benign breast conditions are much more common than breast cancer, it is important to let your health care team know about any changes so they can be checked out right away.

Source: American Cancer Society

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## Mike's Words of Wisdom...

October 2018

### Take the Garbage Out!

Those of you thinking this will give you ideas on how to get your spouse or teenagers to take out the garbage are out of luck. The garbage I am referring to is in our lives. Daily we are hit with garbage that we allow to clutter our lives thinking we can control it, but some of it ends up controlling us. Think of some garbage that you have picked up lately.... how about worrying about what someone else is doing, doing a task the easy way not the right way, defending your position just to be right, not for the right reason, or getting worked up about news you hear second hand without knowing all the facts. How we deal with all the garbage in our world defines who we are.

The key is to "control the controllables", meaning we can't let our lives get consumed with all the things that are out of our control. We have to focus on what we can do at home and at work that builds our teams up and supports them for success. Taking control empowers us to change and make things better for the right reasons. Some of the basic things we can control...

**Our Thoughts.** Being positive rather than negative. Optimistic vs. pessimistic. I think I can rather than I think I can't.

**Our Actions.** What and how we do things molds our future. Actions speak louder than words. It's better to try and fail rather than not try at all.

**Our Reactions.** Positive reaction to situations or other people's actions give us the chance to solve the problem rather than create another one. Proactive vs. Reactive.

**Our Emotions.** If we allow our emotions to control our actions we don't produce positive results. Count to 10 and then debate-discuss-decide.

In life and at work we are either in control of IT or IT has control of us. It is our job to determine which and focus on what we can control and take the garbage we can't control to the trash bin and get rid of it. How we deal with our garbage defines us as individuals and as a company.

At home or at Stan's we need to be part of the solution, not part of the problem, by being in control of ourselves. We must make the effort each day to remove the garbage from our lives, so we can think clearly, positively, and successfully!

Respect-Relationships-Results

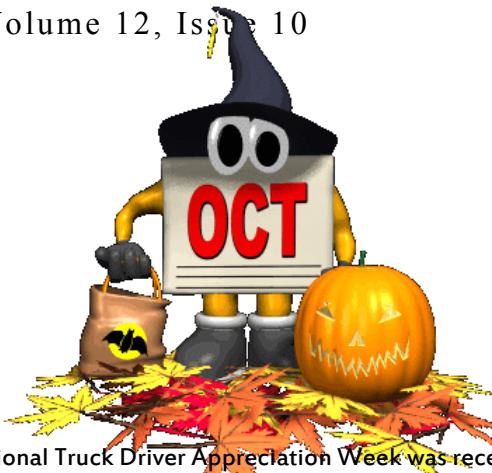
## Stan's Welcomes New Employees!

Stan's welcomes Berny VanZee (left) to the facilities and maintenance team and Timaysha Enfield (right) to the team at the Red Hog!



## Logistics Lingo!

As we still have a few months left in fall, this is the perfect time to hit those high MPG marks. The weather is quite pleasant in the Midwest. I encourage our fleet to leave the windows down at night, throw on an extra blanket, and turn the truck off. Limiting idle time is one of the best ways to capitalize on saving fuel. Before winter arrives, please make sure that you check your Espar heaters, APU/EPU's, and Idle Smarts to make sure they are working properly in order to utilize those tools when the temperature does drop. So enjoy the fall air and put that extra money in your pockets for Christmas. Be safe out there. -  
Joey



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!



**Stan's Team is Awarded for Safety**

During the recent South Dakota Trucking Association annual meeting, Stan's drivers were presented with an award for outstanding achievement in highway safety! Between the dates of 7/1/17 and 6/30/18, in the state of South Dakota alone, Stan's drivers have traveled between 1.75 - 2.5 million (1,918,488 actual) accident free miles! The Great West Safety Award was presented by the South Dakota Trucking Association, in cooperation with the American Trucking Association.

This award is a great honor and is a reflection of the professionalism of the drivers who are part of the Stan's team that embrace the safety culture on a daily basis.

Stan's was also recently presented two safety awards that are presented annually by Great West Casualty Company. Tom Buezekom, Safety Representative from Great West presented the awards and commended Stan's for their contribution and commitment to safety. These awards are truly the result of a team effort!



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

Congratulations to the September winners!

- Jason Abel
- Jason Mundy
- Mike Phillips
- Ed Wipf
- Roger Lammey

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

Stan's employees  
have worked  
**\*\* 359 days\*\***  
without a  
"lost time"  
accident!

**Wear Your Team  
Colors!**



Attention Attention!!!

There are new colors and styles in the Apparel Catalog so be sure to check it out!

As always, Stan's is offering all employees a \$50 allowance to be used on Stan's logoed custom order apparel (not to be used on in stock merchandise). The \$50 allowance is to be used towards apparel for YOU. —Your order must be turned in by Friday November 2nd! - Your \$50 allowance will not carry over! - "use it or lose it"



**October Birthdays**

Kenneth Hendee—10/1  
Ed Wipf—10/5  
Chad Bacon—10/5  
Roger Lammey—10/7  
Doug Apato—10/10  
Mike Kopfmann—10/17  
Jim Troth—10/17  
Steve Borkowski—10/21  
Jason Mundy—10/31

**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  
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!**

**Flu Shots!**



Mark Your Calendars for October 16th! The vaccination is free to Stan's and Red Hog Avera members and \$25 for non Avera members.

**September Top Fuel Mileage Performers**

Reefer Division:	Grain Division:
5.94 MPG—8.86 MPG	4.47 MPG—5.02 MPG
Cost /Mile	Cost /Mile
\$0.55—\$0.37	\$0.73—\$0.65
Maurice Tennant 8.86	David Fletcher 5.02
Bob Haibeck 8.47	Dickson Jorgensen
Loren Postma 8.35	4.68
Jimmie Rederth 8.14	
James Zard 8.08	
	<b>Stan's drivers traveled a total of 515,829 miles in September!</b>

**October Years of  
Service Anniversaries**

Bob Baker — 14 years  
Tammy Bierman — 9 years  
Rick Airth — 4 years  
Jason Gebel — 3 years  
Timothy Walker — 1 year  
Theodore Bartel — 1 year  
Kimberly Stacy — 1 year

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