

Stan's Ink Monthly



Mark Your Calendar!

November 22—Thanksgiving Day

December 10—Last day to decorate your division

December 18—Ugly Christmas Sweater/ White Elephant/ Potluck at the Drivers Lounge at Noon



Highway to Health

Get Back to Basics for Your Health

It's easy to fall out of healthy habits during the busy summer months. Fall is the perfect time to get back on track so you can be your healthiest when winter germs start making the rounds. Here are some tips to get you started:

- Get back to whole foods and decrease processed foods in your diet.
- Reassess your portion control. Did your meal size slide up over the summer months?
- Reintroduce fruits and veggies by making easy substitutes where possible. Lettuce is a great substitute for bread and zucchini can fill in for pasta.
- Summer is an easy time to indulge in more alcohol and fun fruity drinks. Get back into drinking water over wine.
- Re-establish your workout routine to keep the momentum going through the winter months.

Remember, if sickness does get the best of you, [AveraNow](#) is a fast and convenient way to see a doctor anytime, day or night.

Source: AveraNow

Volume 12, Issue 11

November, 2018

Mike's Words of Wisdom...

November 2018

"Life is 10% what happens to you and 90% how you react to it." Charles R. Swindoll

At home and at work we have a lot of things coming at us each day. At Stan's every position is important for our business to succeed so our reaction to the everyday challenges will determine our success or our failure. It may be words or someone else's actions that we are dealing with, but doing the right thing for the right reason gives us the best chance for success. We all have challenges and how we deal with them defines us.

Thanksgiving will be here in a couple weeks and we will get together with family and friends to eat turkey and watch football. In the 1600's the Pilgrims didn't have the luxury of going to Walmart and picking up their supplies, they had to figure a way to live off the land. They endured many obstacles before they reaped the benefits of a bountiful harvest. In 1620, 102 passengers boarded the Mayflower and left Plymouth, England seeking a new home where they could freely practice their faith and enjoy prosperity and land ownership in the New World. They traveled for 66 days on the water before arriving at Cape Cod, losing 50% of their passengers during their first winter. In the Spring they met a Native American named Squanto and he taught them to grow their food and live off the land leading to the harvest party which is known as Thanksgiving.

Thanksgiving is a time for us to give thanks for all that we have and to remind ourselves that we live in the greatest free country in the world with unlimited opportunities. We aren't being challenged by the same things the Pilgrims were, but we do have daily challenges at home and at work, and how we react to those challenges will define us as individuals and dictate our personal success and our success at Stan's. Remember that every action produces a reaction. We are not in control of the actions that come our way, but we are in control of how we react to them!

Have a Happy Thanksgiving and God Bless!

Stan's Welcomes New Employees!

Stan's welcomes (left to right) William Martin, Robert Adkins, and David Castillo to the Reefer Division. Ryan Hughes joins the team as the IT & Technology Support Manager and Jeramie Sopko joins the Dispatch team in the Driver Manager position. If you see them around, introduce yourself!



Welcome to Stan's!

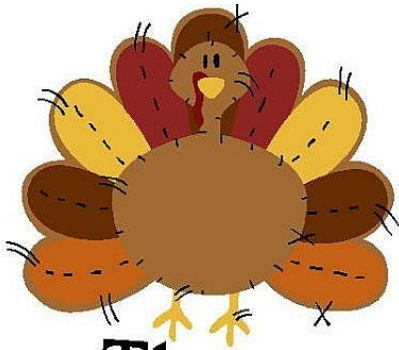
HR Corner

We are still sorting through the details of the new 401K plan and renewal of our Avera Health Insurance. Additional details will be provided in the very near future for open enrollment in all employee benefits, including 401K, Avera Health, Flex Spending and Supplemental Insurances.



Logistics Lingo!

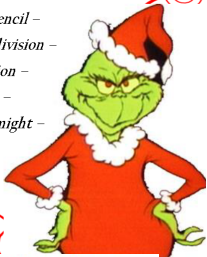
Winter is officially upon us. Although Alpena has not been hit hard yet, the rest of the country is feeling Ol' Man Winter's wrath. Be prepared ladies and gentlemen. Keep kitty litter and salt in your trucks. Check to make sure that your brakes aren't frozen before taking off and do a figure 8 immediately after taking off to make sure all of your wheels are rolling properly. And above all else, if it isn't safe to go then don't. We don't want to see a single soul have an accident this year because they should of never been on the road. Thank you for all that you do and be safe out there. - Joey



Happy Thanksgiving

Stan's Christmas Decoration Contest

*It's that time of year, now don't be a Grinch -
Your office looks drab, fix it up in a pinch -
Hang all the greens and bulbs and the bows -
Fix it up now, fix it up till it glows -
On the 10th you will hang the last strand of tinsel -
Judge Megan will come, she will come with a pencil -
She will check off her list, she will check your division -
She will check it again, she will make her decision -
So, make your space happy and jolly and bright -
Don't bribe her with cookies, though I think I might -
On the 18th, she will make up her mind -
Victors win a trophy that's one of a kind -*



The United Parish of Alpena held a Harvest Fest for area youth on October 27th, serving a meal at noon, followed by games, trunk or treat and closing out the event with a hayride. Stan's is honored to be able to support events such as this in our community!



Happy Birthday!

Recently, we celebrated the birthdays of Mike Kopfmann and Jim Troth with a potluck lunch for all employees. Happy Birthday and cheers to many more!



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



Let's Celebrate National Ugly Christmas Sweater Day!



On Tuesday the 18th. At the Shack we shall gather....
Come at high noon, bring a dish or a platter....
White elephant gifts will be in exchange....
From 5—10 dollars will be the price range....
Come dressed as festively as you desire....
Prizes will be awarded for the "best/worst" attire.....
Join in the fun and the gifts and the food.....
Even if you're a scrooge, this will brighten your mood!



Stan's and the Red Hog recently held a back to school supply drive. Employees and community members donated in excess of \$2,000 worth of supplies with the donations being split between Wessington Springs, Woonsocket & Huron/Buchanan Elementary schools. Thank you to all who donated supplies or cash to make this a success!

October Top Fuel Mileage Performers

Reefer Division:	Grain Division:
5.67 MPG—8.69MPG	3.38 MPG—4.75 MPG
Cost /Mile	Cost /Mile
\$0.59—\$0.39	\$1.00—\$0.71
Bob Haibeck 8.69	Dickson Jorgensen
Maurice Tennant 8.39	4.75
Jason Abel 8.02	David Fletcher 4.69
Jimmie Rederth 7.99	
Terry Nedved 7.93	
	Stan's drivers traveled a total of 570,257 miles in October!

November Birthdays

Lori Haak—11/1
Brian Stange—11/2
John Bozzella—11/2
William Martin—11/5
Bob Haibeck—11/10
Ben Rostyne—11/11
Blain Tebay—11/18
Randy Flitter—11/19
Todd Boomer—11/24
Zach Kopfmann - 11/25

Happy Birthday to our November babies!



December Birthdays

Richard Sentell—12/19
Les Eckels—12/20
Art Mena—12/20
William Steffey—12/21
Kim Stacy—12/22
Brian Wicker—12/26
David Smith—12/27
Rick Airth—12/30
Robbie Schley—12/30

Happy Birthday to our December babies!

November Years of Service Anniversaries

Roger Lammey — 8 years
Brian Wicker — 8 years
Richard Sentell — 5 years
Randy Flitter — 4 years
Ed Wipf — 2 years
Santiago Trevino — 2 years
Farley Trevino — 1 year
Kenneth Hendee — 1 year

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

Check out the Monthly Safety CD's!

Congratulations to the October winners!

Jason Mundy
Benny Barber
Todd Boomer
Keith Mathis
Dale Eng