

# Stan's Ink Monthly



## Mark Your Calendar!

February 2—Groundhog Day

February 14—Valentine's Day

February 19—President's Day



## Highway to Health

### Preventing the Flu:

#### Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There are also flu antiviral drugs that can be used to treat and prevent flu.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be active, manage stress, drink fluids, eat nutritious food.

Source: www.cdc.gov

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## Mike's Words of Wisdom...

### February 2018 Shine Don't Whine

We all can picture someone that complains about everything and nothing is ever good enough for them. Those people that would complain about the color if you gave them a brick of gold. They are not happy unless they can make someone else unhappy. We all know those people and every once in a while, we catch ourselves being infected with the "poor me" syndrome. Whining is unproductive and only pulls others down, so how do we Shine in our own homes, at work, and with others?

I read an article the other day that said if we want to be successful, we must have balance in our life, at home, and at work. The following are 10 things to tell if we are in balance or not....

Do we have a Plan? Work our plan and plan our work.

Be part of a Team. The wisdom of many is much stronger than any individual.

Stan's team is the difference between Stan's and the competition.

Go with our Passion. Stan always says if you enjoy what you are doing you will never work a day in your life.

Operate out of our genius. Are we competent or are we struggling at our job? We are not always nice. We can be kind, but can't always be nice. Some decisions are tough.

We choose our battles. Be careful and thoughtful on what we attack.

We know the difference between ownership and stewardship. Be giving.

We know the importance of little things. The little things matter, as simple as a smile or a Thank You.

We don't look back. Yesterday is history, learn from it and focus on the now and tomorrow.

We carry around joy. Being happy doing what we are doing.

Whether at home or at work we can bring balance into our lives and those around us with these 10 points. Once we are in balance we can shine bright for our families and Stan's.

Two guys that shined bright for Stan's for many years decided to retire this year. Paul Kopfmann with 36 years of service and Duane Kopfmann with 17 years of service. We want to say Thank You for all the years you supported Stan's and wish you the best in your retirement.

Whether you have been here one day, or 36 years I challenge you to stay focused and in balance and make it a point to Shine Not Whine!!

Respect-Relationships-Results

Mike

## January Accidents and Incidents

Customer's forklift driver punctured a hole about 10 inches long in the ceiling of a Stan's trailer. —\$140.00  
 Hood and grill on Stan's truck damaged in a pileup caused by another driver slamming on their brakes—\$10,000.00

**Total : \$10,140.00**



We have a \$25,000 deductible and are counting on **YOU** to keep costs down.

## Stan's Employees Give Back!

For Christmas, Stan's employees raised money to support non-profit businesses or organizations. This year, Stan's employees chose to donate the money raised to the Alpena Fire Department, United Parish of Alpena and LMEIason Family Foundation. Thank you for all you do for our communities and the causes you support!

**LMEIason Family Foundation**

#LiveLifeLikeLogan

*To all of my favorite people at Stan's, all of us at the LMEIason Family Foundation are very humbled and pleased to have been chosen as a charity to support! Thank you for your generous donation to help our mission! Thanks again, Randi all of the LMEIason Family Foundation*

The LMEIason Family Foundation wishes to thank you for your support of our foundation and our mission. You are #1 in our hearts!

Kindness is the language which the deaf can hear and the blind can see! Mark Twain

**The United Parish of Alpena, SD**

*With sincere thanks and appreciation*

*Thank a You*

*The United parish wants to thank all of you for thinking of us. This is greatly appreciated.*

*Leo John Susan John Diane Jagan Ron Bozick Shaw a collection all friends & members*

**Alpena Volunteer Fire Dept.**

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

Stan's employees  
have worked  
**\*\*122 days\*\***  
without a  
"lost time"  
accident!

**Stan's Welcomes a New Employee!**

Stan's welcomes a new employees to the team. Jeff White joins the reefer division. Take a minute to introduce yourself if you see him around.

**WELCOME TO STAN'S!**

**National Employee Appreciation Day!**

Join us for lunch on March 2nd! We will be recognizing the Driver Safety and MPG Award Winners and celebrating ALL OF YOU on National Employee Appreciation Day! YOU make us shine!!

Watch for more details in the coming weeks!

### 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!*

# XOXO

happy valentine's day

### March Birthdays

Edgar Nieto—3/2  
 Larry Harvell—3/5  
 Hans Anderson—3/9  
 Justin Friese—3/18  
 Dale Eng—3/22  
 Larry Halford—3/25  
 Jose Nevarez—3/25  
 Tammy Bierman—3/27

*Happy Birthday to our March babies!*

### February Years of Service Anniversaries

Catherine Lucklum—11 years  
 John Bozzella—4 years  
 Jeni Sinkbeil—1 year

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

## Logistics Lingo!

In case you have just emerged from a coma, the cost of diesel is rapidly increasing. As a carrier, this is one of our 2 largest costs along with labor. I have a little driver math for all to keep in mind. On a 1,200 mile trip, it only takes 1 additional hour to travel at 63 as opposed to 67. How much better would your fuel mileage be if you dropped your speed 4 miles an hour?

Joey

## Jan. Top Fuel Mileage Performers

Reefer Division:	Grain Division:
5.22 MPG—7.63 MPG	4.19 MPG—4.65 MPG
Cost /Mile	Cost /Mile
\$0.58—\$0.40	\$0.72—\$0.65
Scott Wagner 7.63	Paul Kopfmann 4.65
Santiago Trevino 7.58	Dickson Jorgensen
Maurice Tennant 7.52	4.44
Jimmie Rederth 7.48	
Loren Postma 7.36	
	<b>Stan's drivers traveled a total of 641,159 miles in January!</b>