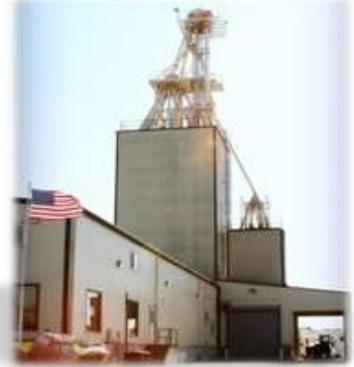


# Stan's Ink Monthly



## Mark Your Calendar!

March 11—Spring Ahead! Daylight Savings Time Begins

March 17—St. Patrick's Day

March 20—Spring Begins

March 30—Good Friday



## Highway to Health

### Colorectal Cancer Signs and Symptoms

Colorectal cancer might not cause symptoms right away, but if it does, it may cause one or more of these symptoms:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that's not relieved by having one
- Rectal bleeding with bright red blood
- Blood in the stool, which may make the stool look dark
  - Cramping or abdominal pain
  - Weakness or fatigue
  - Unintended weight loss

Colorectal cancers can often bleed into the digestive tract. Sometimes the blood can be seen in the stool or make it look darker, but often the stool looks normal. Over time, the blood loss can build up and can lead to low red blood cell counts.

This is sometimes the first sign.

Many of these symptoms can be caused by conditions other than colorectal cancer, such as infection, hemorrhoids, or irritable bowel syndrome.

Still, if you have any of these problems, it's important to see your doctor right away so the cause can be found and treated.

Source: American Cancer Society

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## Mike's Words of Wisdom...

March 2018

*"When you're 20 you care about what everyone thinks, when you're 40 you stop caring what everyone thinks, and when you are 60 you realize no one was ever thinking about you in the first place."* Winston Churchill

This quote kind of hits home because when we are 20 and ready to take on the world we are so concerned about what others think of us and trying to impress others. At 40 we transition into not giving a hoot about what anyone thinks of us and that we will do what we want. And then at age 60 (I have been through stage one and two, but not three yet 😊) we figure out that no one really cared what we did. I do think that through this journey of life we have to enjoy the ride and deal with things as they come our way. Whether it is challenges with health, wealth, or happiness, how we react to them will determine our success.

At Stan's we are continually trying to be optimistic and work toward improving processes and customer service by improving communications and efficiencies. Each day we have the choice to view the world as if the glass is half full or half empty. Below are 7 strategies for filling up your cup of optimism. Try it, you might like it.

- **Set Your Intentions.** Positive attitude. Make it a great day.
- **Do Something Outside Your Comfort Zone.** You won't know if you don't try.
- **Reframe a Problem into an Opportunity.** Solve it and move on to the next one.
- **Avoid Energy Drainers.** Soar with the eagles, don't hang out with the turkeys.
- **Carry yourself Like an Optimist.** Be confident because you know.
- **Lighten Up.** Have fun doing what you're doing. Laugh a little.
- **Exercise.** It relieves stress and promotes a healthy lifestyle. Just Do It!

Speaking of optimists...I want to congratulate all the Stan's employees that earned MPG and Safety incentives during 2017. Stan's paid out \$178,934.86 total for MPG and Safety incentives in 2017. I hope that number is double in 2018 because that means Stan's is doing things right and is sharing with all of us rather than sending it to the oil and insurance companies. I challenge you to go and get your share in 2018 by focusing every day on doing it right.

Thanks for all you do to support the success of Stan's, which is all of us!  
God Bless! Mike

Help Stan's grow. Stan's is looking to add energetic team members. There are opportunities in IT, accounting, dispatch, OTR Drivers and the Red Hog. Stan's is willing to train the right individual. If you know someone that would be a good team member have them reach out to Tammy in HR for details and make sure they put you down as referred by so you receive the \$500 referral bonus.





Everyone's Irish  
On March 17th.

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

Stan's employees  
have worked  
\*\*149 days\*\*  
without a  
"lost time"  
accident!

**March Birthdays**

Edgar Nieto—3/2  
Hans Anderson—3/9  
Jeffrey White—3/11  
Justin Friese—3/18  
Dale Eng—3/22  
Jose Nevarez—3/25  
Tammy Bierman—3/27  
Mark Jensen—3/30

*Happy Birthday to our  
March babies!*

**April Birthdays**

Judeen Schley—4/8  
Alec Sibson—4/16  
Taylor Sibson—4/16  
Jimmie Rederth—4/21

*Happy Birthday to our  
April babies!*

**MARCH**

**March Years of  
Service Anniversaries**

Judeen Schley — 13 years  
Chad Bacon — 4 years  
Eric Ritter — 2 years  
Ivy Eichstadt — 2 years  
Alec Sibson — 1 year

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

**2017 Awards**  
1/1/17 - 12/31/17

**Top Fuel**

<b>Reefer Division</b> Jimmie Rederth - 7.46	<b>Grain Division</b> Paul Kopfmann - 4.76
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Terry Nedved Bob Halbeck Steve Borkowski	Randy Flitter Keith Mathis Jim Zard	Don Sackett Loren Postma Scott Wagner
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Rick Airth  
David Fletcher  
Roger Lammey  
Michael Phillips

Monty Johnson  
Santiago Trevino  
Bob Baker  
Dickson Jorgensen

**Total Paid Out for  
2017 MPG Incentive \$54,861.59**

**Safety**  
(12 months without accident or violation)

Rick Airth Chad Bacon Bob Baker Steve Borkowski John Bozzella	Chris Cashman Randy Flitter Bob Halbeck Larry Harwell Monty Johnson	Dickson Jorgensen Roger Lammey Keith Mathis Michael Phillips Jimmie Rederth	Eric Ritter Santiago Trevino Kevin Trumbell Ed Wipf Jim Zard
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**Total Paid Out for  
2017 Safety Incentive \$97,123.27**



After just shy of 37 years  
with Stan's,  
Paul Kopfmann retired on  
Jan. 26th.

Congratulations Paul!



On Friday, March 2nd we  
celebrated ALL of our  
Employees along with  
our drivers that achieved  
the 2017 MPG and  
Safety Awards!



Thank you  
for your  
many  
years of  
dedication  
to Stan's.



**Logistics Lingo!**

Professionalism is much more than being paid for your role as a driver. Professionalism is taking a little extra time to do the small things that separate you from the average. It is checking to make sure your brakes aren't frozen so you don't drag tires. It is slowing down and getting better fuel mileage, getting out and looking to see how close that other trailer is before you hit it, it is sweeping and fueling your trailers before dropping them so others don't have to. I challenge all of our professional team members to get better at one single day to day task this month. Be safe out there ladies and gentlemen. - Joey

**Feb. Top Fuel Mileage Performers**

<b>Reefer Division:</b>	<b>Grain Division:</b>
5.28 MPG—7.44 MPG	4.05 MPG—4.67 MPG
Cost /Mile	Cost /Mile
\$0.58—\$0.41	\$0.75—\$0.65
Doug Apato 7.44	David Fletcher 4.67
Scott Wagner 7.36	Dickson Jorgensen 4.26
Loren Postma 7.27	
Bob Haibeck 7.23	
Santiago Trevino 7.17	

**Stan's drivers  
traveled a total of  
547,353 miles in  
February!**

**Stan's Welcomes New Employees!**

Stan's welcomes new employees to the team. Matt McNally (left) and Kyle Davis (right) join the reefer division. Take a minute to introduce yourself if you see them around.



**WELCOME TO STAN'S!**