

Stan's Ink Monthly



Mark Your Calendar!

April 17—Tax Day

April 17—Quarterly Safety Committee Meeting in the conference room—2:00-3:00

April 22—Earth Day

April 23-27—Severe Weather Awareness Week—Statewide tornado drill on the 25th

April 25— Administrative Professionals Day

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Mike's Words of Wisdom...

April 2018

Professionalism...*the competence or skill of a professional.*

To be known for professionalism we must first be professional. Professional athletes are probably the ones most recognized as being "professional" because they are the best of the best with a high level of skill, dedication, and desire along with being highly visible in the sporting world. We don't have to be athletes to be professionals, each one of us can be a professional at home or at work by utilizing our individual skills and talents, being dedicated to our families and our job, and having the desire to be better and become the best at what we do. At Stan's we have many professionals that support the growth of the company by doing the right thing for the right reason. Below are some characteristics of a professional.

Appearance Stan's gear and presentable.

Demeanor Confident not cockiness. Being calm during tense situations.

Reliability Arrive on time and complete the job.

Competence Show others, we know that we know, by our actions.

Ethics Moral principles that govern our behavior.

Organizational Skills Being prepared and proactive.

Accountability Being responsible for our actions, good or bad.

Communication What we say and how we say it, determines success or failure.

All eight of these characteristics don't cost a penny to do but doing them will elevate our families and Stan's to another level. We can't just be professional when we feel like it or because someone is watching, we must do it every day. That is what separates us from our competitors and we owe it to our families, our team, our vendors, and our customers to be the best professional we can be and then our Professionalism will shine bright!

I have been writing the "Words of Wisdom" as it is called for over 10 years. My hope is that each month you take a nugget from it and put it to work in your lives at home and at work. I know that change is tough but if we embrace change it will change our lives for the better and help our families grow and help our company grow. Thanks for all you do to support Stan's!

Respect-Relationships-Results

God Bless!

Mike



Highway to Health

HEALTHY FEET FOR A HEALTHY LIFE



APRIL IS NATIONAL FOOT HEALTH AWARENESS MONTH



TIPS FOR HEALTHY FEET



Rotate your shoes so you're not wearing the same pair every day.



Avoid wearing tight-fitting shoes. Your shoes shouldn't hurt your feet.



Help align the feet, ankles, knees and hips to provide a balanced foundation for the body by using custom orthotics.



Check daily for cuts, sores, swelling and infected toenails.

YOUR FEET INFLUENCE YOUR HEALTH.

If you're suffering with low back pain, do not ignore your feet. Custom orthotics can make a significant impact in your back pain. For example, a recent study shows chiropractic care in combination with custom orthotics results in a 40.4 percent decrease in back pain.

To find a doctor of chiropractic near you, visit: www.f4cp.com/findadoctor





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

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

April Birthdays
Judeen Schley—4/8
Alec Sibson—4/16
Taylor Sibson—4/16
Jimmie Rederth—4/21
**Happy Birthday to our
April babies!**

May Birthdays
Maurice Tennant—5/1
Ryan Peterson—5/8
Matthew McNally—5/8
Eric Ritter—5/17
James Cochran—5/20
Timothy Walker—5/21
Harlan Hawley—5/24
Reynaldo Carrizales—5/25
**Happy Birthday to our
May babies!**

**Stay Connected with the
Latest Happenings at Stan's**

Check out our website: www.stansinc.net
For:

- Current Job Openings
- Monthly Feed Specials
- View the Legacy Video
- And Much More!

Like Stan's & The Red Hog on Facebook!

**Wear Your Team
Colors!**



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, May 25th, 2018.**

Your \$50 allowance will not carry over to the next order. —
"use it or lose it" -

**April Years of
Service Anniversaries**
Mark Jensen — 11 years
David Fletcher — 4 years
David Balster — 4 years
Jerry Porschakin — 1 year
**Thank you for your service and
dedication to Stan's!**

Congrats!
Congratulations to Jeremy and Lori Haak as they celebrate the birth of their first grandchild!
Aaleyah Anne was born on 3/29/18.
7 lbs. 13 oz., 21.5 inches long



Logistics Lingo!

The weather is finally beginning to start to warm up where we do not need to idle our trucks nearly as much. Now is the time to focus on improving our MPG by reducing long idle. Utilize your idle smarts, EPU's, and your APU's. Between 20 and 70 degrees our goal is 0% idle time. Use the opportunity of saving Stan's money to put extra money in your pockets via your fuel bonus. Be safe out there ladies and gentlemen.

Joey

March Top Fuel Mileage Performers

Reefer Division:	Grain Division:
5.75 MPG—7.86 MPG	4.11 MPG—4.95 MPG
Cost /Mile \$0.52—\$0.38	Cost /Mile \$0.73—\$0.60
Loren Postma 7.86	David Fletcher 4.95
Scott Wagner 7.65	Bob Baker 4.54
Jimmie Rederth 7.60	Stan's drivers traveled a total of 600,183 miles in March!
Terry Nedved 7.60	
Bob Haibeck 7.53	

Stan's Welcomes New Employees!

Stan's welcomes new employees to the team. Desirae Schaffer (top left), Judy Miller (top center), and Lexie Reilly (top right) join the team at the Red Hog! Melinda Salas (bottom center) joined the team at the Red Hog in May of 2017 as a part-time employee, but has recently taken on the role as Manager!
Good luck to all of you!

WELCOME TO STAN'S!