



# Stan's Ink Monthly

Est. 1964

## STAN'S

ALPENA, S.D.



### Mark Your Calendar!

Nov 28 - Thanksgiving Day



Dec 17 - Christmas Potluck at noon at Drivers Lounge; Ugly Christmas Sweater Contest/Department Christmas Tree Decorating Contest/White Elephant Gift Exchange



## Highway to Health

### Cancer is complicated.

(Continued, final)

In the next few upcoming newsletters, we will share signs & symptoms that you should get checked out, especially if they last for a long period of time or get worse. It's more than likely that something that isn't cancer is causing the problem. If you or a loved one has any of these symptoms, please see a doctor to be sure as seeing a doctor is the only way to find out.

#### Unusual bleeding or discharge:

This can include coughing up blood, blood in the stool (which can look like very dark or black stool), abnormal vaginal bleeding, blood in the urine, or a bloody discharge from the nipple.

**Lumps:** This can be anywhere, but mostly occurs in the breast, testicle, lymph nodes (glands), and the soft tissues of the body. Some breast cancers show up as red or thickened skin rather than a lump.

**Indigestion or trouble swallowing** that doesn't go away.

**Nagging cough or hoarseness** that doesn't go away.

Source: American Cancer Society

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### Mike's Words of Wisdom...

November 2019

*"Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenge, wish for more wisdom." Jim Rohn*

Well, that kind of puts us in our spot, right? We all can get caught sometimes trying to take the easy way out and end up paying the price in the end when it doesn't work out. Jim really hits us where it hurts with his statement by basically saying there are no excuses, only answers to problems or challenges if we have the right mindset that allows us to do better and do more. In short, he is saying if we want more out of life, we need to put more effort into it.

We all get caught speeding and cut corners trying to save time or money, and Jim's statement challenges us not to take the easy road, but to become better at what we do, improve our skills, and be wiser with our decisions. It's that simple, if we want better health, family life, or work life, we need focus on how we can get better, and not how we can get by. We can't afford to become a victim of our own doing, we have to step up and take on the world, one problem at a time.

Jim also has another good point in his article, he says Life and Business are like the seasons, and we cannot change the seasons. We can't make winter into summer (all though we would like to), the seasons come the same every year, Winter-Spring-Summer-Fall. He goes on to say that we may not be able to change the seasons, but we can change ourselves. The world is going to keep spinning, with or without us and how we deal with everyday situations, will dictate our success. It is up to us to adjust our attitudes, to make the most out of every day at work and at home.

The old saying..... "if we want to keep making what we are making, keep doing what we are doing" is so true. If we want to change our lifestyle or our income stream, we need to make a change in our efforts and actions. If we want easy, fewer problems, and fewer challenges, then we will reap what we sow and get less out of life and work. Or we can become better at what we do, build our skills, and grow our wisdom to improve our lifestyle. It will take hard work, extra effort, and dedication, but the results will be worth it for our families, Stan's, and us as individuals!

Respect-Relationship-Results

### Stan's Welcomes New Employees!



Brooke Kuehl, Tamra Mann, and Alisha Horak join the Red Hog team, Julian Mundy joins the Shop team, Justin Jones and Stan Lien join the Reefer Division.

Please take the time to introduce yourself!

### Check out the Monthly Safety CDs!

Congratulations to the October winners!

Orlando Lopez  
Steve Borkowski  
Elaine Puetz  
Loren Postma  
Bob Haibeck



Stan's employees  
have worked  
**\*\* 259 days\*\***  
without a  
"lost time" accident!



**November Birthdays**

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

**Happy Birthday to our November babies!**



Recently we celebrated Jim Troth and Mike Kopfmann's Birthdays by having a potluck lunch for all employees. Thank you both for doing what you do for the Stan's Team everyday!

Stan's & the Red Hog held their yearly back to school supply drive. Donated supplies were given to the Woonsocket & Wessington Springs school districts. Thank you to everyone who took part in supporting local schools and donated supplies or cash to make this a success.



**Let's Celebrate National Ugly Christmas Sweater Day!**



On Tuesday the 17th, 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 Divisional Christmas Tree Decorating Contest**

*It's that time of year, now don't be a Grinch -  
Stan bought you a tree, fix it up in a pinch -  
Now pool your resources and think of a theme -  
It's your job to make your Christmas tree gleam -  
Find, make, or buy to your heart's desire-  
Fancy it up, make others admire -  
Hang all the lights and the bulbs and the bows -  
Fix it up now, fix it up till it glows-  
Fix it all up - yes - the front and the back -  
When the 17<sup>th</sup> comes, take your tree to the Shack-  
Now you be the judge - you must vote for your choice-  
You can't vote for yourself - but you must use your voice-  
So make your tree happy and jolly and bright -  
Make it delightful for everyone's sight-  
On that great day, we will make up our minds-  
Victors win a trophy that's one of a kind -*



**HRCORNER**

Information regarding open enrollment for Flex Spending, 401K, Supplemental insurances (disability, life, dental, vision, etc.) will be provided soon. We are also anticipating information regarding renewal of our Avera health insurance. An email & Peoplenet message will be sent notifying you as to when you should start asking questions and watching for the information in your mailboxes!

Update to Vacation Policy: We had previously announced a new vacation policy for those who had > 120 hours of accrued vacation - use it or lose it by 1/1/2020. We have decided to temporarily extend that date to 7/1/2020. Take some time off or visit with your supervisor or Tammy in HR about getting paid for accrued vacation hours in excess of 120.



**October Top Fuel Mileage Performers**

**Reefer Division:**

6.07 MPG - 8.26 MPG Cost/Mile \$0.50 - \$0.37

**Ed Wipf - 8.26**

**Loren Postma - 8.19**

**Roger Lammey - 8.05**

**Bob Haibeck - 8.03**

**Terry Nedved - 7.98**

**Stan's drivers traveled a total of 483,061 miles in October!**

**December Birthdays**

- Ryan Hughes - 12/11
- Don Sackett - 12/19
- Art Mena - 12/20
- Les Eckels - 12/20
- Bill Steffey - 12/21
- Kim Stacy - 12/22
- Brian Wicker - 12/26
- David Smith - 12/27
- Robbie Schley - 12/30

**Happy Birthday to our December babies!**

**It's a BOY!**

Ryan & Tara Jo Peterson  
welcome a son,  
Ryker Peterson  
10/11/19



**Proud Grandpa!**

Roger Lammey welcomes grandchild #23!  
Benjamin  
Born 3/2/19



**November Years of Service Anniversaries**

- Roger Lammey - 9 years
- Brian Wicker - 9 years
- Randy Flitter - 5 years
- Santiago Trevino - 3 years
- Ed Wipf - 3 years
- Farley Trevino - 2 years
- Joe Heber - 1 year
- Ryan Hughes - 1 year

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