

Stan's Ink Monthly



Mark Your Calendar!

February 14—Valentine's Day

February 18—President's Day

February 22— 500 Days without a lost time accident!

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Mike's Words of Wisdom...

February 2019

"Weather forecast for tonight: dark." George Carlin

With all the winter weather we have had this winter this quote caught my eye. George's forecast is 100% right every night, but most, if not all weather forecasters are never 100% correct. They are using history and electronic weather models to make their predictions and in doing that they are taking the best information they can find to make a prediction on what the weather is going to be in the future.

We get wrapped up "forecasting" what might or may happen in our lives rather than just dealing with the facts. Predicting the unknown is like dreaming about winning the lottery. It makes us feel good when we think about how we would spend the winnings even though we know we are more likely to be struck by lightning than winning the lottery (I don't dream about being struck by lightning). We can't get caught up in what might happen but work with what is happening.

We are defined as individuals, families, and Stan's as a company by how we react to what comes our way. Just like getting a weather forecast, we have an idea of what each day is going to bring and need to be prepared, knowing that something outside the forecast may affect it. It may be small or may be big, but we are in control of our actions that determines the outcome.

"The forecast for tonight: dark" we know that's 100% true. If we live our lives with the mentality that we will deal with the facts and any challenge that comes our way, we can count on one more thing...the sun will come up tomorrow and it will be up to us what we do with the day!!

Respect Relationships Results



Highway to Health

ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention

For most Americans who do not use tobacco, the most important cancer risk factors that can be changed are body weight, diet, and physical activity. The Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could be prevented.

Although our genes influence our risk of cancer, most of the difference in cancer risk between people is due to factors that are not inherited. Avoiding tobacco products, staying at a healthy weight, staying active throughout life, and eating a healthy diet may greatly reduce a person's lifetime risk of developing or dying from cancer. These same behaviors are also linked with a lower risk of developing heart disease and diabetes.

Although these healthy choices can be made by each of us, they may be helped or slowed by the social, physical, economic, and regulatory environment in which we live. Community efforts are needed to create an environment that makes it easier for us to make healthy choices when it comes to diet and physical activity.

Source: www.cancer.org

January Accidents and Incidents

Poked holes in trailer with pin when unhooking trailer—\$500.00

Jackknifed in white out conditions—\$5,000.00

Backed into a parked pickup pushing it into a dropped trailer—
\$11,584.61

Dropped into a hole in the road resulting in damage to truck—
\$2,000.00

Struck a car while making a left turn, the car tried to make a turn quickly in front of truck—\$500.00

Total: \$19,584.61

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



Stan's is looking to add some additional members to and already fabulous team!

- * Accounting Associate
- * Individuals who possess a CDL—multiple opportunities available including feed truck driver, wash bay, shagging trucks and farm labor
- * OTR Drivers
- * Swine Production (finishing assistant)

Please share this information with anyone you know that may be contemplating a career change.

Stan's employees
have worked

**** 485 days****

without a
"lost time"

accident!



Safety matters

HR Update

DRIVERS - Just a reminder that if you are not participating in the per diem program @ this time, and would like to, please contact Tammy ASAP to get enrolled. If you are already participating, you need to take no further action. Last day to enroll for 2019 is 2/28/19 and next opportunity to participate will be January 2020.

We will be having an Employee Appreciation Luncheon on Friday, March 1st (in Alpena). During the event, we will be recognizing those drivers who have earned 2018 MPG and Safety Awards. If you can make it, we would love to see you there. More details to come in the near future!



February Birthdays

Carl Hill—2/1

Dickson Jorgensen—2/3

Theodore Bartel—2/4

Jeni Sinkbeil—2/6

Megan Kopfmann—2/9

Jodi Weber—2/12

Jason Abel—2/12

Michael Phillips—2/17

Chris Cashman—2/24

Happy Birthday to our February babies!



March Birthdays

Edgar Nieto—3/2

Dave Farrell—3/5

Hans Anderson—3/9

Jeffrey White—3/11

Jeremy Kubal—3/14

Justin Friese—3/18

Dale Eng—3/22

Tammy Bierman—3/27

Mark Jensen—3/30

Happy Birthday to our March babies!

Logistics Lingo!

One of the metrics carriers are judged on by our customers is On Time Delivery Percentage. This is a very important number in negotiating rates and lanes. We count on you as drivers to keep us over the 98.5% threshold. Appointments are not suggestions. We must be on time for every load that weather and equipment permit. Please plan ahead, follow the way Dispatch has planned you to run the load (if you are unsure, ask Jeramie), and make OTD second only to safety. We appreciate all that you do ladies and gentlemen, be safe out there! - Joey

Stan's Welcomes New Employees!

Stan's welcomes Lacey Christensen to the team at the Red Hog. Please take some time to introduce yourself!



Welcome to Stan's!

January Top Fuel Mileage Performers

Reefer Division:

4.96 MPG—7.61 MPG

Cost /Mile

\$0.60—\$0.39

Jason Abel 7.61

Loren Postma 7.54

Maurice Tennant 7.34

Santiago Trevino 7.32

Shaun Lay 7.21

Grain Division:

4.05 MPG—4.36 MPG

Cost /Mile

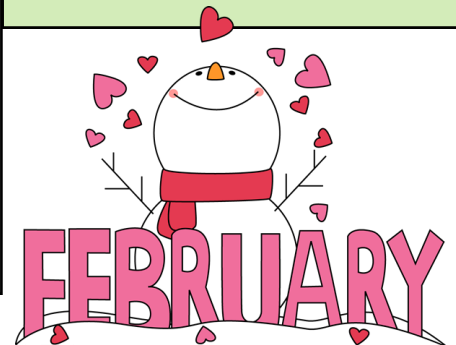
\$0.74—\$0.68

Dickson Jorgensen

4.36

David Fletcher 4.33

Stan's drivers traveled a total of 583,911 miles in January!



February Years of Service Anniversaries

Catherine Lucklum—12 years

Dave Farrell—7 years

John Bozzella—5 years

Jeni Sinkbeil—2 years

Kyle Davis—1 year

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

Check out the Monthly Safety CD's!

Congratulations to the January winners!

William "Tex" Martin

Bill Steffey

Laurie Cameron

Todd Boomer

Jimmie Rederth