

# Stan's Ink Monthly



## Mark Your Calendar!

April 16—Safety Meeting

April 19—Good Friday

April 21—Easter Sunday

April 22-26—Severe Weather Awareness Week

May 24—Apparel Orders are Due

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## Mike's Words of Wisdom...

April 2019

**Self-control:** *the ability to control oneself, in one's emotions and desires or the expression of them in one's behavior, especially in difficult times.*

The old saying... when the going gets tough, the tough get going. What is inside us that makes us want to rise to the occasion and do the tough task to accomplish our goals? Is it greed, fear, or wanting to be recognized? These are a few of the possibilities, but whatever motivates us, self-control is a big part of our success. Having self-control, shows that we can think, process, and act without blowing up at every little thing that happens. We have to deal with change every day and HOW we deal with change defines the outcome of the situation. If we fight change, change wins and if we embrace it and work for a solution, we win. The only constant in life is change.

We all have different personalities and different skill sets. At home or at Stan's we all do different things throughout the day to work towards our goal. We levitate to what we are good at and enjoy doing. That's why some people like numbers and others like to work with their hands. Stan's has many positions, and everyone has a job to do, for Stan's to be successful. We all need to respect every position that our Stan's team members play and remember that each person plays a big role in the success of Stan's (which is all of us). Getting the right person in the right position is important to our success. We don't ask our accountants to overhaul the engine in a truck just like we wouldn't ask the mechanics to file our tax return. Every position is important and deserves respect of the other players on the team. If everyone plays their position to the best of their ability, we will succeed individually and as Team Stan's.

We can improve our self-control skills by keeping our emotions in check when we come upon difficult times by making a plan and asking for help if needed to find a solution to the problem. Our family members and our Stan's team members will appreciate us for our efforts and our actions if we are part of the solution and not part of the problem. So next time you are ready to blow a gasket, remember others are watching (maybe it's your kids or a coworker) and we will be judged by our actions. Self-control is a learned skill that we can all improve on and lead others by example.

Respect-Relationships-Results



## Highway to Health

### A Healthy Diet is No Fad

Plenty of companies sell products that say can help you drop pounds and inches quickly...everything from a pill claiming to burn fat to a diet that lets you eat anything you want and as much as you want. These products are often backed by doctors or nutritionists who claim they are safe and effective. So how do you know whom to trust and what diet may be safe for you?

Experts say a diet or diet product may be too good to be true if it claims to help you lose more than a pound or 2 a week, if it limits your food choices, or focuses on specific food combinations. Research has not proved that eating certain foods together helps with weight loss.

To get and stay at a healthy weight, you'll need more than a diet that lasts a few months. The best way to succeed is by developing long-term healthy eating and exercise habits. A healthy diet emphasizes vegetables, fruits, and whole grains. It may include lean meats, poultry, fish, beans, eggs, and nuts. And is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Once you achieve a healthy weight, eating well and getting physical activity most days can help you keep off the pounds for good.

Source: cancer.org



Stan's employees  
have worked  
**\*\* 35 days\*\***  
without a  
"lost time"  
accident!



**April Birthdays**

- Judeen Schley—4/8
- Alec Sibson—4/16
- Taylor Sibson—4/16
- Jimmie Rederth—4/21
- Todd Burns—4/26

*Happy Birthday to our  
April babies!*



Severe Weather Awareness Week  
in South Dakota is

April 22-April 26

We will be taking part in the  
statewide tornado drill, scheduled  
for April 24 @ 10:00 am

**May Birthdays**

- Maurice Tennant—5/1
- Patrick Schulte—5/2
- Ryan Peterson—5/8
- Timothy Walker—5/21

*Happy Birthday to our  
May babies!*



**Stay Connected!**

Like Stan's on Facebook  
Check out our website:



[www.stansinc.net](http://www.stansinc.net)



**April is Distracted Driving  
Awareness Month**

**Ignore the distractions and  
#justdrive to keep us all  
safer on the roads.**

**Wear Your Team Colors!**



Stan's is offering all employees a \$50 allowance  
to be used on **Stan's logoed custom order ap-  
parel** (not to be used on in stock merchandise).  
**The \$50 allowance is to be used towards appar-  
el for YOU. Your order must be turned in by  
Friday, May 24th, 2019.**

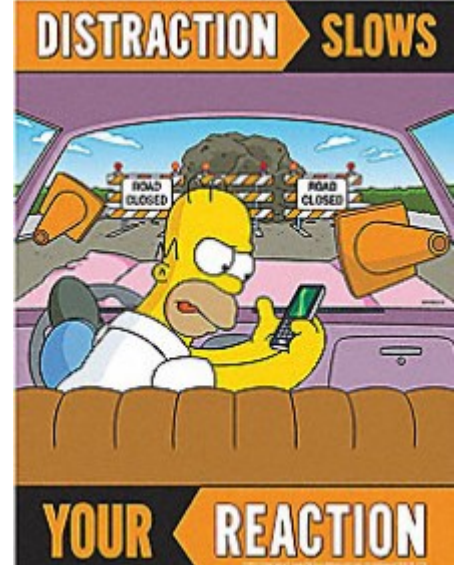
Your \$50 allowance will not carry over to the  
next order. —"use it or lose it" —

If you or someone in your family is up to  
something GREAT—we want to know! Send  
your newsworthy events or  
accomplishments to  
[social@stansinc.net](mailto:social@stansinc.net) so we can  
share them with the  
Stan's Team!



**March Top Fuel Mileage Performers**

<u>Reefer Division:</u>	<u>Grain Division:</u>
3.64 MPG—8.02 MPG	3.03 MPG—4.68 MPG
Cost /Mile	Cost /Mile
\$0.85—\$0.38	\$1.02—\$0.66
Terry Nedved 8.02	Dickson Jorgensen
Jason Abel 7.88	4.68
Loren Postma 7.78	Bob Baker 4.14
Don Sackett 7.70	
Bob Haibeck 7.68	
	<b>Stan's drivers traveled a total of 511,777 miles in March!</b>



**Check out the Monthly Safety CD's!**

Congratulations to the March winners!

- Ed Wipf
- Barry Eldeen
- Steve Borkowski
- Izzy Taguilas
- Rick Airth

**April Years of  
Service Anniversaries**

- Mark Jensen — 12 years
- David Fletcher - 5 years

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