



Stan's Ink Monthly



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Highway to Health

Healthy Summer Skin: Yes, It's Possible

Enjoying hours outside – regardless of the activity – is one of the true treasures of summer. But with the pleasure comes the pain – the vital organ that is your skin can only take so much sun. How do you keep it thriving all your plans for trips to the lake?

It's not easy – but not impossible. So we'll start with three simple steps towards a great summer skin.

The Numbers Game

Sun protection factor rates, such as SPF 30, are much more important than the scent or the colors on the bottle. The American Academy of Dermatology recommends an SPF of 30-50, or higher if you spend lots of time outside or have very fair skin. Put "more sunscreen" on your shopping list today – it's an easiest way to have healthy skin all summer long.

Dress for Health and Time Your Sun

Another tool in the kit to stop skin cancer is proper clothing, which keeps your skin cooler and stops those rays. Look for UV-ray protective tops and shorts, light-colored, light-weight with long sleeves. Don't forget your sunglasses – and wear long pants if you're going to be out for a while. The damaging rays of the sun are at their worst between 10 a.m. and 2 p.m. so avoid the sun during that time and until 4 p.m. if you can.

Be Smart about Spots

All skin cancers pose a threat, and while basal and squamous cell skin cancers are more common and less serious than melanoma, any skin-cancer concerns should lead you directly to your doctor's office. It's always best to get it checked. We all have small discolorations, or spots, on our skin, but look out for ones that appear to differ from all of the other spots on your skin. The easy-to-remember key is "ABCDE" which helps all of us find skin cancer.

Those signs are:

- A for Asymmetry: One half of a mole or birthmark does not match the other.
- B for Border: The edges are irregular, ragged, notched, or blurred.
- C for Color: The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white, or blue.
- D for Diameter: The spot is larger than about ¼ inch – the size of a pencil eraser; but remember, some melanomas can be smaller.
- E for Evolving: The mole is changing in size, shape, or color.

Source: Avera.org

Mike's Words of Wisdom...

Productivity=Value

The higher the productivity the higher the value becomes. We are all measured at home or at work on what our value is by what we do. Do less, less value. Do more, more value. It is a pretty easy formula, but sometimes it is hard to push ourselves to be more productive because it takes time and effort. But, if we take that time and effort and become highly productive, we will see high value in exchange.

As the Olympics wind down, it reminds us how much time and effort each athlete put into their events. They workout daily for four years, or five years for this Olympics, to represent the US, and only a few come home with a medal. The mental and physical toughness it takes to be an Olympian is amazing. Their passion shows in each event as they leave it all out there when they compete. They have to want it to get it, and each one of them are committed to represent the US by doing their very best in every event.

I understand that we are not Olympic athletes, but we have the opportunity at home and at work to leverage our skills and be the best we can be. It is our choice if we want to make the commitment to a cause, a family member, or our profession by investing our time and efforts accomplishing our goals. If we do this, it makes us more productive as a family member and/or Stan's team member, which in turn, raises our value to those around us.

It starts today if we want to make a better tomorrow.

Respect Relationships Results



Continue to like and share on our Stan's; and Team Stan's; Facebook Pages!

Traveling to a cool area?

**Have a special event happen in your life?
Take a picture and share it with us!**

**Not on Facebook and have something to share?
No problem! You can email it directly to Morgan and she'll get it out there for you: morgant@stansinc.net**

July Accidents & Incidents

Hooking trailer, driver missed pin - \$2,500



Total : \$2,500

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

Stan's employees have worked

410 days

without a "lost time" accident!



August Birthdays

Monty Johnson - 8/5
 Judy Miller - 8/6
 Terry Nedved - 8/8
 Tim Joynt - 8/10
 Catherine Lucklum - 8/12
 Barry Eldeen - 8/14
 Robin Sombke - 8/15
 Patsy Hoglo - 8/18
 Mark Goral - 8/18
 Alex Kopfmann - 8/20
 Jeff Landeen - 8/24
 Kevin Holloway - 8/25
 Dave Fletcher - 8/30

Happy Birthday to our August babies!

July Top Fuel Mileage Performers

Reefer Division:

9.22 MPG - 5.87 MPG Cost/Mile \$0.36 - \$0.57

Terry Nedved - 9.22
 Steve Borkowski - 9.09
 Randy Flitter - 9.02
 Monty Johnson - 8.78
 Jeff Landeen - 8.77

Total July Miles:
432,552

July MPG Avg:
7.90

HRCORNER Career Opportunities!

Stan's

- ◆ Accountant
- ◆ Controller
- ◆ OTR Drivers

All 3 positions eligible for
\$2000 Referral Incentive!

Heartland Pork

- ◆ Maintenance Manager
- ◆ Swine Technicians
- ◆ Finishing Assistants

Please share this information with anyone you know who may be interested in these opportunities.

For complete job descriptions contact Tammy @ 605-961-9508

September Birthdays

Santiago Trevino - 9/1
 Loren Postma - 9/3
 Elaine Puetz - 9/7
 Stan Kopfmann - 9/7
 Morgan Tebay - 9/8
 Gilberto Frausto - 9/18
 Nick Gebel - 9/18
 Bradley Mann - 9/25

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DRIVERS!

Reminder to complete your Safety Training in your TruckRight account. If you have questions, contact Jason Mundy 605-961-9522



Last week, you were sent information regarding the transition of the 401k plan from Go-Retire/EPIC to John Hancock. As of right now, there is nothing you need to do. Additional information and instructions will be provided in the next couple weeks regarding the continued transition, election of your investment accounts once the transfer is complete and additional features available on the John Hancock website. As always, if you have any questions, feel free to give Tammy a call @ 605-961-9508.



★ ABOVE & BEYOND

Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return? We are always looking for nominations for our Above and Beyond recognition. When you experience a helping hand, or an act of kindness, please share the details by emailing Morgan: morgant@stansinc.net.

Stan's Welcomes New/Returning Employees!

Please take the time to introduce yourself!



Rick Airth

Returning to the Reefer Division.



Jeremi Stocking

Joins the Dispatch Division.

Randy West

Joins the Reefer Division.



Robert Wyatt

Joins the Reefer Division.

2021 National Truck Driver Appreciation Week September 12th - 18th

There will be extra goodies throughout the week.

(giveaways coming at a later date.)

Stay tuned for more details!

August Years of Service Anniversaries

Mark Goral - 11 years
 Jodi Weber - 10 years
 Bill Steffey - 4 years
 Kenny Hendee - 4 years
 Wade Metter - 2 years
 Tim VonEye - 1 year
 Judy Miller - 1 year

Thank You

for your service & dedication to Stan's!