



# Stan's Ink Monthly



Volume 16, Issue 11

November, 2022

## Mark Your Calendar!

Nov 11 - Veterans Day

Nov 24 - Thanksgiving Day

Dec 13 - Christmas Potluck Lunch, 12-1pm at Driver Lounge; Ugly Christmas Sweater Contest/ White Elephant Gift Exchange



## Highway to Health

### Get the Facts about Lung Cancer

Don't be fooled by rumors and misinformation about lung cancer. Get the facts. Here are some common beliefs about lung cancer.

**1: If you've never smoked, you don't need to worry about lung cancer. False.**

It's true that smoking is by far the leading risk factor for lung cancer. But you don't have to smoke to get lung cancer. As many as 20% of people diagnosed with lung cancer in the US have never smoked. These can be caused by exposure to radon, secondhand smoke, air pollution, and exposure to certain cancer-causing agents at work.

**2: There's nothing people can do to lower their chances of getting lung cancer. False.**

People who smoke can quit, which lowers their chances of getting lung cancer. Quitting tobacco is the single most important thing anyone can do to decrease their lung cancer risk. People who don't smoke can take precautions, too. Limiting exposure to secondhand smoke is easier than ever before thanks to local, state, and federal laws. It's also important to find out if radon is a problem in your home. Workplace exposures to things known to be linked to lung cancer, like asbestos, radioactive ores, certain chemicals, and diesel exhaust should also be limited.

**3: For people who smoke, much of the lung damage that can lead to cancer can be repaired if they quit smoking. True.**

Over time, there are many benefits to quitting smoking, here are a few examples: 2 weeks to 3 months after quitting your circulation improves and your lung function increases. 1 to 9 months after quitting coughing and shortness of breath decrease. 10 years after quitting the risk of dying from lung cancer is about half that of a person who is still smoking.

Source: American Cancer Society

## Mike's Words of Wisdom...

**"I don't know what will happen, but I sure want to "cause it" and not "watch it"! To do this, I have to stay awake!"**

It took me a couple times reading this quote for the value of it to sink in. I don't know what the future will bring but I want to do what I can to control my destiny (or cause it) and not watch the world go by without doing something about it. To do this I have to be awake and aware of my opportunities and my challenges.

At home or at work we need to be intentional in the things we do and not wait for others to do it for us. We have to be proactive, not reactive, or we will miss our opportunities. Being the person who "causes it" doesn't mean we are dictators but it does mean we make the efforts to do what needs to be done by putting the plan in motion. With your spouse it is like date night, if you never set the date to go out you will never go. With your kids, if we want them to be responsible, we have to give them responsibility and praise them when they do the right things and discipline them when they don't. At work, it goes back to doing the right things for the right reasons and that takes discipline and vision to make a plan, and act on that plan for the success of the team.

How do we cause it to happen vs watch it happen? It starts with seeing the big picture and realizing it is not all about us, but about our family or the Stan's team. It is not about what I can get or get by with, but about what can I give and what will the team get if I do. We must be awake and aware if we want to accomplish goals for ourselves, our families, and Stan's. If not, the world will pass us by, and we will wonder what happened when the time clock of life expires.

We talk about what we give vs what we get and this month we celebrate Veteran's Day which is this Friday the 11th and later in the month Thanksgiving. Our military gives it all and allows us to be a free nation which allows us the democratic process in which we voted this week. We are part of the greatest country on earth because of all the people that were awake and fought for our freedoms. Thank God for our active members of the military, those Veterans who have served in the past, and all our neighbors. Together we can! God Bless!

**Respect Relationships Results**



## We have installed new AED machines!

One is located at the Main Office and the other is located near the Driver Lounge (formerly located in the Dispatch entry way).

Please review the YouTube video link below for an overview of how to operate our new AED machines should an emergency arise.

**Do not be intimidated by this life-saving device!**

<https://www.youtube.com/watch?v=6yDDh510QRo>

## October Accidents & Incidents

Drove off edge of road, damaged trailer..... \$1,500

Total : \$1,500



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

Stan's employees have worked

# 281 days

without a "lost time" accident!

**THINK SAFE  
WORK SAFE  
BE SAFE**

## HRCORNER Career Opportunities!

- Ag Business Mgmt. • Drivers:
- Operations                      ♦ Feed
- Accountants                     ♦ Grain
- IT Support                        ♦ Regional
- ♦ OTR

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

For complete job descriptions contact Tammy: 605-961-9508.

## October Top Fuel Mileage Performers

### Reefer Division:

6.62 MPG - 8.51 MPG      Cost/Mile \$0.79 - \$0.61

Brian Alumbaugh - 8.51

Loren Postma - 8.47

Randy Flitter - 8.41

Steve Borkowski - 8.32

Barry Eldeen - 8.27

**Total October Miles:      October MPG Avg:**  
**427,785                              7.76**

## November Birthdays

Brian Stange - 11/2

John Bozzella - 11/2

Bob Haibeck - 11/10

Farris Tinder - 11/16

Blain Tebay - 11/18

Randy Flitter - 11/19

Todd Boomer - 11/24

Zach Kopfmann - 11/25

*Happy Birthday to our November babies!*



## December Birthdays

Ryan Hughes - 12/11

Luke Sharp - 12/12

Dillon Kopf - 12/14

Don Sackett - 12/19

Les Eckels - 12/20

Bill Steffey - 12/21

Kim Stacy - 12/22

Brian Wicker - 12/26

Logan DeJean - 12/29

Rick Airth - 12/30

Robbie Schley - 12/30

*Happy Birthday to our December babies!*



A Christmas Potluck Lunch is planned for Tuesday 12/13/22 12pm - 1pm at the Driver Lounge Area. Watch for more details soon!



(Will include Ugly Christmas Sweater Contest & White Elephant Gift Exchange!)

## Stan's Welcomes New Employees!

Please take the time to introduce yourself!



**Adam Wolfcale**  
Joins the Feed Division



**Derek Hunter**  
Joins the Feed Division



**Carlos Yanes**  
Joins the Wash Bay Division

While traveling to the FFA National Convention in Indianapolis, IN, the FFA Group from Buffalo, WY high school made a stop in Alpena for a tour of the Stan's business operations. Thanks to Luke Sharp for coordinating the effort and to Mike Kopfmann for sharing his wisdom and the Stan's history.



Work hard, play harder! Stan's sponsored a co-ed softball team in a Huron Parks & Rec summer league. Stan's was represented by (back row, left to right), Logan DeJean (wash bay), Blake Meyer (shop) and Dillon Kouf (shop office). No stats available on division place, injuries or beverages consumed!



## November Years of Service Anniversaries

Roger Lammey - 12 years

Brian Wicker - 12 years

Randy Flitter - 8 years

Santiago Trevino - 6 years

Farley Trevino - 5 years

Ryan Hughes - 4 years

Jeff Landeen - 2 years

Blake Meyer - 1 year

Mike Jurgens - 1 year

Miguel Carrillo - 1 year

Carrie Strough - 1 year

# Thank You

*for your service & dedication to Stan's!*

