



Mark Your Calendar!

Jan 1 - New Year's Day

Jan 21 - Quarterly Safety Meeting
2pm - 3pm

Jan 20 - Martin Luther King Jr. Day

Volume 14, Issue 1

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Mike's Words of Wisdom...

January 2020

2020 New Year's Resolutions

Resolutions are just a wish list unless we act on them. No one is going to make us do anything that we don't want to do. We are in charge of our destiny, and it will be our choice as to what we want to make the effort for.

So, if we are in charge of our success, why do 80% of our New Year's Resolutions fail to be successful? Are they too lofty, too hard or unrealistic? Any of these can derail the best of resolutions because our mind tells us we can't before we even try. The first step in achieving a goal is to make it achievable. If I made the goal of running the 5 minute mile, the chances of me succeeding are slim to none, but if I make a goal of doing cardio 3 times per week for 30 minutes, that is achievable. My success depends on what I set for a goal and my mindset to achieve it.

Goals are great ways to measure our success. At home and at work, we have the potential to be better in many ways, we just need to focus on one thing at a time, and once that is accomplished, we move to the next thing on our list.

The following are some New Year's Resolutions that are free to do, but give us a big return....

- *Workout to Feel Good, Not be Thinner.*
- *Stop Gossiping.*
- *Do Random Acts of Kindness.*
- *Focus on a Passion, Not the Way You Look.*
- *Spend More Time with Family and Friends.*

These are just a few of many things we can do going forward that will help us personally and as a Stan's Team Member. The biggest thing we need to do is start!

Step up and be one of the 20% that follow through with a New Year's resolution in 2020...your body, your mind, your family, and Stan's will be glad you did.

**Happy New Year's and Make Your Resolution Today
and Enjoy Your Success!!**

Respect-Relationship-Results



Highway to Health

10 Practical Ways to Ease Stress

We can't escape stress completely, so having healthy coping strategies will help us better manage our stress levels and increase our resilience when we have stressful events. Here are 10 healthy ways for handling stress:

- 1) Surround yourself with positive people.
- 2) Remain as active as possible. Beyond all of the benefits to your heart and muscles, aerobic exercise also can help relieve stress and anxiety.
- 3) Seek out sunlight. Less sunlight might lead to seasonal depression. To help with seasonal affective disorder (SAD), sit in a brightly lit room with plenty of sunlight, or aim to get outside to soak up the sun during daylight hours.
- 4) Reduce stress with mindfulness and meditation.
- 5) Take time to engage in activities that you enjoy, such as listening to uplifting music or reading a good book.
- 6) Note what you have accomplished at the end of the day, not what you have been unable to do.
- 7) Set priorities for your work and home responsibilities: Decide what must get done and what can wait until tomorrow, and learn to say "no" to new tasks if you're feeling overwhelmed.
- 8) Try positive self-talk: Turn negative thoughts into positive ones.
- 9) Recognize signs of your body's response to stress, including the emotional and physical signs of stress.
- 10) Maintain a healthy lifestyle by eating a balanced diet, getting enough sleep, exercising regularly, avoiding an excess of alcohol, etc.

Source: Averahealthplans.com



Stan's 2019 Christmas Party!!

Another year, another great Stan's Christmas party! The maintenance team took first place in the Christmas decorating contest with their tree that was provided by Stan's. We also held our annual Ugly Sweater Contest. Congratulations to our winner, Luverne! Many laughs & friendly competition ensued with the white elephant gift exchange. Any guesses on which gifts were stolen most? Hint: beverages & games of chance? Special thanks to Mike and Stan for everything they've done for us throughout the years. We wish you a Merry Christmas and a Happy New Year!



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



HR CORNER

Open enrollment for Avera Health will end soon! Applications must be received by end of day, Friday, January 17th to meet enrollment obligations.

W2's - Preparation can prove to be very complex and we're sure everyone will understand and appreciate the importance of accurate information. Please be patient and know that we will work diligently to provide the information as soon as we can. Per IRS regulations, W2's must be postmarked by 1/31.

Contact Tammy @ 605-849-3604 with any questions.

Check out the Monthly Safety CDs! Congratulations to the December winners!

- | | |
|----------------|--------------|
| Jimmie Rederth | Bill Steffey |
| Kenny Hendee | Kim Stacy |
| Doug Apato | |

Step Challenge

We're doing a Step Challenge!

Anyone is welcome to participate and there is no pressure to join.

All you need is a fitness watch or even your smart phone to join.

Getting steps is always easier when you're held accountable by a team and motivated by friendly competition.

So, if you would like to be put on a team and join the challenge, just reach out to Morgan: morgant@stansinc.net or 605-849-3627



January Birthdays

- Joe Heber - 1/9
- Shaun Lay - 1/9
- Luverne Jager - 1/10
- Luis Cucurellas - 1/15
- Patrick Johnson - 1/16
- Austin Kopfmann - 1/24

Happy Birthday to our January babies!

February Birthdays

- Dickson Jorgensen - 2/3
- Ted Bartel - 2/4
- Jeni Sinkbeil - 2/6
- Megan Kopfmann - 2/9
- Jodi Weber - 2/12
- Michael Phillips - 2/17
- Chris Cashman - 2/24
- Julian Mundy - 2/26

Happy Birthday to our February babies!

HAPPY New Year

\$1000 REFERRAL INCENTIVE!

We're DOUBLING the referral incentive for new drivers! For a limited time, \$1,000 will be paid to any Stan's team member for the next 6 driver referrals! Don't know what to say or how to start the conversation? Give Tammy a call (605-849-3604) and she can provide you with some tips or simply hand out the referral cards. All it takes is a smile, eye contact, and some encouragement to call and find out all the great things we offer here @ Stan's. Just make sure your name or truck # is listed on the card.



Congratulations are in order!



Roger Lammey's grandson graduating with a Bachelor's Degree in Biology.



Tex Martin's 1st granddaughter, Lyla Rose Duncan, born 12/14/19.



Santiago Trevino's son, Arturo, graduated from the Police Academy in Corpus Christi, TX.



Doug Apato's son, Zach, graduated from Western Kentucky University with his Bachelor of Integrated Studies (BIS) with an emphasis in health.

December Top Fuel Mileage Performers

Reefer Division:

5.59 MPG - 8.03 MPG Cost/Mile \$0.55 - \$0.38

- Bob Haibeck - 8.03**
- Loren Postma - 7.89**
- Terry Nedved - 7.71**
- Roger Lammey - 7.69**
- Art Mena - 7.63**

Stan's drivers traveled a total of 395,765 miles in December!

January Years of Service Anniversaries

- Stan Kopfmann - 56 years
- Dickson Jorgensen - 16 years
- Mike Phillips - 9 years
- Don Sackett - 5 years
- Robbie Schley - 5 years
- Doug Apato - 3 years
- Lloyd 'Mike' Powell - 2 years
- Dan Harmdierks - 1 year
- Patrick Johnson - 1 year

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