



Stan's Ink Monthly

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STAN'S

ALPENA, S.D.



Mark Your Calendar!

Feb 14 - Valentines Day

Feb 17 - Presidents Day

March 6 - Employee Appreciation Luncheon
11:30 - 1pm, Driver's Lounge

Volume 14, Issue 2

February, 2020

Mike's Words of Wisdom...

February 2020

86,400

How would you react if you received a call that said you would receive 86,400 pennies (\$864, for those of you that may be math challenged) each day going forward, and the only stipulation is that if you don't spend each of the 86,400 pennies, you would lose the remaining pennies? Would you make sure you made every effort to spend each cent, or would you just let what was unused go away? I think we would all say that we would spend every penny and wait until the next day and do it all over again, spending every bit of the 31,536,000 pennies available each year.

Ok let's stop dreaming about what we would buy or how we would use the \$\$, and let me turn the tables on you. The 86,400 really represents the number of seconds in each day. Think about how you spend each of those seconds. Are you spending your time wisely, or wasting it?

Time is a commodity and how we use it at home and at work determines our level of success. Two sayings come to mind when I think of time; **"Time waits for no one"** and **"Father time is undefeated"**. Think about those.... time ticks, even when we are not productive, the clock keeps ticking, and the other one is a grim reminder that each one of our lives has an expiration date. We should not sit around waiting for things to happen, we should be proactive and make things happen in both our family life and our work life. If we don't, the time will pass us by.

You probably just spent about 120 seconds reading this, so what are you going to do with the 86,280 seconds you have left for the day? It is up to you how you spend it! *"Lost time is never found again."* Ben Franklin

Respect-Relationship-Results

STAN'S ALPENA • SD

Highway to Health

Combat the Winter Blues

When it comes to feeling depressed during the wintertime, you don't need to suffer.

Here are four strategies to manage seasonal blues:

Exercise. Exercise and sunshine are the best antidotes to the winter blues. It's not only the endorphins and physical benefits you'll get from it, but the social aspect too. Even if you're not exercising outside, you'll still gain benefits.

Seek out social activities. It's easy to become isolated during the winter, but look for ways to get face-to-face social interaction, which will help improve your mood. Remember that social media isn't a substitute for the real thing. Meet up with friends and go to the movies, a sporting event or the mall — anything in-person counts.

Go outside. Get any sunlight that you can during the day. Bundle up and go for a quick walk over your lunch break. Or, if you're feeling more adventurous, try outdoor winter activities like cross-country skiing.

Seek out help. Notice any changes in how you're feeling during the winter. Be sure to talk with your provider about any serious symptoms of depression.

Source: Avera.org

Stan's Welcome New Employees!

Alex Ames joins our Feed Sales Team



Misty Finney joins our Reefer Division



Please take the time to introduce yourself!

Check out the Monthly Safety CDs!

Congratulations to the January winners!

Todd Boomer
Loren Postma
Steve Borkowski
Keith Mathis
Barry Eldeen



Big changes are happening!

In case you haven't been by the Feed Mill lately....



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



HRCORNER

We are looking to fill the following positions:

- Shop Mechanic
- Feed Truck Driver
- Feed Mill Assistant
- Technicians & Finishing Assistants (Heartland Pork)

\$500 Referral Incentive
 available and is paid across divisions.

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

For complete job descriptions contact Tammy @ 605-849-3604

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!



March Birthdays

- Hans Anderson - 3/9
- Dale Eng - 3/22
- Wade Metter - 3/25
- Tammy Bierman - 3/27
- Mark Jensen - 3/30

Happy Birthday to our March babies!

Employee Appreciation Luncheon

Friday, March 6th

at the Driver's Lounge.

During the event, we will be recognizing those drivers who have earned 2019 MPG and Safety Awards. If you can make it, we would love to see you there.

More details to come in the near future!



Step Challenge And the winner is...

Team #1

Morgan Tebay, Audrey Baysinger, Alex Kopfmann, Taylor Sibson & Megan Kopfmann

Team #1 Total Steps: 1,485,746

Team #2 wasn't far behind w/ 1,484,621 steps (only 1,125 difference!)

Lori Haak, Patsy Hoglo, Elizabeth Pester, Mark Goral & Alec Sibson

FUN FACT: Between the 2 teams, they walked from Alpena, SD to New York City! (2.97 million steps, or approx. 1,485 miles)

Stay tuned for our **NEXT Step Challenge coming soon!!**

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

\$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!



January Top Fuel Mileage Performers

Reefer Division:

7.53 MPG - 6.13 MPG Cost/Mile \$0.41 - \$0.50

Bob Haibeck - 7.53

Terry Nedved - 7.52

Ed Wipf - 7.49

Shaun Lay - 7.49

Michael Phillips - 7.48

Reefer drivers traveled a total of 431,452 miles in January!

February Years of Service Anniversaries

- Catherine Lucklum - 13 years
- John Bozzella - 6 years
- Jeni Sinkbeil - 3 years

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