



Mark Your Calendar!

March 8 - Daylight Savings Time Begins

March 17 - St. Patrick's Day

March 19 - Spring Begins



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Mike's Words of Wisdom...

March 2020

"Every day the clock resets. Your wins don't matter. Your failures don't matter. Don't stress on what was, fight for what could be." -Sean Higgins

The old saying "The only constant is change" is so true, and if we dwell in the past, the world will pass us by because change is inevitable. If we are always looking backwards, we will never see our opportunities coming. We have to be aware of change and how we deal with it depends on our success.

Dick Tracy comic strip launched in 1931 (most of you will have to Google who Dick is) and he had a watch on his wrist that he communicated with. At that same time, the rotary dial phone was being developed and coming out with models like the Bakelite telephone (you will have to Google that too). No one in that era believed that one day we would actually have a telephone on our wrist but what happened? Less than 90 years later our watches do way more than tell time, they make calls, produce emails, keep track of our activities, keep track of our location, and much more.

If we think about the quote from Sean, it is saying each day is a new day and not to look at the past, but focus on what is in front of us and control the controllables. Yesterday is gone, today is here, and tomorrow is our opportunity. We can't dwell on what didn't work or why it won't work, we need to concentrate on what will work and how can we accomplish it. Life with our families and our Stan's work family is all about the future. Yes, we can learn from our past actions and then improve each day going forward.

As we see events unfold like the tornados in Tennessee and other national disasters, along with new strains of sickness like the Coronavirus, we realize that change is always coming at us and how we react supports the success of our families and Stan's. Do what's right for the right reason and when change does come into our lives, we will use it to our advantage. I'll leave you with a poem that a friend shared with me and is worth sharing again and again....

"The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in time. For the clock may soon be still." God Bless!

Respect-Relationship-Results

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 have all been there and needed a helping hand, or have been the one who extended the help. We know it's happening, because we are amongst good people! We are 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 Tammy @ t.bierman@stansinc.net.




Highway to Health

Get Your Sweat On!

The Benefits of Sweating

Ridding your body of extra toxins. One of the main ways your body detoxifies is through sweating. If we do not sweat all winter long, certain toxins are trapped and can cause us to feel tired, lethargic, crabby, bloated, and also have a case of the winter blues.

Sweating can actually help prevent colds and other illnesses. We are upon cold and flu season, however it doesn't have to be for you. If you get a regular sweat on, you can dramatically decrease your chances of catching the cold that your co-worker is holding on to.

Sweating can boost your endorphins. Getting a good sweat busting workout in actually produces hormones in your body to make you feel great.

Ways to get your sweat on

Exercise: This is one of the best ways to get some sweat out because there are many more benefits of exercise as well including cardiovascular fitness, weight management, stress management, and just overall disease management.

Hot yoga classes: These are another great way to get a really good sweat on. If you are a yoga lover, consider joining a hot yoga class this winter to really work on getting your toxins out.

Sauna time: Infrared saunas are a great way to get rid of toxins through sweating.

Source: averaconnect.org



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



Check out the Monthly Safety CDs!

Congratulations to the February winners!

Orlando Lopez Don Sackett Kimmy Stacy
Jimmie Rederth Mike Phillips

February Top Fuel Mileage Performers

Reefer Division:

7.88 MPG - 5.66 MPG Cost/Mile \$0.39 - \$0.54

- Bill Steffen - 7.88
- Devan Jensen - 7.78
- Todd Wells - 7.74
- Loren Postma - 7.71
- Orlando Lopez - 7.62

Reefer drivers traveled a total of 412,552 miles in February!



The South Dakota Trucking Association is now accepting applications for scholarships for the 2020-2021 school year. A total of six (6) one-year nonrenewable scholarships in the amount of \$1,000 each will be awarded. Stan's employees or immediate family members are eligible to apply. Immediate family is defined as spouse and children. Eligibility and application information can be accessed at: www.southdakotatrucking.com/page-1218929 or by contacting Tammy in HR. All applications must be postmarked no later than Friday, 4/17/2020.



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 for the next challenge, reach out to Morgan: morgant@stansinc.net or 605-849-3627

Contact Morgan if there are other wellness programs out there that you'd like to share with us!

\$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!



HR CORNER

We are looking to fill the following positions:

- Shop Mechanic
- 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 these great opportunities.

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

Random Happenings at Stan's!



Fourth graders @ Plankinton Elementary had a 'Dress As Your Parent's Day'. Kalleigh Stange, daughter of Brian Stange, dressed as a Stan's mechanic!

Hip, Hip, Hooray! We are SO proud of the Red Hog team for garnering a perfect 100% on their recent inspection conducted by the SD Department of Health.



Congrats to Logan and Krissa Korkow on the birth of their daughter, Landyn Nicole Korkow - born 2/24/20, 5lbs 11oz.

Congrats to Auntie Morgan Tebay on the birth of her nephew Jaxon Donald Walraven - born 3/3/20, 8 lbs. 12 oz. & 21 1/4".



Continue to like and share on our Stan's Inc, Team Stan's, and Red Hog Facebook Pages! 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



March Birthdays

- Hans Anderson - 3/9
- Jeff White - 3/11
- Dale Eng - 3/22
- Wade Metter - 3/25
- Tammy Bierman - 3/27
- Mark Jensen - 3/30

Happy Birthday to our March babies!

April Birthdays

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

Happy Birthday to our April babies!

March Years of Service Anniversaries

- Judeen Schley - 15 years
- Ivy Eichstadt - 4 years
- Alec Sibson - 3 years

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



Stan's Welcome New Employees!



Christen Kline joins the Dispatch Team, Chelsey Langbehn joins the Red Hog Team, Corrie Snedeker joins the Feed Mill Team, Jeff White and Brian Alumbaugh join the Reefer Division.

Please take the time to introduce yourself!