



# Stan's Ink Monthly

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## STAN'S

ALPENA, S.D.



Volume 14, Issue 5

May, 2020

### Mark Your Calendar!

May 22 - Stan's apparel orders due  
May 25 - Memorial Day



## Highway to Health

### Tips for Staying Upbeat

When your world is turned upside down, it can be difficult to remain positive.

Avera Medical Group Integrative Medicine Certified Health Coaches Kandace Brands and Rebecca Hanzen offer these ideas for relieving stress, keeping anxiety in check and just living as best we can in the face of challenges.

**Continue to reach out to people**, even if this may mean setting up virtual meetings or calling friends/family. "We still need people. We are not meant to walk alone, so reach out," Brands said.

**Reflect on what's truly good.** Our greatest power as human beings is love. If you are working, shine through your encouragement and love from there. At home, create as many great memories as you can with the ones you love.

**Be present.** While it's important to stay informed, avoid dwelling on the news and sadness.

**Stay active.** Use exercise videos at home or get out for walks as the weather gets warmer. "We remind everyone that all exercise should be done under the advisement of your physician," Hanzen said.

**Experience togetherness.** Ask your family members what they want to do and if possible make those things happen. Play cards, read more, get crafty – and enjoy. When you can, make time to pray together.

"Leaning on not only each other but the shared importance of leaning on our Lord is a mighty and powerful gift for yourself and your loved ones," Hanzen said. Cook together, clean together, exercise together, be together. "We need each other at times like these," Brands added.

Source: Avera.org

### Mike's Words of Wisdom...

#### 8 Weeks Seems Like 8 Months

It has been a long 8 weeks and Covid-19 still dominates the news with new case totals and deaths. As the country begins to open up again, we need to continue doing the right things for the right reason. Social distancing is not much fun, but if it keeps us, our families, and others safe, it is what we need to continue to do. Each hour we are dealing with new challenges and how we react to those challenges determines our success. I think it warrants sharing the 10 simple things to do that I included in last month's newsletter....

- 1. Stay Positive** "Life is not the way it's supposed to be, it's the way it is. The way you cope is what makes the difference." – Virginia Satir COVID-19 makes it hard to stay positive, but we have to stay upbeat.
- 2. Get Creative** For 8 weeks we have been living this one. We have all altered our lives to live amongst this virus. The best ideas come from the people, so keep bringing them.
- 3. Learn From the Difficult Times** Each day is like writing a new page of a blank book. What we learn from this experience will help in the future and for generations to come.
- 4. Change It Up** The saying, change is the only constant...we are living it. It is important we change with the policies that come out every day to help keep our customers, our families, and ourselves safe.
- 5. Know What You're Grateful For** God-Family-The Rest of the World.
- 6. Focus on What You Can Control, Not What You Can't** Don't get caught up in all the changes, just focus on what you can control and do it to the best of your ability.
- 7. Realize You've Come a Long Way** It's been 8 weeks (feels like 8 months) and we have come a long way in changing our habits to keep others and ourselves safe. Keep it up!
- 8. Build Up Your Community** It is in times like this that we have to support our communities and our fellow man/woman. The best way we can get through this is together!
- 9. Be Kind to Yourself** Take care of yourself and don't let this drag you into negativity. Smile!
- 10. Forgive** Forgiveness is not for the one receiving it, it is for the one giving it. Bury it, don't carry it, you will thank yourselves for doing it.

Our motto has been, and will continue to be, "Each day we need to find ways to get to the other side. Physically-Mentally-Financially-Spiritually." Each one of us are essential in many ways...I want to say THANK YOU! for all you do for Stan's, your families, and your country. Stand up, be Proud of what you do, and be Safe!

**Continue to do the right things for the right reason! God Bless!**

Respect-Relationship-Results

**WEAR YOUR TEAM COLORS!** Custom Apparel Orders are DUE May 22, 2020. For questions, or to place your order, contact Elizabeth: elizabethp@stansinc.net 605-849-3618

**Special Note:** We're offering the custom apparel allowance again to all Stan's Employees, however, the allowance criteria has changed a bit. Stan's will now pay HALF of your total custom apparel order amount UP TO \$50.

Order Examples:

- 1) If your order total is \$60, Stan's pays \$30, you pay \$30.
- 2) If your order total is \$120, Stan's pays \$50, you pay \$70.

**Reminders:** The allowance is to be used on logoed custom apparel orders for YOU, and it is use it or lose it, no carry over to the next order.

## April Accidents and Incidents

Another driver hit our truck at truck stop - \$1,650



**Total: \$ 1,650**

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

Stan's employees have worked

**\*\* 434 days \*\***

without a "lost time" accident!



## Check out the Monthly Safety Media!

Now offered in 2 media formats:  
CD's & Flash Drives

**Congratulations to the April winners!**

Steve Borkowski Jeff White Bob Haibeck  
Loren Postma Barry Eldeen

## March Top Fuel Mileage Performers

### Reefer Division:

8.55 MPG - 5.87 MPG Cost/Mile \$0.36 - \$0.52

Brian Alumbaugh - 8.55  
Terry Nedved - 8.18  
Roger Lammey - 8.01  
Loren Postma - 7.96  
Art Mena - 7.91

Reefer drivers traveled a total of  
491,545 miles in March!

## April Top Fuel Mileage Performers

### Reefer Division:

8.48 MPG - 6.16 MPG Cost/Mile \$0.36 - \$0.50

Brian Alumbaugh - 8.48  
Kenneth Hendee - 8.18  
Randy Flitter - 8.09  
Terry Nedved - 8.02  
Loren Postma - 8.02

Reefer drivers traveled a total of  
486,120 miles in April!

## HRCORNER

We are looking to fill the following positions:

- Shop Mechanic
- Facilities/Housekeeping
- Wash Bay Technician
- Technicians & Finishing Assistants (Heartland Pork)

## \$500 Referral Incentive

available and is paid across divisions. (For FT hires)

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

## May Birthdays

Patrick Schulte - 5/2  
Ryan Peterson - 5/8  
Audrey Baysinger - 5/14  
Todd Wells - 5/15  
Tim Walker - 5/21  
Alex Ames - 5/21



Happy Birthday to our May babies!

## June Birthdays

Ivy Eichstadt - 6/5  
Elizabeth Pester - 6/8  
Mike Powell - 6/9  
Farley Trevino - 6/10  
Todd Johnson - 6/19  
John Seton - 6/22  
Lynn Hinrichs - 6/22  
Bob Baker - 6/27  
Corrie Snedeker - 6/30



Happy Birthday to our June babies!

## \$1000 REFERRAL INCENTIVE!

We've DOUBLED the driver referral incentive!

We still have a few of these \$1,000 incentives up for grabs, so bring us those drivers!



## May Years of Service Anniversaries

Mike Kopfmann - 32 years  
Alex Kopfmann - 10 years  
Megan Kopfmann - 8 years  
Todd Boomer - 8 years  
Steve Borkowski - 5 years  
Blain Tebay - 5 years  
Chris Cashman - 4 years  
Orlando Lopez - 3 years  
Jason Mundy - 2 years  
Shaun Lay - 2 years  
Morgan Tebay - 1 year  
Todd Wells - 1 year  
Audrey Baysinger - 1 year  
Kyle Weinman - 1 year

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

## Stan's Welcomes New Employees!



Chris Garces, Chad & Samantha VonEye join the Reefer Division, and Ben Rostyne returns to Stan's joining the Farm and Feed Mill Divisions.

Please take the time to introduce yourself!

Stan's is now selling **HAND SANITIZER** to our employees (payroll deduct).

**\$5.00** per bottle

Limit 1 bottle per person until further notice.



Contact Morgan Tebay  
605-849-3627 morgant@stansinc.net

**FOR SALE**

Scents Available  
Sweet Orange  
Lavender  
Lemongrass  
Mint  
Tea Tree

## Step Challenge

05/26/20  
thru  
06/01/20  
(7 Days)



As the weather gets nicer, it's easier to get outside and move. So, why not have another step challenge for some encouragement? Again, these challenges are for anyone and everyone. This challenge will only be a week long (7 Days), starting on the morning of Tuesday, May 26<sup>th</sup> and ending on the evening of Monday, June 1<sup>st</sup>. All you need is a fitness watch or even your smart phone to join.

**Compatible devices:** Fitbit, Apple Watch, iPhone with Apple Health App, Garmin, Withings/Nokia, Misfit

If you would like to be put on a team,  
Contact Morgan:  
morgant@stansinc.net or 605-849-3627

## It's a Girl!

Mark Goral  
welcomes daughter  
Scarlett Ann Goral  
Born 4/4/20 7lbs 9oz



## What safety precautions are you taking during this COVID-19 pandemic?

Here are a few things we're doing!

### Virtual Orientations



### Disinfecting Mail

