



Stan's Ink Monthly



Volume 14, Issue 9

September, 2020

Mark Your Calendar!

Sep 22 - Autumn Begins

Oct 20 - Flu Shot Clinic



Highway to Health

Walk Your Way to Health

Walking can be one of the best ways to get exercise and stay healthy. You can walk alone, with a pet, or with a partner – even a socially distant one if you walk at least 6 feet apart or on opposite sides of the street. You also can try chatting with someone on a hands-free device while walking. All you need is a good pair of shoes and a safe place to walk.

Brisk walking can help you maintain a healthy weight, strengthen your bones and muscles, and improve your balance and coordination. It can boost your mood and help you sleep better. It also burns calories: a 150-pound person walking briskly will burn about 297 calories per hour. Research shows that getting regular physical activity and staying at a healthy weight can help reduce your risk of cancer as well as heart disease and diabetes.

A brisk walk counts as a moderate-intensity activity. The American Cancer Society recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. If that's more than you can do right now, do as much as you can and work your way up. According to the Centers for Disease Control and Prevention, even just 5 minutes of physical activity has real health benefits.

While a little walking is good, more is even better. The faster, farther, and more often you walk, the greater the benefits. A recent study found that higher step counts were linked to lower death rates from heart disease and cancer. To get the most out of walking, make sure you're ready before hitting the road. Follow these tips from Mayo Clinic:

- Set a goal for how long you want to walk.
- Be sure you're wearing comfortable, supportive footwear with a roomy toe box.
- Warm up by walking at a slow pace for about 5 minutes.
- End by walking slowly for about 5 minutes and stretching. This cools you down and reduces stress on your muscles.

Source: American Cancer Society

Mike's Words of Wisdom...

Know Your WHY!

Why is an interesting word, it means; **for what purpose or reason**. Why gets used a lot, kids (and adults) will use it to delay doing their chores that we have asked them to do. "Clean your room. Why? Because I asked you to. Why?" and so on... Knowing our **Why**, is looking at ourselves and finding the reasons we do the things we do and what our purpose is at home and at work.

Some questions for us to ask ourselves to find out **Why** do we do what we do.....

- Do we feel accomplished doing what we are doing?
- Are our goals reachable with hard work and effort?
- Are we trying to prove others wrong, or prove ourselves right?
- What makes us stand out in our community, our home, or to our employer?
- Does our family and company's goals align with ours?

Knowing our **Why**, is knowing our purpose in life. If we have a purpose, we can lay out the map to our destination. **Why** do I want to lose 10 pounds? To get in better shape and be healthy. How do I get there? By eating healthy and exercise. **Why** do I give 100% effort at work? To better myself and my company. How do I achieve this? By making a commitment to make a difference. Everyone needs a purpose and a reason to reach our destinations in life.

Whether you already know your **Why**, or are looking for your **Why**, here are some more inspirational quotes to help you set your sights on the future:

"If we have dreams of accomplishing something but have no goals, they are just dreams and will turn into disappointment."

"Don't confuse movement with progress, it takes discipline and hard work every day to accomplish our goals."

"Working really hard is what successful people do!"

"Everyone has different talents. What are you going to do with your talents?"

"Don't aspire to make a living, aspire to make a difference."

Why? Because we want to!

Respect Relationships 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 Morgan @ morgant@stansinc.net.



August Accidents & Incidents

While backing, struck rock damaging truck - \$200

While backing, struck concrete barrier - \$500



Total: \$700

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

Check out the Monthly Safety Media!

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

Congratulations to the August winners!

Orlando Lopez Bob Haibeck Bill Steffey
Roger Lammey Loren Postma

FLU SHOT CLINIC

Tuesday 10/20/20 10:00AM - 1:00PM

@ The Shack

EMPLOYEES ONLY

The vaccination is FREE for employees covered under the Stan's Avera Plan. Those employees with other, or no insurance, must pay \$30 on the day of the clinic.

Please bring copies of your insurance cards OR the ID and group numbers.

Contact Morgan with questions or to sign up:
morgant@stansinc.net or 605.849.3627

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

**THINK SAFE
WORK SAFE
BE SAFE**

HRCORNER

We are looking to fill
the following positions:

- OTR Drivers
- Diesel Mechanic
- Technicians & Finishing Assistants (Swine Division)

Referral Incentive Available

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

September Birthdays

Orlando Lopez - 9/1
Santiago Trevino - 9/1
Loren Postma - 9/3
Elaine Puetz - 9/7
Stan Kopfmann - 9/7
Morgan Tebay - 9/8
Jose Coca - 9/14
Gilberto Frausto - 9/18
Nick Gebel - 9/18
Ward Swart - 9/25

**Happy Birthday to
our September babies!**



October Birthdays

Kenny Hendee - 10/1
Roger Lammey - 10/7
Doug Apato - 10/10
Brian Alumbaugh - 10/15
Jim Troth - 10/17
Mike Kopfmann - 10/17
Steve Borkowski - 10/21
Chad VonEye - 10/30
Jason Mundy - 10/31

**Happy Birthday to
our October babies!**

**\$1000
REFERRAL
INCENTIVE!**

We've **DOUBLED** the
driver referral incentive!
Bring us those drivers!



Stan's Welcomes New Employees! Please take the time to introduce yourself!



Tim VonEye joins our
Feed Division.



Jose Coca joins our
Wash Bay Division.



Robert Wehrly joins our
Reefer Division.



Enrique Santiago-Greo
joins our Reefer Division.



Judy Miller joins our Facilities
& Maintenance Division.



2020 **Disasters Don't Wait.
MAKE YOUR PLAN TODAY.**

<https://www.ready.gov/september>

**HAND
SANITIZER** **FOR SALE**

Limit 1 bottle per person
until further notice.

\$5.00
per bottle



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

National Truck Driver Appreciation Week 9/13/20 - 9/19/20

There will be giveaways and extra goodies that week!

Effective January 6th, 2020, the Drug and Alcohol Clearinghouse became fully operational and mandatory use is now in effect!

This online database helps keep roads safer for everyone by identifying, in real time, drivers prohibited from performing safety-sensitive functions, such as operating a commercial motor vehicle (CMV), due to a drug and alcohol program violation. Employers are required to conduct a query during the initial application process and on an annual basis of any employee who holds a CDL.

Soon, you will receive instructions on how you can help us prepare to fulfill the annual query requirement. Until then, if you want to research the Clearinghouse, you can do so by accessing this website: <https://clearinghouse.fmcsa.dot.gov/>

If you have any questions, please contact Tammy @ 605-849-3604 or Elizabeth @ 605-849-3618.

Federal Motor Carrier Safety Administration

**DRUG & ALCOHOL
CLEARINGHOUSE**

September Years of Service Anniversaries

Luverne Jager - 19 years
Monty Johnson - 13 years
Lynn Hinrichs - 6 years
Nick Gebel - 3 years

Thank You
for your service &
dedication to Stan's!