



# Stan's Ink Monthly

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## STAN'S

ALPENA, S.D.



Volume 15, Issue 1

January, 2021

### Mark Your Calendar!

Jan 18 - Martin Luther King Jr. Day



## Highway to Health

### Family New Year's Resolutions

Now can be an opportune time to encourage the whole family to be more positive and make healthier choices. Here are some fun ways to promote mental and physical health in the New Year.

- \* Spend more time outdoors. Being outdoors helps promote a sense of peace and boosts your immune system.
- \* Practice thankfulness as a family. When we model gratitude we teach our children to be appreciative of what they have.
- \* Put down the screens, this means parents too. When kids have to compete with our screens to get our attention we send them a message that they aren't a priority.
- \* Start a weekly family night. This could be a board game night or a family cooking night.
- \* Give warm and thoughtful hellos and goodbyes. Making sure family members feel loved when they leave and enter the home is a simple way to improve the relationships in your family.
- \* Exercise together.
- \* Volunteer as a family.
- \* Stop distracted driving. If your teen sees you texting and driving they will probably follow your example not your advice.
- \* Eat healthy. Talk with your children about making healthy food choices and what that entails. Then make an effort to purchase and prepare a variety of healthy food options.
- \* Read more. Encourage young children to read by providing a variety of books to them.
- \* Model and encourage kindness and good manners in your home.
- \* Get more sleep. Make sure you and your family have a healthy sleep routine. If you or your children have fallen into unhealthy sleep habits over the holidays, now is the time to reset.
- \* Encourage children to help more around the house. Explain that when they complete their chores in a timely manner they have more time to participate in other activities.

Source: Avera.org

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

**Everyone *knows*, but it is those that *do* that make the difference!**

It's 2021 and time for us all to reflect on 2020, which was a very challenging year, and look forward to 2021. It is a time to learn from the past and plan for the future. Statistics show that 50% of adults in the US make a New Year's Resolution, but fewer than 10% keep them more than 90 days. So, in short, half us will make a promise and break it in 90 days. We have to be willing to give the time and effort to reach our goals, both personally and businesswise. Knowing what to do is only the planning stage. Doing what we set out to do is succeeding!

Here are some tips on how to keep our New Year's resolutions/goals on track...

**Choose a Specific Goal** Don't make your goal too broad, like "get in shape", but be specific with your goal, like committing to walk a mile a day and lose 5 pounds in 90 days. At work, we can set a timeframe to learn a skill and put it to work to support the team.

**Avoid Past Failures** If it didn't work in years past, we need to change the process and try a new angle to succeed. History is a great teacher as to what to do and not to do.

**Get Support** A workout buddy that holds us accountable, or someone at work that has the same motivation, for reaching goals that you can communicate with. When we commit to working together, it makes us accountable for the success of the goal.

**Keep Working on Your Goals** Once we reach a goal, we need celebrate it and set another goal to work towards. We need to write our goals down and how we are going to achieve them. It is a reminder of why we are doing what we are doing.

**Learn and Adapt** If we learn from our mistakes, they become experiences. We need to continue learning and adapt when changes come our way. The only constant is change, how we deal with those changes determines our success. Doing the same thing over and over and expecting different results, is the definition of insanity.

It is up to each of us to utilize these tips and work towards our goals for the good of our families and Stan's. If we don't do it, who will?

Don't sit around being a Know It All,  
instead become a *doer* that gets it *done*!!!

**Happy New Year!!**

**Respect Relationships Results**

## December Accidents & Incidents

# NONE!

Total: \$0.00

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



Stan's employees have worked

# 197 days

without a "lost time" accident!



## January Birthdays

Shaun Lay - 1/9  
Luverne Jager - 1/10  
Steve Wenninger - 1/10  
Patrick Johnson - 1/16  
Austin Kopfmann - 1/24  
*Happy Birthday to our January babies!*

## Check out the Monthly Safety Media!

Offered in 2 media formats: CD's & Flash Drives  
*Congratulations to the December winners!*  
Jodi Weber Bob Haibeck Jimmie Rederth  
Michael Phillips Jeffrey Landeen

## HRCORNER



We have completed the Avera Health Insurance renewal for 2021. We considered several options to keep the premium increase to a minimum and yet continue to provide the coverage we have become accustomed to. In the end, it was in the best interest to keep the coverages (deductibles, co-pays, Rx plan) as they were in 2020. By continuing with the same coverages, the premium increase for the upcoming year will be 2%. Watch your email for additional information that will be sent soon.

W2's for 2020 - Preparation can prove to be very complex and we are 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 1/31/2021.



## 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!*

## December Top Fuel Mileage Performers

### Reefer Division:

8.54 MPG - 6.02 MPG Cost/Mile \$0.30 - \$0.43

Brian Alumbaugh - 8.54  
Randy Flitter - 7.95  
Loren Postma - 7.94  
Terry Nedved - 7.90  
Michael Phillips - 7.85

Reefer drivers traveled a total of 406,861 miles in December!



## We continue to offer \$2000 for both the REFERRAL & SIGN ON INCENTIVES for new driver referrals!

Send us any fellow drivers you know of, and strike up conversations with other drivers, encourage them to call and let us take it from there! If we hire them, you each get \$2,000. If you need referral cards, reach out to Tammy or Elizabeth! These incentives will be paid as \$500 after 30 days, \$500 after 6 months & \$1,000 after one full year of employment!



## Stan's Welcomes A New Employee!



## Steve Wenninger joins the Reefer Division.

Please take the time to introduce yourself!



## Proud GREAT Grandma!



Judeen Schley welcomes her 1st great-grandchild Beau Edward Gill 7lbs 15oz, 21 inch Born 12/14/2020



We received a nomination for the Above and Beyond Reward. We'd like to congratulate Ryan Hughes for responding to technology issues in the drivers lounge at 9pm on Christmas Eve. Within 10 minutes he had the TV operational and the drivers taking a break in the drivers lounge watching their favorite Christmas movie.

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 are always 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](mailto:morgant@stansinc.net).

December 18<sup>th</sup> 2020 was National Ugly Sweater Day! Some of the Stan's employees decided to celebrate by wearing their "Ugly" Christmas Sweaters.



## January Years of Service Anniversaries

Stan Kopfmann - 57 years  
Dickson Jorgensen - 17 years  
Michael Phillips - 10 years  
Don Sackett - 6 years  
Robbie Schley - 6 years  
Doug Apato - 4 years  
Mike Powell - 3 years  
Jeff White - 3 years  
Dan Harmdierks - 2 years  
Patrick Johnson - 2 years  
Alex Ames - 1 years

## Thank You

for your service & dedication to Stan's!