



Stan's Ink Monthly



Volume 15, Issue 10

October, 2021

Mark Your Calendar!

- Oct 15 - National Boss's Day
- Oct 18 - Flu Shot Clinic 10am - 1pm
- Oct 19 - Safety Meeting 2pm
- Oct 29 - Apparel Orders Due
- Nov 7 - Daylight Savings Time ENDS! Set clocks back 1 hr



Highway to Health

What's the Best Over-the-Counter Medicine for Fever and Pain Relief?

The wide range of drugstore medications to treat fevers and headaches can be puzzling. They can seem to be "all the same thing." They're not. There are basically two "branches" in this tree of over-the-counter (OTC) medications, and understanding the two is a great place to start when it comes to choosing the best one for you and your family.

It's important to consider the class of the drug. It breaks down on two main categories:

1. Acetaminophen (Tylenol)
2. Non-steroidal anti-inflammatory drug, or NSAIDs, including aspirin, ibuprofen (Advil) and naproxen (Aleve)

Find Relief That Works for You

Most of these medications provide roughly the same effectiveness when it comes to pain relief, including headache and other pains, such as sore muscles. They are mostly equal for fever reduction, too.

Side Effects, Allergies and Interactions with Other Drugs - Starting with acetaminophen, or Tylenol, makes sense for a number of reasons.

- ⇒ Acetaminophen has less impact on your kidneys when your body processes it.
- ⇒ Acetaminophen is easier on the stomach in most cases.
- ⇒ Allergies to acetaminophen are rarer than NSAID allergies.
- ⇒ Acetaminophen does not thin our blood.
- ⇒ When you take other OTC or prescription drugs, there's less likelihood of a bad interaction with acetaminophen.

Take OTC Meds as Directed

The best way to make the most of over-the-counter medication is to follow the dosage and instructions on the packaging - they will help you avoid risks. Many multi-symptom cold medicines, as well as ones that aid sleep, may have pain-relief ingredients. Read labels carefully to avoid overdosing.

Source: Avera.org

Mike's Words of Wisdom...

"Three things you control every day are your Attitude, your Effort, and your Actions." Jon Gordon

I always preach to control the controllables and these three things are definitely within our control. How we approach each day determines the outcome, whether at home or at work. If we want to get the best out of life, we need to focus on these three words and live like we want it.

Controlling our positive attitude not only puts us in an optimistic mood, but it is contagious and puts others in a positive mood also. The right attitude will raise the moral at home or at work. No one enjoys working with a negative, glass is half empty person, it is not productive in any way.

We can control our efforts by being a doer. Making the effort to try something with the chance of failure is a success compared to not trying at all. Giving a 100% at whatever we do in life will give us the biggest opportunity to succeed, but if we work hard to find the easy way out, we will surely let our families, our co-workers, and our communities down.

Controlling our actions allows us to dictate our outcome. Taking the initiative to organize ourselves, leads us to the opportunity of making a difference in our lives and those around us, at work and at home. Doing nothing returns nothing.

Keeping control of these three things is a very big task because it is easy to have a bad attitude, do what is the easiest, and basically do nothing.

But in the end, we will reap what we sow and we can either throw our own pity party or we can be in control of our attitude, effort, and actions and celebrate the wins while making our families and Stan's proud. Each one of us is essential to the success of our homes and our company so we need to stay focused on these three words every day and we will enjoy all the good things that will come our way.

Thanks for all you do for your families and Stan's!

Respect Relationships Results



10/18/21 10 AM - 1 PM @ The Shack

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

September Accidents & Incidents

NONE!



Total: \$0.00

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

September Top Fuel Mileage Performers

Reefer Division:

9.11 MPG - 7.03 MPG Cost/Mile \$0.37 - \$0.48

- Randy Flitter - 9.11
- Steve Borkowski - 8.95
- Terry Nedved - 8.83
- Barry Eldeen - 8.68
- Loren Postma - 8.53

Total September Miles: 416,326 **September MPG Avg: 8.04**

Reminder!

DRIVERS!

Reminder to complete your Safety Training in your TruckRight account. If you have questions, contact Jason Mundy 605-961-9522

Stan's employees have worked

473 days

without a "lost time" accident!



HR CORNER Career Opportunities!

- ◆ Accountants
- ◆ Facilities & Maintenance
- ◆ Logistics/CSR
- ◆ Drivers
 - Feed Truck
 - Regional
 - OTR
- ◆ Livestock Production (swine)
 - Finishing Assistant(s)
 - Technician(s)
 - ⇒ Lead & Management Trainee Opportunities
 - Maintenance Manager

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

For complete job descriptions contact Tammy @ 605-961-9508.

October Birthdays

- Kenny Hendee - 10/1
- Michael Harvey - 10/3
- Roger Lammey - 10/7
- Brian Alumbaugh - 10/15
- Luis Hernandez - 10/16
- Mike Kopfmann - 10/17
- Jim Troth - 10/17
- Steve Borkowski - 10/21
- Jason Mundy - 10/31

Happy Birthday to our October babies!



November Birthdays

- Lori Haak - 11/1
- Brian Stange - 11/2
- John Bozzella - 11/2
- Bob Haibeck - 11/10
- Christen Kline - 11/16
- Blain Tebay - 11/18
- Randy Flitter - 11/19
- Todd Boomer - 11/24
- Zach Kopfmann - 11/25

Happy Birthday to our November babies!



Stan's, Inc. was presented a Gold award by Great West Casualty Company as part of its annual National Safety Award Program. Brett Snoozy, Safety Representative from Great West presented the award which is determined by the number of DOT recordable accidents in relation to the number of miles traveled. This award is truly a team effort!

Stan's Welcomes a New Employee!

Please take the time to introduce yourself!



Chad Barth

Joins the Farm Division.



Sam Wenninger

Joins the Reefer Division.



Bill (& Lyn) Ryan

Joins the Reefer Division.

Proud Grandpa!

Steve Wenninger welcomes a grandson! Sylas Wade Wenninger Born 9/25/21, 8lbs 4oz



Andres Manzano's daughter Jocelyn was crowned Homecoming Queen in Plankinton. Andres is the barn manager at Great Plains Swine in White Lake.

October Years of Service Anniversaries

- Bob Baker - 17 years
- Tammy Bierman - 12 years
- Todd Burns - 10 years
- Tim Walker - 4 years
- Ted Bartel - 4 years
- Kim Stacy - 4 years
- Julian Mundy - 2 years

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



WEAR YOUR TEAM COLORS!

Custom Apparel
Orders DUE 10/29/21
REMINDERS: Stan's will pay HALF of your total custom apparel order UP TO \$50. The allowance is to be used on orders for YOU, and it is use it or lose it.