



Stan's Ink Monthly



Volume 15, Issue 11

November, 2021

Mark Your Calendar!



Nov 25 - Thanksgiving Day

Dec 14 - Christmas lunch at noon at Drivers Lounge; Ugly Christmas Sweater Contest/Dept. Christmas Tree Decorating Contest/White Elephant Gift Exchange

Highway to Health

Disconnect to Reconnect

According to a survey conducted in February 2021, 72% stated that on average they spent four to six hours on their phone each day, not including work-related smartphone use. We use our phones for everything: to communicate in all forms, stay connected on various social media platforms, take pictures, check the weather, navigate and much more. How we use our phones can make our lives better, but if we are constantly attached to them and use them excessively, they can cause us harm and hinder our happiness. From time to time, we need to unplug and recharge.

Schedule your phone usage. It doesn't have to be on all the time, and you really don't have to have it with you constantly. Just like we do with kids, schedule in some time at various points of the day.

Charge your phone in an unused room. Let the phone be "out of sight and out of mind" when it's recharging. This way, you are not as tempted to continue monitoring who may be texting you or what alerts may be popping up.

Understand social media boundaries and triggers. Social media is great for information and connecting with friends and family, but we can get drawn in where we continue to scroll for hours at a time. Sometimes, we even argue with people whom we have never met. This can be taxing and drain us of our energy.

Disable notifications by putting your phone on sleep mode. By doing this, notifications are hidden, and we are not tempted to look at our phones every few seconds to see if there is something we missed that is not important. YOU determine when to review notifications.

Avoid usage during meals. This is a time to connect with friends or family with whom you are eating, and to be present in the moment.

Your life can quickly become unbalanced if you allow yourself to become addicted to your phone. Know when to take a break and unplug, so that you can be fully tuned in to those around you.

Source: Avera EAP

Mike's Words of Wisdom...

"Success is simple.

Do what's right, the right way, at the right time."

- Arnold H Glasow

I had a great Uncle that always said, "It is easier to keep it straight than trying to straighten it out later." That has always stuck with me, or the John Wooden signs you see hanging around the offices, which say, "If you don't have time to do it right the first time, when will you have time to do it over."

These quotes are so simple to live by, yet we struggle following them. We find excuses because it seems easier to avoid what is perceived to be hard or time consuming, but if we approach it with a "getter done" attitude, it would take less time to finish the task or job than we spent trying to find a way to get out of it.

At home or at work we make decisions every day, and what we decide determines the success of our families and our company. If we want to be rewarded in whatever we do in life, we have to make good decisions and take action by doing the right things for the right reason.

It's hard to make the right decision when we know it is going to be hard, but if we do, doors will open up that we thought never would be opened and give us great opportunities in life and at work. So keep it simple and do what's right, the right way, at the right time and we will all be successful and reap great benefits from it!

Respect Relationships Results

Stan's Welcomes New Employees!

Please take the time to introduce yourself!



Blake Meyer
Joins the
Shop Division.



Andrew Aipperspach
Joins the
Reefer Division.



Mike Jurgens
Joins the
Facilities Division.

October Accidents & Incidents

While parked, our truck was backed into - \$1,286
Struck farm tractor while passing it - \$150,000



Total : \$151,286
We have a \$25,000 deductible and are counting on **YOU** to keep costs down.

Stan's employees have worked

503 days

without a "lost time" accident!



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!



October Top Fuel Mileage Performers

Reefer Division:

8.93 MPG - 7.30 MPG Cost/Mile \$0.40 - \$0.49

Brian Alumbaugh - 8.93

Randy Flitter - 8.85

Steve Borkowski - 8.80

Monty Johnson - 8.50

Terry Nedved - 8.44

Total October Miles: 451,522 **October MPG Avg: 7.91**

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.

Reminder!

DRIVERS!

Reminder to complete your Safety Training in your TruckRight account.

If you have questions, contact Jason Mundy 605-961-9522

December Birthdays

Ryan Hughes - 12/11
Luke Sharp - 12/12
Dillon Kouf - 12/14
Don Sackett - 12/19
Les Eckels - 12/20
Bill Steffey - 12/21
Josh Laws - 12/22
Kim Stacy - 12/22
Brian Wicker - 12/26
Rick Airth - 12/30
Robbie Schley - 12/30

Happy Birthday to our December babies!



Recently we hosted a lunch for all employees to celebrate the retirement of long time team member Jim Troth, as well as Jim Troth and Mike Kopfmann's Birthdays. Thank you both for all you do for the Stan's Team!! A special thank you to Jim Troth for all your hard work, efforts and wisdom throughout the years. Enjoy your retirement, Jim!!



HAPPY RETIREMENT!

HAPPY BIRTHDAY!

Let's Celebrate National Ugly Christmas Sweater Day!



On Tuesday the 14th, At the Shack we shall gather....
Come at high noon, we will eat and we'll chatter....
White elephant gifts will be in exchange....
From 5-10 dollars will be the price range....
Come dressed as festively as you desire....
Prizes will be awarded for the "best/worst" attire....
Join in the fun and the gifts and the food....
Even if you're a scrooge, this will brighten your mood!

Stan's Divisional Christmas Tree Decorating Contest

*It's that time of year, now don't be a Grinch-
Stan bought you a tree, fix it up in a pinch-
Now pool your resources and think of a theme-
It's your job to make your Christmas tree gleam-
Find, make, or buy to your heart's desire-
Fancy it up, make others admire -
Hang all the lights and the bulbs and the bows-
Fix it up now, fix it up till it glows-
Fix it all up - yes - the front and the back-
When the 1st comes, take your tree to the Shack-
Now you be the judge - you must vote for your choice-
You can't vote for yourself - but you must use your voice-
So, make your tree happy and jolly and bright-
Make it delightful for everyone's sight-
On that great day, we will make up our minds-
Victors win a trophy that's one of a kind-*



November Years of Service Anniversaries

Roger Lammey - 11 years
Brian Wicker - 11 years
Randy Flitter - 7 years
Santiago Trevino - 5 years
Farley Trevino - 4 years
Ryan Hughes - 3 years
Jeff Landeen - 1 year

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

