



Stan's Ink Monthly



Volume 15, Issue 5

May, 2021

Mark Your Calendar!

May 21 - Apparel Orders Due

May 31 - Memorial Day



Mike's Words of Wisdom...

Spring is Springing and the US is opening back up!

The birds are singing and the weather is warming, so it is time to get outside and enjoy all the things that come with Spring! This Spring is especially exciting because every day we see more and more businesses opening up and the restrictions becoming less. As essential workers, we have been on the front lines delivering goods and raising livestock and grain to feed the world, so having things open up won't be quite as exciting to us, but it will be good to get back to the new normal and not live in fear for our health and our businesses survival.

I want to thank each employee that kept our businesses and our customers running for the last 15 plus months. Without your hard work and dedication, we wouldn't have gotten to "the other side". But here we are, we can see the other side and it looks pretty good from where we came from.

So now what do we do when things get back to the new normal? Hopefully we will be able to give hugs to our loved ones and not feel awkward when we meet someone and wonder whether we should shake their hand or not. The number one thing we will need to work on is how to become social again because a pandemic is perfect excuse to isolate ourselves from others and stay home.

During the pandemic we all lost something, the worst was the loss of a friend or loved one. Everyone lost time with family and friends, living in fear of what might happen and having to make decisions hourly on how to handle the next thing coming at us. The good news is, we had and have each other to lean on during our times of need and we need to continue to support our families and friends and appreciate those relationships now more than ever because what we learned from a pandemic is that it can be taken away in a whisper. Step outside and enjoy the weather along with all the sounds of Spring springing because baby we're back!!

Respect Relationships Results

Highway to Health

How Does Anxiety and Stress Cause Gut Problems?

When stress occurs, the sympathetic nervous system activates a surge of the stress hormone, cortisol, into the bloodstream, causing the "fight or flight" response.

When stress is left unmanaged, elevated levels of cortisol can erode and damage the lining of the digestive tract.

Cortisol also hinders your body's ability to metabolize glucose in the blood, produce serotonin (the mood-regulating hormone), and control bowel contractions — causing you to visit the bathroom too many times or not enough.

Symptoms of Gut Stress:

- ◆ Upset stomach after eating
- ◆ Diarrhea or constipation
- ◆ Cramping and/or bloating
- ◆ Heartburn
- ◆ Acid reflux
- ◆ Anxious, racing thoughts
- ◆ Mood swings
- ◆ Depression
- ◆ Restlessness
- ◆ Inability to sleep or sleeping too much

Ways to Cope with Stress:

- ◆ **Eat well** – Limit sugar and processed foods. Rather, drink plenty of water and eat foods rich in fiber.
- ◆ **Practice meditation and prayer** – Journaling, prayer and meditation are practices that clear the clutter in our minds.
- ◆ **Use complementary medicine** – Known as integrative medicine, aromatherapy, massage and acupuncture can soothe anxiety.
- ◆ **Exercise** – Working out releases feel-good hormones called endorphins, which will help you navigate stressful situations with a positive mindset.
- ◆ **Say "no"** – When life is overwhelming, say "no" and reevaluate what activities and responsibilities you want to continue.
- ◆ **Take a probiotic** – Probiotic supplements maintain and restore gut bacteria.
- ◆ **Avoid alcohol** – It's tempting to text a friend and go out for drinks after a stressful week, but that will further irritate and damage your digestive tract.
- ◆ **Do not smoke** – Quit smoking; smoking-cessation resources can help.

Source: Avera.org

WEAR YOUR TEAM COLORS!

Custom Apparel Orders
DUE 5/21/21

We're offering the custom apparel allowance again to all Stan's Employees.

REMINDERS: Stan's allowance will pay HALF of your total custom apparel order amount UP TO \$50. 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.

Contact:

Elizabeth 605-961-9501 elizabethp@stansinc.net
Morgan 605-961-9511 morgant@stansinc.net

HR CORNER

Career Opportunities!

Stan's ◆ Accountant
◆ Controller
◆ OTR Drivers

Heartland Pork ◆ Maintenance Manager
◆ Swine Technicians
◆ Finishing Assistants

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

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

April Accidents & Incidents

Backed into pole with trailer - \$400
Drug trailer tire - \$1,000

Total: \$1,400

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



Stan's employees have worked

319 days

without a "lost time" accident!



Huron Area Family Business of the Year!

Stan's was presented the Huron Area Excellence in Family Business Award by the Prairie Family Business Association! This award recognizes the accomplishments of local family businesses and their contributions to their communities. Established in 1964 by Stan Kopfmann, and now spanning 3 generations of the Kopfmann family, Stan's was recognized for exemplary family, business, and community leadership.



May Birthdays

Audrey Baysinger - 5/14
Alex Ames - 5/21
Tim Walker - 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
Lynn Hinrichs - 6/22
Bob Baker - 6/27
Corrie Snedeker - 6/30

Happy Birthday to our June babies!

Check out the Monthly Safety Media!

Offered in 2 media formats: CD's & Flash Drives

Congratulations to the April winners!

Jeff White Jeffrey Landeen Kim Stacy
Jimmie Rederth Steve Wenninger

April Top Fuel Mileage Performers

Reefer Division:

8.43 MPG - 7.19 MPG Cost/Mile \$0.37 - \$0.44

Brian Alumbaugh - 8.43
Randy Flitter - 8.23
Steve Borkowski - 8.17
Jeff Landeen - 8.03
Orlando Lopez - 8.03

Total April Miles: 435,355 April MPG Avg: 7.67

Stan's Welcomes a New Employee!

Chrystalina Alejandro Joins the Reefer Division.



Please take the time to introduce yourself!



Congrats to our 2021 winners! They are splitting \$151!

1st place: Patsy "Auto-Pick" Hoglo, (AKA: Should've bought a Powerball ticket too!) - \$98 (65%)

2nd place: Dave "...stupid...Baylor!!!" Uttecht - \$38 (25%)

3rd place: Alex "It's 1 Better than 4th!" Kopfmann - \$15 (10%)

Thanks to everyone for participating!

9th Annual Brett Boomer Memorial Golf Classic



Wessington Springs Country Club

Wessington Springs, SD

- 8:00 am Breakfast
- 9:30 am Departure
- 10:00 am (or so) Golf in Springs

\$50.00 ENTRY FEE

Includes: green fees for 18 holes of golf, golf cart (2 players / cart), food, (some) beverages, and transportation to and from the golf course, in the one and only "Red Hog Express"!!! We will leave from, and return to The Red Hog in Alpena.

We welcome all of Brett's friends to join us in celebrating his lasting memory with an event we all know he would've loved!

The Red Hog Express is all souped-up and ready to roll!!! Driver Stan says: "Get here early or the bus leaves without you!!!"



In loving memory of Brett (Blue Boomer)

We will be happy to arrange lodging at "The Shock" for those of you coming from out of town.



PLEASE RSVP AT: T. BOOMER@STANSINC.NET OR CALL: CELL: (952) 261-7739 WORK: (605) 961-9505

Please spread the good word to those that I may have missed!!!

We will all be meeting up at The Red Hog Saloon, in Alpena for some food, beverages and prize drawings after our golfing (mis-)adventures on the afternoon of June 12th around 3-4 pm. Everyone is welcome to join us at any time that you can make it! All friends of Brett's are invited!!! Looking forward to seeing you all soon!!!
- Todd



May Years of Service Anniversaries

Mike Kopfmann - 33 years
Alex Kopfmann - 11 years
Megan Kopfmann - 9 years
Todd Boomer - 9 years
Steve Borkowski - 6 years
Blain Tebay - 6 years
Chris Cashman - 5 years
Orlando Lopez - 4 years
Jason Mundy - 3 years
Shaun Lay - 3 years
Morgan Tebay - 2 years
Audrey Baysinger - 2 years
Ben Rostyne - 1 year
Harry Solomon - 1 year

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