



Stan's Ink Monthly



Volume 15, Issue 6

June, 2021

Mark Your Calendar!

June 14 - Flag Day
 June 20 - Father's Day
 June 20 - 1st Day of Summer
 July 4 - Independence Day



Highway to Health

Fitting in Fitness - Simple steps add up

Did you know you benefit from even small amounts of moderate activity throughout the day? Regular physical activity is easier to fit in than you may realize and can lower your lifetime risk for cancer – and heart disease and diabetes, too.

Adults: Get 150 to 300 minutes of moderate intensity or 75 to 150 minutes of vigorous intensity activity each week (or a combination of these). Getting even more activity is ideal.

Children and teens: Get at least 1 hour of moderate or vigorous intensity activity each day.

Moderate activity is anything that makes you breath as hard as you do during a brisk walk. During moderate activities, you'll notice a slight increase in heart rate and breathing, but you may not break a sweat.

Vigorous activities are performed at a higher intensity and generally use large muscle groups. They cause a noticeable increase in heart rate, faster breathing, and sweating.

Being more physically active than usual, no matter what your level of activity, can have many health benefits.

Examples of Moderate and Vigorous Physical Activities

	Moderate Intensity activities	Vigorous Intensity activities
Exercise and leisure	Walking, dancing, leisurely bicycling, ice skating, roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dance, martial arts, jumping rope, swimming
Sports	Volleyball, golfing, softball, baseball, badminton, doubles tennis, downhill skiing	Soccer, basketball, field or ice hockey, lacrosse, singles tennis, racquetball, cross-country skiing
Home activities	Mowing the lawn, general lawn and garden maintenance	Digging, carrying and hauling, masonry, carpentry
Occupational activity	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, fire fighting)

Source: American Cancer Society

Mike's Words of Wisdom...

"If you think you can or think you can't, you're right."
 - Henry Ford -

Our mind is a powerful tool that can help us accomplish anything or give us reasons not to even try something. It is said that we have the power to move mountains with our minds if we harness the energy in the right manner. The mind directs our perception and can change our mood drastically, in positive or negative ways. It's our choice each day as to what attitude we will have...good or bad?

Henry Ford was a visionary who envisioned every family having the opportunity to own a horseless carriage. As an innovator, he failed 2 times in business before he started Ford Motor Company, which is still today one of the top leaders in vehicle manufacturing. Henry Ford took inspiration from the past, saw opportunities for the future, and believed in technology as a force for improving people's lives.

When I read the article on him, I thought to myself, what are we doing to improve people's lives. Are we making efforts personally and professionally to leave this world better than we found it, or are we just using up resources for our own benefit? I would like to think we are all working to do better, and leave it better, by doing the right things for the right reasons and working for the good of our family, team, and country. Each person can make a difference in their lives and others lives by the decisions they make and actions they take.

For our success, and Stan's success, we need to trust one another and take some insight from Mr. Ford by learning from the past, taking chances on the future, and working to improve people's lives. In the end, it is up to us.... if we think we can or think we can't, we are right! Let's be 'Can Do' people and change ourselves, our company, and our country!

Respect Relationships Results

For those team members who began employment between 1/1/21 and 3/31/21 (or before), you are now eligible to enroll in the 401k! A 401k is one of the best ways to save for your retirement. Stan's encourages you to take advantage of your 401k plan so that you can look forward to a more secure future and will match up to 4% of your deferral. Enrolling is quick and easy! Watch your email for enrollment instructions. For those of you already enrolled, you do not need to take any action. If you have any questions, contact Tammy in HR @ 605-961-9508.



May 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

350 days

without a "lost time" accident!



Check out the Monthly Safety Media!

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

Congratulations to the May winners!

Mike Phillips Loren Postma Don Sackatt
Bob Haibeck Jeff Landeen

May Top Fuel Mileage Performers

Reefer Division:

8.80 MPG - 7.26 MPG Cost/Mile \$0.36 - \$0.44

Brian Alumbaugh - 8.80

Steve Borkowski - 8.66

Randy Flitter - 8.47

Tim Walker - 8.40

Orlando Lopez - 8.36

Total May Miles:
453,619

May MPG Avg:
7.84

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 Alan Boomer



We will be happy to arrange lodging at "The Shack" 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

HRCORNER

Career Opportunities!

Stan's

- Accountant
- Controller
- OTR Drivers

All 3 positions eligible for

\$2000 Referral Incentive!

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

June Birthdays

Ivy Eichstadt - 6/5
Elizabeth Pester - 6/8
KC Hendee - 6/9
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!



July Birthdays

William Eustace - 7/3
Sandy Naber - 7/6
Dan Harmdierks - 7/21

Happy Birthday to our July babies!

Stan's has selected Kordel Kohnen from Hitchcock-Tulare School District as a Stretch the Mile (STM) recipient. STM is a full ride scholarship, combining employer and Build Dakota funds. Kordel will be entering Lake Area Tech Diesel Technology program this fall.



Stan's Welcomes New/Returning Employees!

All joining the Reefer Division.

Please take the time to introduce yourself!



KC Hendee
(Returning employee)



Luis Torres Hernandez



Tim Joynt



Kevin Holloway

June Years of Service Anniversaries

Jim Troth - 23 years
Sandy Naber - 23 years
Lori Haak - 17 years
Patsy Hoglo - 15 years
Brian Stange - 8 years
Austin Kopfmann - 6 years
Loren Postma - 5 years
Jimmie Rederth - 5 years
Zach Kopfmann - 4 years

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