



# Stan's Ink Monthly



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## Highway to Health

### Six Healthy Coping Strategies (and Some Unhealthy Ones to Avoid)

Stress can be short term, like a hard assignment at work, or long term, such as a seriously ill loved one or the process of divorce.

"Our body's natural response when life becomes stressful — and it's out of our control — is to try to regain a sense of equilibrium or calmness," said Malia Holbeck, CSW-PIP, LAC, MSW, Outpatient Behavioral Health Services Manager of the Avera Addiction Care Center in Sioux Falls.

#### Healthy Coping Strategies

**Exercise** – "Hands down, one of the best ways to manage stress is to work out on a consistent basis," said Holbeck. "It lifts the mood, builds confidence and supports physical health." Do some physical activity every day, even just going for a walk.

**Go to counseling** – Regular sessions with a licensed counselor can give you the outlet you're looking for to process various kinds of stress regarding grief, relationship issues and more.

**Get a support system** – Identify a family member or friend you can turn to now and then for support. Be a friend yourself, and return the favor if they need to chat. Agree on certain boundaries so the relationship remains healthy.

**Pray/meditate** – When the heat starts to rise, slow down. Close your eyes, take deep breaths and ground yourself in the reality that this stressful moment won't last forever. If you are a person of faith, use this time to pray.

**Journal** – Writing down your thoughts and feelings when stress creeps in gets some of that negativity out of your head and onto paper.

**Eat healthy** – Just like regular exercise, choosing nutrient-dense foods supports your physical health over the long run when life throws you a curveball.

#### Unhealthy Coping Strategies - Do not handle your stress by:

- Drinking too much alcohol or turning to drugs
- Eating too much or not enough
- Sleeping too much
- Avoiding opportunities to be accountable
- Catastrophizing situations in your head

"Remember, too much of anything that is typically healthy will oftentimes have an unhealthy outcome," said Holbeck. "A vice here and there could snowball into an addiction that may have serious consequences and need treatment later in life."

Source: Avera.org



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

**Independence** *the fact or state of being independent.*

**Independent** *free from outside control: not depending on another's authority.*

In 1776, the leaders of this country were preparing to vote on our independence from England. That was not an easy decision as there would be consequences from England, but the colonies had the desire to become free of England's control and form independent states, or the United States of America. Had they not desired freedom from England's rule, we would not have the opportunities/freedoms that we have today.

With the Declaration of Independence declared, we became independent as a nation and as individuals. Our independence has been challenged in the last 18 months with all the rioting, protesting, and the simple choice to get vaccinated or not to. Being independent allows us to make our own decisions and defend our rights, but we also have a big responsibility to follow the laws and constitution. If we discuss, debate, and decide our issues and what is best for all of us, we will have the best outcomes for our country and that is the responsibility of every US citizen.

At Stan's, we have a responsibility to make a difference by having input that helps Stan's, its customers, and vendors. Sharing input is what makes us different from our competitors. Anyone can buy the equipment to do our jobs, but it is how we use the tools we have and the ideas we come up with that makes us valuable to Stan's and our customers. Each day we should be asking ourselves what we can do to make ourselves and our company more efficient and productive. If we do that, we will grow both individually and as Team Stan's.

Whatever challenges that come our way as individuals, Stan's, or our country, we have to stand united and remember that we live in the greatest country of them all and freedom isn't free. It takes all our efforts to keep it free and functioning as the greatest country in the world, with the most opportunity to achieve the American Dream. That American Dream is out there, if we want it! Celebrate Our Independence!

**Respect Relationships Results**

## July is UV Safety Awareness Month

**Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer.**



**Clothing, Sunscreen, Hats, Shade and Sunglasses can protect you from harmful UV rays.**

## June 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

## 379 days

without a "lost time" accident!



## July Birthdays

Sandy Naber - 7/6  
Dan Harmdierks - 7/21

Happy Birthday to our July babies!



## June Top Fuel Mileage Performers

### Reefer Division:

9.18 MPG - 5.69 MPG Cost/Mile \$0.36 - \$0.58

Randy Flitter - 9.18  
Terry Nedved - 8.95  
Brian Alumbaugh - 8.92  
Jeff Landeen - 8.77  
Steve Borkowski - 8.67

Total June Miles: **434,174** June MPG Avg: **7.84**

# 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

## August Birthdays

Monty Johnson - 8/5  
Judy Miller - 8/8  
Terry Nedved - 8/8  
Tim Joynt - 8/10  
Catherine Lucklum - 8/12  
Barry Eldeen - 8/14  
Robin Sombke - 8/15  
Patsy Hoglo - 8/18  
Mark Goral - 8/18  
Alex Kopfmann - 8/20  
Jeff Landeen - 8/24  
Kevin Holloway - 8/25  
Dave Fletcher - 8/30

Happy Birthday to our August babies!

## June Safety Media Winners!

Kim Stacy Jimmie Rederth Orlando Lopez  
Steve Wenninger Santiago Trevino

## DRIVERS!

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



# Stan's Welcomes New Employees

Please take the time to introduce yourself!



**Jesus Garcia**

Joins the Reefer Division.



**Seth Hastings**

Joins the Reefer Division.



**Nei Kaw**

Joins the Wash Bay Division.



We are excited to announce some upcoming improvements to our Stan's Inc. 401k Plan. A brief overview of the changes:

A much more user-friendly website with more information about the plan itself, investing and other financial topics.

We will provide you with additional information in coming weeks as we get closer to the transition date.

## July Years of Service Anniversaries

Bob Haibeck - 21 years  
Les Eckels - 11 years  
Hans Anderson - 6 years  
Todd Johnson - 3 years  
Elaine Puetz - 2 years  
Ward Swart - 1 year

# Thank You

for your service & dedication to Stan's!

The 9th Annual Brett Boomer Memorial Golf Classic was held on June 12th in remembrance of Brett Boomer. Donations raised during this event were over \$2,500 with the proceeds going to the Alpena Volunteer Fire Dept. This year we had over 50 golfers!

Thank you to everyone who participated and for the many donations!!

Next year's event, the 10th Annual Brett Boomer Memorial Golf Classic, will be held on Saturday, June 11th, 2022.

