Stan's Ink Monthly

Est. 1964 STAN'S ALPENA, S.D.

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Mark Your Calendar!

May 20 - Apparel Orders Due

May 30 - Memorial Day

Highway to Health

How to Care for Repetitive Use Injuries

"When you do a movement over and over too frequently, the tissue — the muscle, ligament or cartilage — gets microscopic injuries," said Brandon Fites, MD, sports medicine and orthopedic surgeon with Avera Orthopedics.

Common symptoms include:

- Pain, described in a variety of unique ways: dull, throbbing, stabbing, etc.
- Weakness that makes it difficult to lift something with your arm or put weight on your leg
- Swelling and/or warmth in the affected area

Overuse injuries, also known as repetitive strain injuries, are common in older adults, whose bodies are more susceptible to wear and tear, and athletes, who overtrain without proper rest days. However, most everyone will experience an injury such as this sometime over the course of their life.

Types of Overuse or Overtraining Injuries

Examples of overuse or overtraining injuries include:

- Shin splints
- Stress fractures
- Runner's knee
- Tennis elbow
- Muscle aches
- Tendonitis
- Bursitis
- Synovitis (inflammation of the joints)

"Typically, the ache of a heavy workout alleviates after a day or two," said Fites. "With overuse injuries, the ache persists for weeks, months or years if it's not addressed."

Treating the Repetitive Strain Injury

The best home remedy to try is RICE — Rest, Ice, Compression and Elevation. When this doesn't work, it's time to see an expert.

Sports medicine aims to resolve repetitive strain injuries through nonsurgical measures. Your personalized care plan might involve a combination of:

- Physical therapy
- Cortisone shots
- Anti-inflammatory medication, such as over-the-counter ibuprofen or acetaminophen
- Specially prescribed pain medication

In rare occasions, your orthopedic expert will turn to surgery only after exhausting a personalized approach of nonsurgical options. If surgery is necessary, your physician will use minimally invasive techniques to remove the damaged tissue from the joint, tendons, etc.

Source: Avera.org

Mike's Words of Wisdom…

"It's not your goals that will lead to your success but your commitment to the process."
-Jon Gordon

The word commitment scares a lot of people, because if you commit to something, you have expectations from others to see it through. So we sometimes don't commit to something just because we think it is too much work. On the other side, if you show commitment to your spouse, family, or work family, you in turn will get their commitment back to you, so don't be afraid to commit to something and even if you come up a little short in reaching your goal, you can be proud of taking that step forward and making the effort.

In Jon's quote, he says commit to the process, and the process is the way you get to the goal. I believe in the 3 P's (along with the 3 R's), the 3 P's are; People, Product, and Process….

People are the foundation that makes a family or a business function. Without people nothing happens, and with great people like we have at Stan's, we can do great things as a team servicing our customers.

Product. We have great products to sell at Stan's, we have quality feed for livestock that enhances our customers production, and we have a great service orientated group of skilled people that want our customers to have a great experience working with Stan's and utilizing our products.

Process is how the people utilize their skills to deliver the products our customers need for the success of Stan's and its customers. Building and following a process takes dedication and commitment (there's that word again) to reach our goals individually and as a team.

When we feel down at home or at work and are trying to find the easy way through something, we need to take control and do the right thing for the right reason. We can't allow ourselves to tell us what to do, but we have to be in control and tell ourselves what to do. Make an effort to tell yourself, that you can and then you will! Making that commitment to the process will allow you to achieve any goals that you set in life!

Respect Relationships Results

WEAR YOUR TEAM COLORS!

Custom Apparel Orders DUE 5/20/22

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.

April Accidents & Incidents

While backing, hit trailer..... $2,000
While backing, hit trailer..... $3,500
Side swiped by another truck..... $1,200
Improper unhooking, damaged lines..... $540
Missed kingpin, damaged back of truck.. $2,100

Total : $9,340

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

April Top Fuel Mileage Performers

Reefer Division:

8.50 MPG – 6.66 MPG Cost/Mile $0.60 – $0.77

Brian Alumbaugh – 8.50
Randy Flitter – 8.42
Terry Nedved – 8.21
Monty Johnson – 8.11
Steve Borkowski – 8.11

Total April Miles: 390,609

April MPG Avg: 7.45

Reminder!

DRIVERS!

Reminder to complete your Safety Training in your TruckRight account.

Reach out if you have questions.

Stan's employees have worked **103 days** without a "lost time" accident!

HR CORNER

Career Opportunities!

- Accountants
- Logistics Support
- IT Support
- Drivers:
  - Grain
  - Regional
  - OTR

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

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

$3,000 REFERRAL & SIGN ON INCENTIVES!

We've increased the Driver Referral & Sign On Incentives! Contact Tammy for more details! 605-961-9508

Stan's Welcomes New Employees!

Dalton Zent
Joins the Feed Division

Jimmy Block
Joins the Reefer Division

Eric Waldner
Joins the Reefer Division

Please take the time to introduce yourself!

May Birthdays

Audrey Baysinger - 5/14
Alex Ames - 5/21
Tim Walker - 5/21
Sam Wenninger - 5/31

Happy Birthday to our May babies!

June Birthdays

Ivy Eichstadt - 6/5
Elizabeth Pester - 6/8
Mike Powell - 6/9
Farley Trevino - 6/10
Jesus Garcia - 6/12
Todd Johnson - 6/19
Bob Baker - 6/27

Happy Birthday to our June babies!

April Years of Service Anniversaries

Mike Kopfmann - 34 years
Alex Kopfmann - 12 years
Megan Kopfmann - 10 years
Todd Boomer - 10 years
Steve Borkowski - 7 years
Blain Tebay - 7 years
Chris Cashman - 6 years
Morgan Tebay - 3 years
Audrey Baysinger - 3 years

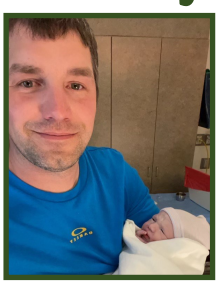
Thank You
for your service & dedication to Stan's!

GET ON THE ENERGY BUS!

We encourage you to read (or listen to) Jon Gordon's "The Energy Bus". We have the books you can check out at both offices, or you can download it on any of your convenient audio book APPs.

It's a Boy!

Patrick & Cheyann Johnson welcome



Grayson Allen Johnson

Born 4/28/22
8lbs 5oz