



Stan's Ink Monthly



Volume 16, Issue 7

July, 2022

Mark Your Calendar!

July 19 - Safety Meeting



Highway to Health

Ouch! What Happens When You Roll Your Ankle

Ankle injuries vary from a variety of different sprains and fractures, and while they happen to almost everyone, knowing the facts can help you recover faster and prevent them.

"An inversion, or lateral ankle sprain, is when your foot rolls to the inside and the pain is on the outside area of your ankle, and it is the most common sprain," said Avera Orthopedics podiatrist and surgeon Brian Dix, DPM, explained that there are a few types of sprains as well as a few levels of ankle fracture.

Dix said the medial or eversion sprain is when you roll your foot outward and have pain on the inside of the ankle. "They are less common," he said.

How to Treat a "Basic" Sprained Ankle

While all are painful, the inversion and eversion sprains usually require less **RICE** – an acronym clinicians apply to the basic treatment protocol:

Rest: Spend as little time on your feet as possible

Ice: Treat the injury with cold packs on a regular basis

Compression: Wrap the injured ankle with an elastic bandage, wound tightly

Elevation: Keep the injury "up" as best you can

Dix said medial and lateral sprains usually lead to two to three weeks of RICE applications to get you healed.

Tips to Avoid Ankle Injuries

- Work on balance training: Easy exercises, such as balancing on one foot, can help you improve your equilibrium. Try brushing your teeth on one foot; it's an easy way to make your ankles stronger.
- Reinforce your muscles: Take plenty of walks, or try a simple exercise, such as using a towel as resistance. Just work on it regularly and move your foot against the towel, up, down, in and out.
- Stretch more: Develop a stretching and mobility routine. Being flexible with in-shape lower extremity muscles is good for overall health.
- Protect yourself: Use tape or a brace if you're planning more aggressive activity.
- You can't over-prepare: If you're a "weekend warrior" and haven't done much running or jumping in a while, give yourself time to get up to "near-game" or "real-game" speed before you go all out. A gradual build-up to the level of activity you wish to attain is smart.

Source: Avera.org

Mike's Words of Wisdom...

Independence Day

The fireworks are over, the parades are done, and the 4th of July celebrations have come to a close until next year. The importance of celebrating and supporting our freedoms in the Declaration of Independence should not just be celebrated one day a year, but every day. Many people throughout the world don't have the opportunity to experience freedom, or even know that it exists. Most governments want to control their people, rather than let them have a Vote in what they do. In the years leading up to the signing of the Declaration of Independence in 1776, our forefathers had clarity as to what they wanted, and it was the exact opposite of the British rule they were currently under.

5 Steps to Clarity that we need to help us reach our goals.

- 1) **What you want to do.** Knowing what we want to do is the first step in reaching our goals. The Colonists knew what they wanted, less taxation and more representation.
- 2) **Why you want to do it.** The why is the results we are looking to achieve. Freedom of speech was one of the why's under British control.
- 3) **How you will do it.** This is the action plan that we need to accomplish our goals. Forming a new government and breaking away from the British.
- 4) **The benefit of doing it.** The reward we receive for the efforts we make. Forming a free nation that operates for the people.
- 5) **The cost of inaction.** Doing nothing gets us nothing. The saying is, there are people who make things happen, people who watch things happen, and also people who wonder what happened. Had our forefathers not formed the governing bodies of the United States, where would we be today? Most likely not a free country!

At home or at Stan's, it starts with a clear plan to succeed by developing a plan, acting on it, and achieving our goals. Just like our forefathers in 1776 had clarity, they wanted out from under British control and build a country that was governed by the People, State, and Federal Government, with the People having the power, not the government. Whether you vote Red or Blue, we can agree we have lost that initial clarity, but if each one of us gets involved to make our families, our towns, and our country a better place, it can grow to be the greatest free country in the world. God Bless America and all of us in it!

Respect Relationships Results

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 our convenient audio book APPs.

Below are 4 more of the Energy Bus Rules that Mike shared with us the past few weeks:

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|---|--|--|--|
| Rule #5
Don't Waste
your Energy on
those who Don't
get on the Bus! | Rule #6
No Energy
Vampires Allowed! | Rule #7
Enthusiasm Attracts
More Passengers And
Energizes Them During
The Ride! | Rule #8
Love Your
Passengers! |
|---|--|--|--|

June Accidents & Incidents

Air Lines pulled loose..... \$450

Total : \$450



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

Stan's employees have worked

164 days

without a "lost time" accident!

**THINK SAFE
WORK SAFE
BE SAFE**

July Birthdays

Sandy Naber - 7/6
Cooper Haeder - 7/7
Dan Harmdierks - 7/21
Carrie Strough - 7/22
Kordel Kohnen - 7/23

Happy Birthday to our July babies!

Happy Birthday

June Top Fuel Mileage Performers

Reefer Division:

6.75 MPG - 9.25 MPG Cost/Mile \$0.85 - \$0.62

Randy Flitter - 9.25
Michael Phillips - 8.90
Terry Nedved - 8.85
Loren Postma - 8.84
Steve Borkowski - 8.80

Total June Miles:
432,153

June MPG Avg:
7.92

HRCORNER Career Opportunities!

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

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

Jimmy Block - 8/1
Monty Johnson - 8/5
Judy Miller - 8/6
Terry Nedved - 8/8
Blake Meyer - 8/10
Tim Joynt - 8/10
Barry Eldeen - 8/14
Patsy Hoglo - 8/18
Mark Goral - 8/18
Alex Kopfmann - 8/20
Jeff Landeen - 8/24
Kevin Holloway - 8/25
Dave Fletcher - 8/30
Bill Ryan - 8/31

Happy Birthday to our August babies!

\$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!

All joined the Reefer Division. Please take the time to introduce yourself!



Farris Tinder



Chris Hallacy



Ronnie Short

July Years of Service Anniversaries

Bob Haibeck - 22 years
Les Eckels - 12 years
Todd Johnson - 4 years
Elaine Puetz - 3 years
Rick Airth - 1 year

Thank You

for your service & dedication to Stan's!



The 10th Annual Brett Boomer Memorial Golf Classic was held on June 11th in remembrance of Brett Boomer. Donations raised during this event were \$3,800 with the proceeds going to the Alpena Volunteer Fire Dept. This year we had over 70 golfers!

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

Next year's event, the 11th Annual Brett Boomer Memorial Golf Classic, will be held on Saturday, June 10th, 2023.

July is...

UV SAFETY MONTH
PROTECT YOURSELF IN 5 WAYS!

