



Stan's Ink Monthly



Volume 16, Issue 9

September, 2022

Mark Your Calendar!

Sept. 12 - 16 - Driver/Employee Appreciation Week
Sept. 22 - Autumn Begins
Oct TBD - Flu Shot Clinic



Highway to Health

September is
National Suicide Prevention Month

Several things can put a person at a higher risk of attempting suicide, including a past suicide attempt or negative life events that lead to humiliation, shame or despair. This may include loss of a relationship, of employment status, of money, or a change in their health.

Warning Signs of Suicide:

If a person talks about:

- Wanting to die
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

People who are considering suicide may display one or more of the following:

- Depression
- Fatigue
- Anxiety
- Loss of interest in things they usually enjoy
- Humiliation or shame
- Agitation, aggression, irritation or anger

Behaviors that may signal risk:

- Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities or relationships
- Sleeping too much or too little
- Changing behavior or the presence of entirely new behaviors, especially when related to a major life event.

If you're worried about someone who might be thinking about suicide, it's important to ask the question: **Are you thinking about suicide?** If they say yes, ask them: Can I talk more with you about those thoughts? Find out as much as you can: Have you thought about a plan of how you would attempt suicide? Have you thought about when you may attempt suicide? The more detailed the plan and the more likely it is that the person has the ability to act on the plan, the more danger they are in right now.

If there is a risk of suicide,
call the Suicide & Crisis Lifeline at 988 to
speak with a mental health professional available
24/7 or go to your local emergency room.
Don't wait. Don't leave the person alone.

Source: Avera.org

Mike's Words of Wisdom...

There's nothing more powerful than a humble person with a warrior spirit who is driven by a bigger purpose.

Jon Gordon

Are there people out there that check all three of these boxes? I think if we look in the mirror we may say no because we are not always a humble, warrior, and purpose driven person, but I do think all of us have these characteristics that come out from time to time. We need to focus on developing these skills to utilize them every day. Here is the definition and breakdown of the 3 skills...

Being Humble is having a modest estimate of one's importance. In today's world, society shows very little humility. Whether it is social media or the news, everyone seems to want to "Toot their own horn" as my Grandma used to say. Humility comes through appreciating others, utilizing our assets for the good of others, and being a giver rather than a taker of time, energy, and love.

A Warrior is a person experienced in warfare broadly. While most of us don't have broad warfare experience, Dad's definition would be, "they have been through the war". Meaning that they have learned lessons from the battles they have endured in life and keep fighting for their beliefs and principles. Being a warrior is doing the right things for the right reasons in life and learning along the way.

Driven by a Bigger Purpose. Everyone's purpose is not the same, some are, but not all. Maybe our bigger purpose is faith, family, career, financial success, world peace, or saving the world from its own destruction. Our purposes can be anything we want it to be as long as it leads us to accomplishing our goals. Once that happens, we can't stop, we need to reset our goals and align our purpose with the new goals.

In the end, it kind of works backwards. We need to first set our goals, find what drives our bigger purpose to reach those goals, become a warrior in our actions and learn along the way, while being a humble servant in all that we do. Become this Powerful Person by being aware of our actions each day at Stan's, home, or in public and we will produce positive results that will benefit all of us today and future generations to come.

Respect Relationships Results

For those team members who joined the Stan's team prior to 7/1/2022, 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.



FLU SHOT CLINIC

Date/Time TBD
Stand by, more details coming soon!

August Accidents & Incidents

Trailer sank on soft pavement \$3,000

Total : \$3,000



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

Stan's employees have worked

225 days

without a "lost time" accident!



September Birthdays

Santiago Trevino - 9/1
Loren Postma - 9/3
Elaine Puetz - 9/7
Stan Kopfmann - 9/7
Morgan Tebay - 9/8
Cody Barth - 9/17
Nick Gebel - 9/18
Bradley Mann - 9/25
Andrew Aipperspach - 9/30



Happy Birthday to our September babies!

August Top Fuel Mileage Performers

Reefer Division:

6.64 MPG - 9.28 MPG Cost/Mile \$0.76 - \$0.54

Randy Flitter - 9.28
Terry Nedved - 8.92
Loren Postma - 8.90
Steve Borkowski - 8.76
Jimmy Block - 8.74

Total August Miles: 456,097 **August MPG Avg: 7.89**

HRCORNER Career Opportunities!

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

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

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

October Birthdays

Kenny Hendee - 10/1
Roger Lammey - 10/7
Dallas Schmedeke - 10/11
Jeff Fix - 10/11
Audrey Dick - 10/13
Brian Alumbaugh - 10/15
Mike Kopfmann - 10/17
Steve Borkowski - 10/21



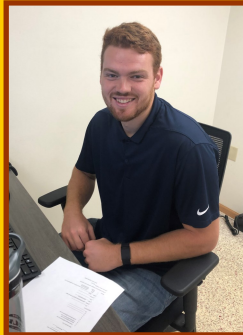
Happy Birthday to our October babies!

Stan's Welcomes New Employees!

Please take the time to introduce yourself!



Thane McFarland
Joins the Accounting Division



Tye Evers
Joins the Dispatch Division

FIRE SAFETY!

Mid August, Stan's had their annual fire extinguisher training. Safety is a culture and a priority that Stan's continues to promote. Training of this nature prepares Stan's team members for situations at the workplace and at home. Big THANK YOU to Chris of Midwest Fire and Safety out of Mitchell, SD for sharing his knowledge & expertise with us! And thank you to all Stan's team members for keeping safety at the forefront of your everyday routines.



September Years of Service Anniversaries

Luverne Jager - 21 years
Monty Johnson - 15 years
Nick Gebel - 5 years
Keith Barth - 1 year
Sam Wenninger - 1 year

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

WEAR YOUR TEAM COLORS!

Custom Apparel

Orders DUE 10/28/22

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.

Contact Elizabeth to place your order:
elizabethp@stansinc.net
605-961-9501

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

...and food, and gathering with co-workers who have become friends & family! We recently gathered to enjoy a little bit of all of this!



DRIVER AND EMPLOYEE Appreciation WEEK

SEP. 12th - 16th

Lunches & Give-Aways

Two lunches will be served during the week
Wednesday 9/14 & Friday 9/16
12pm - 1pm
in the Driver Lounge Area.



Snacks & Munchies

Available In Driver's Lounge and Break Rooms ALL WEEK LONG.

Proud Grandparents!

Les & Nancy Eckels welcome their first grandchild!

Hannah Karen Fullner



Congrats to Katie Bierman, granddaughter of Tammy Bierman on being crowned Homecoming Queen @ Ipswich High School.



Congrats Elaine Puetz & Keith Wels on your wedding!

