Stan's Ink Monthly

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

Volume 17, Issue 1 January, 2023

Mark Your Calendar!

Jan 16 - Martin Luther King Jr. Day
Jan 17 - Safety Meeting 2pm

Highway to Health

Don't Ignore the Signs of Prediabetes

Can a health problem actually be considered a blessing? Yes, according to Mary Lobb Oyos, RN, MS, who serves as a Diabetes Program Manager at Avera McKennan Hospital & University Health Center. "Prediabetes is the check-engine light on the dashboard of life," she said. A diagnosis of prediabetes gives you the opportunity to do something about it, before it causes long-term, permanent and costly damage.

Risk factors include:

- Age 45 or older
- Family history of type 2 diabetes or prediabetes
- Overweight
- Sedentary lifestyle
- Diabetes during pregnancy (gestational diabetes) or given birth to a baby that weighed more than 9 pounds

Get Screened for High Blood Sugar

To stay on top of your blood sugar level, your doctor can order a fasting blood sugar check, or a HA1C, which is a blood test that measures average blood sugar over three months.

How to Reverse or Prevent Prediabetes

Often, prediabetes can be reversed or prevented with simple lifestyle changes focused on diet, activity and weight loss, said Taylor.

- Focus on a whole-foods diet. Decrease carbohydrates in your diet, such as candy, pastries, cookies and breakfast cereals.
- Exercise regularly. Getting 150 minutes of moderate exercise a week can improve your sugars. For example, take a 30-minute walk five times a week.
- Lose weight. Losing about 5-7% of your body weight can help your blood sugars and reverse prediabetes.
- Stop smoking. This helps your body process insulin better.

Source: Avera.org

Mike's Words of Wisdom...

You cannot have a positive life and a negative mind. - Joyce Meyer

January is always a tough month for people because the excitement for the holidays has come and gone, the weather keeps us in the house more, and it is light out less time than it is dark. Depression and negativity starts to creep into our lives as our credit card bills arrive and we come down from the highs we had over the holidays with family and friends. And don't forget about the 3 weeks of snow, blow, and cold weather we had to deal with during the holiday season. All of this makes it easy to become negative.

So, what can we do to beat the post-holiday negativity?? Try these 10 ways to set the tone for 2023 from Jon Gordon. **Attack this day with enthusiasm. Love, serve, care. Be Thankful. Replace "Have to" with "Get to". Be a blessing to others. Lead positive. See opportunities in our challenges. Give our best. Focus on your WHY. Play to win.**

One of my favorites out of these is to **Replace "Have to" with "Get to"**. If we looked at the world this way we would be a lot more productive at home and at work! So many times we get stuck behind the excuse of why not to do certain tasks, vs. the blessing of being able to do it. I like to use taking out the garbage, because everyone has garbage and sometimes it sits in the garbage can tied shut and ready to go to the dumpster, but our spouse and kids walk by it like it's invisible. What if we were unable to take that garbage to the dumpster for whatever reason, we would then view being able to do that task as a blessing. So don't complain because you have the "have to" attitude, but be thankful that you "get to". You will be surprised how much more you accomplish at home and work, and your kids, parents, friends, and co-workers will appreciate you more, because a positive life is much more enjoyable to be around vs. someone with a negative mindset!

Start 2023 out right by re-reading these 10 ways to set the tone for the new year, and start to implement them in your daily lives and watch the negativity melt away and the joy fill your life!

Respect Relationships Results

Kind Cooperative Dream Maximum THINK Expand RISE Serve POWER Excellent Enjoy

ONE WORD CHALLENGE FOR 2023

Instead of a 'New Years Resolution' for 2023, change it up to a ONE WORD CHALLENGE! No resolutions, no goals, just One Word that gives meaning, mission, passion, and purpose. One Word that will help YOU be YOUR best!

Some examples: CONNECTED, EXPAND, HEART, PURPOSE, FORGIVE, STILL, SURRENDER, SERVE, PRAY, RISE, ABIDE, POWER.

A word that may mold and shape us to become better; a better person, better father/mother, better husband/wife, better communicator, and better team member and leader. Check your email for tips and resources on how to implement this into the new year and make 2023 the best year yet!

Maximum THINK Honest RISE Serve POWER Successful Best Excellent Development Super

OPTIMISM Successful Best Excellent Development Live Wealth THANKS Expand RISE Prime

December Accidents & Incidents

NONE!

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

Stan's employees have worked **344 days** without a "lost time" accident!

THINK SAFE WORK SAFE BE SAFE

January Birthdays

Luverne Jager - 1/10
Steve Wenninger - 1/10
Austin Kopfmann - 1/24
Arnie Case - 1/24

Happy Birthday to our January babies!

December Top Fuel Mileage Performers

Reefer Division:

6.03 MPG – 7.68 MPG Cost/Mile $0.78 – $0.61

Jimmy Block – 7.68
Miguel Carrillo – 7.60
Farley Trevino – 7.58
Tim Walker – 7.56
Steve Borkowski – 7.53

Total December Miles: 345,252
December MPG Avg: 7.53

HR CORNER

Information regarding Avera Health Insurance renewal effective 2/1/2023 was emailed earlier this week. There are some notable changes that will go into effect on 2/1. Please check your email for specifics. As always, if you have any questions, feel free to contact Tammy.

W2's for 2022 – We are in the process of compiling the information for the W2's. Preparation can be very complex and time consuming as we ensure the information is accurate. Please be patient and know that we are working diligently to get the information to you as soon as we can. If you have had an address change in the past year, please notify Tammy in HR of your new address. Per IRS regulations, W2's must be postmarked by 1/31/2023.

HAPPY Birthday TO YOU

February Birthdays

Dickson Jorgensen - 2/3
Jeni Sinkbeil - 2/6
Megan Kopfmann - 2/9
Jodi Weber - 2/12
Eric Waldner - 2/15
Chris Cashman - 2/24
Terry Martin - 2/26

Happy Birthday to our February babies!

Career Opportunities!

- Ag Business Mgmt.*
- Accountants/Bookkeepers *
- Operations *
- IT Support *
- Drivers **:
  - Feed
  - Regional
  - OTR

All experience levels considered!

* Eligible for $2,000 referral & sign on bonus
** Eligible for $3,000 referral & sign on bonus

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

January Years of Service Anniversaries

Dickson Jorgensen - 19 years
Don Sackett - 8 years
Robbie Schley - 8 years
Mike Powell - 5 years
Dan Harmdierks - 4 years
Alex Ames - 3 years

Thank You

for your service & dedication to Stan's!

January
NATIONAL
SLAVERY & HUMAN TRAFFICKING
PREVENTION MONTH

Stan's has joined with our partners across the transportation industry to stop the flow of human trafficking.

We are committed not only to preparing our own employees to recognize and report suspected instances, but also to raising awareness among the public.

Our message is that human trafficking will not be tolerated. We invite you to join us in the fight to end modern slavery.

#EndTrafficking
#seesomethingsaysomething

PUT THE BRAKES ON HUMAN TRAFFICKING

TRAFFICKERS DON'T DISCRIMINATE.

Anyone can become a victim of human trafficking.

To report suspected human trafficking, call the U.S. Department of Homeland Security (DHS) tip line:
1-866-DHS-2-ICE (347-2423)

If you are a victim and need help, call the National Human Trafficking Hotline:
1-888-373-7888

BLUE CAMPAIGN
One Voice. One Mission. End Human Trafficking.