



Stan's Ink Monthly



Volume 17, Issue 10

October, 2023

Mark Your Calendar!

10/16 - National Boss's Day
10/19 - Flu Shot Clinic 9am - 3pm
10/17 - Safety Meeting 2pm
10/27 - Apparel Orders Due
11/5 - Daylight Savings Time ENDS!



Highway to Health

I Think I Have Kidney Stones, What Do I Do?

Abbey Gaske, MD, a urologist with Avera Medical Group in Aberdeen, has the answer to that question and how you can try to prevent them.

What is a kidney stone?

A kidney stone is when a hard deposit or rock forms from minerals and salts that normally circulate in your urinary tract. Most kidney stones are made of calcium, with calcium oxalates stones being the most common, but there are a variety of different kidney stones.

When should you go to the doctor?

If you have a kidney stone, you're going to develop a sudden onset of pain. It's usually in your flank, your back, your lower most ribs and that pain can be as severe as labor pain, and this sudden, severe pain can even radiate or travel to the front of your abdomen. Often times it's associated with vomiting and nausea or even fever, so if you have pain that is sudden and severe and it's not relieved with a pain reliever or rest, especially if you have a history of kidney stones, then you would need to come to the emergency room, especially if it's coupled with nausea and vomiting or fever and chills to suggest that you have a blockage or obstruction that might require intervention.

How can you prevent kidney stones?

The best way to prevent kidney stones is to drink lots of fluids and maintain good hydration. For some people certain dietary indiscretions such as excessive amounts of oxalates, which you find in leafy, green vegetables and teas and certain beans and beets, can be problematic, but for most people it's increasing the amount of fluids and decreasing the amount salt in their diet, and that salt is often hidden in foods that we eat, especially when we eat outside of the home. Lastly, diets that are very high in animal protein can also give a predisposition to form stones.

Source: Avera.org

Mike's Words of Wisdom...

Four C's

Jon Gordon says that if we want to be productive employees, managers, or family members we need to follow the 4 C's which are Communicate, Connect, Commit, and Care. How we utilize these 4 C's will determine the strength of our relationships with others.

Communicate. We hear that Communication is King a lot, but it is so true. If we openly communicate with our team members or family members, we can deal with almost anything. Communicating doesn't always mean we agree on ways to do things but it does mean we can Debate-Discuss-Decide. Once we have decided and that decision is in the best interest of Stan's or our family, we can move forward and support it.

Connect. Connecting with someone is understanding their role and intentions as well as them understanding ours. We can't really connect with someone unless we communicate with them, so we all need to make that effort at home and at work to connect with one another, so we understand their motivation and why everyone is going in the direction they are going.

Commit. Make that commitment in our relationships with our family or Stan's and become all in to accomplish our goals. Commitment is something that takes trust from both sides and once we have it, we will be stronger as a group rather than standing alone.

Care. Theodore Roosevelt's quote puts this in perspective "Nobody cares how much you know, until they know how much you care." So simple but so true, if no one cares then no one cares. That won't work long term in any relationship at home or at Stan's because not caring is the cancer of any relationship. Showing others we care allows for the opportunity of trust and relationships to be built and strengthened.

The 4 C's are something that can build great relationships and build great marriages, families, and businesses. If we take the time to Communicate, Connect, Commit, and Care we can become better friends, spouses, or Stan's teammates and best of all we will become a better person overall!

Respect Relationships Results

WEAR YOUR TEAM COLORS!

Custom Apparel Orders
DUE 10/27/23

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



HURON CLINIC WILL OFFER
FLU SHOTS FOR ADULTS
AT THE

ALPENA COMMUNITY CENTER
THURSDAY, 10/19/23
9 AM TO 3 PM

(This is a walk-in clinic.
No appointment necessary)

PLEASE BRING
INSURANCE CARD OR
\$25 CASH OR CHECK PAYMENT

September Accidents & Incidents

A driver pulled out in front of our truck \$1,305
 Drug tire \$300
 Stuck parked truck with trailer \$3,700
 A driver pulled out in front of our truck \$2,011

Total : \$7,316



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

September Top Fuel Mileage Performers

Reefer Division:

6.65 MPG - 9.59 MPG Cost/Mile \$0.69 - \$0.48

Roger Lammey - 9.59

Terry Nedved - 9.24

Randy Flitter - 9.05

Bill Steffey - 9.04

Steve Borkowski - 9.02

**Top 5
ALL over
9.00!**

Total September Miles: 425,872 **September MPG Avg: 8.04**



During our National Truck Driver Appreciation Week lunch, we were honored to have Brett Snoozy of Great West Casualty Company join us. Brett presented Stan's with a **PLATINUM** award for Outstanding Achievement in Highway Safety, which is the highest level of this award.

At the recent SD Trucking Association Annual Meeting, Stan's was recognized for Highway Safety. In the state of SD alone, between the dates of 7/1/2022 - 6/30/2023, Stan's driver's (including Feed, Grain & Reefer) logged in excess of 1.75 MILLION miles (2,134,562 actual miles) with ZERO accidents.

CONGRATS
 and thank you
 to all of Stan's
 drivers who work
 hard to keep the
 roadways safe!



Stan's employees
 have worked

617 days

without a
 "lost time" accident!

**THINK SAFE
 WORK SAFE
 BE SAFE**

HR CORNER Career Opportunities!

- Feed Mill Support
- Diesel Mechanic *
- IT Support *
- Logistics Support/CSR
- Drivers **:
 - ⇒ Regional & OTR

* Eligible for \$2,000 referral bonus

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

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

During the week of 9/11/23 - 9/15/23
 across the nation, National Truck Driver
 Appreciation Week was observed.

We appreciate all drivers who keep America
 moving forward, especially the Stan's drivers,
 not just this week, but on a daily basis. We
 also appreciate and are grateful for the entire
 Stan's team. We joined in the celebration with
 treats, sack lunches, grill out and gifts!



**Stan's
 Welcomes
 a New
 Employee!**

Kole Davis
 Joins the
 Reefer Division

*Please take the
 time to introduce
 yourself!*

October Birthdays



Kenny Hendee - 10/1
 Roger Lammey - 10/7
 Eric Lothamer - 10/11
 Todd Maples - 10/11
 Audrey Dick - 10/13
 Brian Alumbaugh - 10/15
 Mike Kopfmann - 10/17
 Steve Borkowski - 10/21
 Jason Mundy - 10/31

*Happy Birthday to
 our October babies!*

November Birthdays

Kelly DeBusk - 11/1
 John Bozzella - 11/2
 Bob Haibeck - 11/10
 Blain Tebay - 11/18
 Randy Flitter - 11/19
 Todd Boomer - 11/24
 Zach Kopfmann - 11/25

*Happy Birthday to
 our November babies!*

October Years of Service Anniversaries

Tammy Bierman - 14 years
 Kim Stacy - 6 years
 Tim Walker - 6 years
 Bill Ryan - 2 years

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



We have
 received a
 nomination for
 the Above and
 Beyond Award!

Ryan Hughes writes 'because of
 my limitations due to my bad
 hips, Morgan is helpful to me
 when I have items delivered to
 the office that need to come up
 to my office. No questions
 asked and always willing to
 help. I really appreciate it.'
 Congrats Morgan on receiving
 the Above and Beyond Award
 and being a great Stan's Team
 Member!

We are always looking for
 nominations for our Above and
 Beyond recognition. When you
 experience a helping hand, or an
 act of kindness, please share
 the details by emailing
 Mike: miked@stansinc.net.