



Stan's Ink Monthly



Volume 17, Issue 12

December, 2023

Mark Your Calendar!

- Dec 12 - Christmas Social 4pm
- Dec 21 - Winter Begins
- Dec 24 & 25 - Christmas Eve & Christmas Day
- Dec 31 & Jan 1 - New Year's Eve & New Year's Day



Highway to Health

Planning Ahead for Diabetic Holiday Success

Balance can bring better results. Set a schedule for the holiday season and be ready if things do get off track.

- Keep healthy treats available so you can avoid tempting treats.
- Don't skip meals to overindulge.
- Focus on the people you're with, not food.
- Celebrate with conversation, laughter and your time.

Healthy Blood Sugars Are More than Skipping Dessert

Be gracious, too: one meal won't wreck you. Feelings of guilt can lead to stress eating. Follow these tips:

- Don't skip the appetizer veggie plate.
- Stay hydrated with water.
- Stick with small amounts of starchy carbs.
- Choose plenty of protein and fill your plate with non-starchy vegetables.
- Build a "budget" for treats instead of denying everything you might want.
- Remember alcohol and other holiday drinks add carbs to your meal.
- Use a smaller plate to help with portion sizes.

Diabetic-Friendly Meal Substitutions for Holiday Meals

- Pick sweet potatoes over traditional ones; avoid casseroles with brown sugar and marshmallows.
- Enjoy whole grains when you have rolls or even the bread for stuffing. It helps.
- Consider Greek yogurt, as a lower-calorie, high-protein alternative to cream or sour cream.
- Use alternate sweeteners such as Stevia.
- If you need flour in a recipe, do a little reading on how almond, chickpea or whole-wheat flours might fit into your dish instead.

Use a Teamwork Approach for All Your Holiday Mealtimes. Try things like these:

- Make new recipes, especially ones with lower carbs and sugar.
- If you have a buffet-style meal at your get-together, create separate areas filled with less-indulgent foods.
- Clever reminders: You and your holiday buddies can use communication tech to send funny reminders to stay on track.

Source: Avera.org

Mike's Words of Wisdom...

Get What You Give

Can't say it much better than that. At home or at work whatever efforts we put into something is what we will get out of it. It doesn't matter who you are or what you do, this saying explains why so many things get done or don't get done. What efforts we put into something determines our results.

During the Christmas season we think about what we are going to get and what we will give to our friends and family. We shop, and we shop, and we shop to find something special for someone else in hope that it brings them joy. While on the other side we wait and wonder what someone may be getting us. Most of us enjoy giving more than receiving (as adults not kids) with hope that we can make someone happy with a gift or a gesture of good will.

During the holiday season distractions are everywhere and it is easy to get caught up in all the news and holiday hype, but our challenge is to focus. We need to make time to develop goals and then put the effort towards achieving them. Whether these are personal or work goals we must be intentional with our actions to be successful. We can't allow distractions to throw us off track. We must focus on what is important and how we are going to accomplish our goals for ourselves, our family, and Stan's.

This Christmas season we should be focusing on all the blessings we have with our families at home and at work. The biggest gift we could give or receive this year is a gift of kindness so take the time and effort to do something for someone that is unexpected. The kindness will make you feel warm and fuzzy inside as it will to those that receive it. It's free to give a kindness away and it pays back ten-fold so be prepared to get what you give during the holiday season and all year long. Merry Christmas from our family to you and yours and remember that Jesus is the reason for the season.

Merry Christmas and Happy New Year!! God Bless!!

Respect Relationships Results

Career Opportunities!

- Feed Mill Support
- Diesel Mechanic *
- Wash Bay Tech
- IT Support *
- Housekeeping
- Farm Labor
- Drivers **:
 - ⇒ Regional & OTR
 - ⇒ Feed Truck

* Eligible for \$2,000 referral bonus

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

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

November Accidents & Incidents

While turning hit curb & damaged trailer..... \$10,500
 A driver crossed lanes into our driver.....\$15,600

Total : \$26,100



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

November Top Fuel Mileage Performers

Reefer Division:

6.91 MPG - 8.82 MPG Cost/Mile \$0.62 - \$0.48

Roger Lammey - 8.82

Fred Dupris - 8.79

Jerry Laird - 8.62

Jimmy Block - 8.52

Brian Alumbaugh - 8.50

Total November Miles: 404,960 November MPG Avg: 7.76

Stan's Welcomes New Employees!

Please take the time to introduce yourself!



Michael Murray
Joins the Accounting Division



Shyanne Gebel
Joins the Logistics Division



Junia Kleinsasser
Joins the Logistics Division



Brian Sperry
Joins the Reefer Division



Stan's employees have worked

680 days

without a "lost time" accident!

**THINK SAFE
WORK SAFE
BE SAFE**

HRCORNER

Information regarding open enrollment for certain employee benefits was sent to your personal email address recently. If you have not received the information, please get in contact with Tammy as soon as possible to avoid missing any deadlines that are fast approaching. If your email or mailing address has changed, please notify Tammy of your updated information.

Reminder - we have some deadlines approaching! If you want to participate in Flex Spending, Colonial supplemental insurances and the 401(k), refer to the instructions that were sent in the earlier email OR contact Tammy for additional instructions or if you have any questions.

DRIVERS: If you are NOT participating in the Per Diem program and would like to do so in 2024, please contact Tammy for additional information. If you are already participating in the Per Diem program, you do not need to do anything.

Avera Health Insurance - we are hoping to have information regarding our renewal and rates for 2024 in the very near future. We will share information as soon as it becomes available.

W2's for 2023 - Preparation can prove to be very complex and we are sure everyone will understand and appreciate the importance of accurate information. Please be patient and know that we will work diligently to provide the information as soon as we can. Per IRS regulations, W2's must be postmarked by 1/31/2024.

★ ABOVE & BEYOND

Have you ever been on the receiving end of someone going above and beyond? That certain someone who stepped outside of their day to day duties to help a fellow team member or Stan's in general, with no expectations of receiving anything in return? 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: mikek@stansinc.net.

December Birthdays

Isaiah Stahl - 12/5
 Ryan Hughes - 12/11
 Fred Dupris - 12/12
 Dillon Kouf - 12/14
 Don Sackett - 12/19
 Les Eckels - 12/20
 Morgan Hughes - 12/21
 Bill Steffey - 12/21
 Brian Wicker - 12/26
 Logan DeJean - 12/29
 Rick Airth - 12/30
 Robbie Schley - 12/30

Happy Birthday to our December babies!



January Birthdays

Shawn Johnson - 1/6
 Luverne Jager - 1/10
 Minette Bothma - 1/11
 Austin Kopfmann - 1/24

Happy Birthday to our January babies!

December Years of Service Anniversaries

Barry Eldeen - 15 years
 Elizabeth Pester - 8 years
 Taylor Sibson - 6 years
 Audrey Dick - 2 years
 William Maples - 1 year

Thank you

for your service & dedication to Stan's!

Join us at the Christmas Social

4:00 - 6:00pm @ The Shack

Tuesday, 12/12/2023

FOOD DRINKS Ugly Christmas Sweater Contest

You won't want to miss this event!

Names will be drawn for prizes!

(This will replace the White Elephant Gift Exchange)

