Stan's Tank Monthly

Volume 17, Issue 7 July, 2023

Mark Your Calendar!

7/18 - Safety Meeting @2pm
8/16 - Fire Safety/Extinguisher Training 7am - @ Shop

Highway to Health

Lyme Disease From Tick Bites Can Wreck Summer Fun

There are many diseases associated with the bites of ticks. When unattached, these bugs are unpleasant, but when they bite, they can lead to illnesses including:

Rocky Mountain spotted fever: This condition can be deadly when not treated with antibiotics right away. It will make you feel headachy and have a rash, and it also creates spikes in temperature.

Lyme disease: Fever and fatigue, along with headache and rash, are all symptoms of this condition. Treated early with the right antibiotics, people usually recover completely. That's why tick-checks and prevention is important methods to stop it.

Always clean any tick bite carefully and if you have any worries about a rash or bite, see your family's provider.

How to Prevent and Remove Ticks

Prevention of tick bites is the best way to stop infectious diseases. Protect yourself with insect repellent products that contain DEET that have a concentration of at least 20%.

When applying repellents, only do so on exposed skin surfaces. Additional layers of protection can include wearing long pants and light-weight shirts with long sleeves. Lighter colors are best.

Removing Ticks Safely

When time outside is done, make sure you check yourself and your children head-to-toe. One easy step you can use is your dryer. Have kids change clothes when they come in, and then throw the outside-worn items into the dryer on high for about 10 minutes. It'll remove – and kill – any crawling bugs on the clothes.

If – more likely, when – you find a tick attached to the skin, do not panic. They're gross, but you need to remove them right away. It's best to use tweezers and grasp the tick as close to the skin as possible. Then pull straight away from the skin, and do not twist. This should remove the bug, and allow you to dispose of it, preferably by washing it down the drain. When it's gone, clean the area near the bite with soap and water, which can help reduce the chance of infection.

Source: Avera.org

Mike's Words of Wisdom…

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same." -Ronald Reagan

Celebrating the 4th of July always makes us feel more patriotic with the parades and fireworks, but it is not a seasonal thing to protect our freedom, it is a daily thing. Our forefathers left their homeland and came to America to fight for their freedom, which they did! You read the history and how much they sacrificed to earn their freedom and to be able to hand that freedom down from generation to generation, it was painful but, in the end, it was worth the fight.

Just as we fight for our freedom, we have to fight for our opportunities in life. We want the best for our families and the best in our job, and that takes initiative and effort. My grandfather always said, "most things in life aren't free" and he was, and still is, right. Whatever we want out of life we have to earn, whether at home or at Stan's. "There's no free lunch" as grandpa would say. We have to be conscious of our actions and do our best so we can achieve the best result. For all we do at home and at work, the formula is still the same.

Productivity = Value

Someone shared the following with me and it made me think about things in a different light….
Something I have been thinking more about lately is what I want the future to look like. I make investments for retirement (as I hope you do) but I need to invest in my health as much as I invest in retirement savings. This requires moderation of budget, moderation of exercise, moderation of diet, etc… If you can think about what you want your life to look like at age 65 or age 80…That vision is going to require some investment today, and unlike financial investment, the investment in health (diet and exercise, stress reduction…) helps us feel better now and later.

Fighting for something is tough, but the reward of our effort will be great. Freedom, family, work, and health are all worth fighting for! Passing our culture and values down to the next generation is the most rewarding thing we can do so they too can fight for what is right. But it can only be done if we take care of ourselves and invest in our future!

God Bless America!!

Respect Relationships Results

FMCSA launched a new campaign for Human Trafficking. Would you know how to identify a potential human trafficking victim? Learn the signs of human trafficking you might notice in the CMV industry and how to report it.

Learn more at:
https://www.fmcsa.dot.gov/stophumantrafficking

June Accidents & Incidents

Struck a parked trailer..... $3,702
Struck a pole at customer's $1,000
Struck a fuel island at truck stop..... $1,552
Damaged air hoses..... $200

Total : $6,454

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

Stan's employees have worked **526 days** without a "lost time" accident!

THINK SAFE WORK SAFE BE SAFE

July Birthdays

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

Happy Birthday to our July babies!

June Top Fuel Mileage Performers

Reefer Division:

6.83 MPG – 9.13 MPG Cost/Mile $0.56 – $0.42

Randy Flitter – 9.13
Steve Borkowski – 9.07
Terry Nedved – 9.05
Jimmy Block – 8.89
Jason Mundy – 8.83

Total June Miles: 420,663

June MPG Avg: 8.14

HR CORNER

- Diesel Mechanic *
- IT Support *
- Accountants/Bookkeepers *
- Drivers **:
  - ⇒Regional & OTR

All experience levels considered!

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

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
Tim Joynt - 8/10
Blake Meyer - 8/10
Barry Eldeen - 8/14
Mark Goral - 8/18
Patsy Hoglo - 8/18
Alex Kopfmann - 8/20
Connor Wolfcale - 8/21
Jeff Landeen - 8/24
Kevin Holloway - 8/25
David Fletcher - 8/30
Adam Wolfcale - 8/30
Derek Hunter - 8/31
Bill Ryan - 8/31

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Stan's Welcomes New Employees!

Please take the time to introduce yourself!

Alyssa Huether
Joins the Feed Division

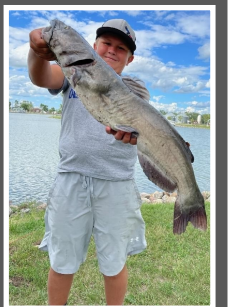
Randy Bartle
Rejoins the Reefer Division

Stan's is proud to be part of the Alpena community and was honored to take part in some beautification efforts! If you have ever been to the city park, you possibly noticed a rock garden? After clearing debris, it was ready for a facelift. It now shines bright with a fresh coat of the Alpena Wildcat colors! Thanks to Stan's team members Nick Gebel, Mike Jurgens & Connor Wolfcale for their efforts!

Hooray for summer! Stan's team members gathered for some socializing, treats & games on June 20th 2023! Always a great time when we can get together!

July Years of Service Anniversaries

Bob Haibeck - 23 years
Les Eckels - 13 years
Todd Johnson - 5 years
Elaine Puetz - 4 years
Rick Airth - 2 years
Arnie Case - 1 year

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

Kobie Schley earned some bragging rights when he caught this catfish @ Lake Prior located in the town of Woonsocket, South Dakota. Unfortunately, he doesn't have any weight or length to report but we are thinking it is bigger than anything his dad, Robbie Schley, or grandma, Judeen Schley, has ever caught?