



Stan's Ink Monthly



Volume 18, Issue 1

January, 2024

Mark Your Calendar!

Jan 15 - Martin Luther King Jr. Day
Jan 17 - Safety Meeting 2pm



Highway to Health

Four Quick Workout Tips

In our increasingly busy schedules, it can sometimes feel difficult to fit in a good workout. The good news is here: some form of exercise every day benefits your body. It can be lifesaving! Getting active can feel like a real struggle sometimes. But it's possible.

Work in Some Walking and Running

Walking and running are two of the easiest exercises as they can be done by nearly everyone at a pace that suits them. Just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Even making small changes to your lifestyle helps. In time, you can progress by turning your walk into a speed walk or a slow jog. Don't let winter stop you – it can be a great time to get moving.

Add Quick Weight Training Sessions

The good news is that you can use your bodyweight (squats, pushups, chin-ups, or planks) or dumbbells to get a great workout. If your dumbbells are a bit lighter than what you would normally use at the gym then try more sets or more reps to get your muscles burning. You can also try different variations of exercises, add complex or compound training you're familiar with to mix it up or do a quick session focusing on one particular area of the body on which to focus your short workout session.

Consider Calisthenics

Calisthenics are exercises that use only your own bodyweight, which makes these types of exercises a lot easier to do if you've got a quick 20 minutes to spare and you're away from home or the gym. Try some basic bodyweight squats, lunges, and pushups. Venture into some of the harder variations such as pistol squats, incline pushups, and chin-ups.

Try a HIIT Session

High Intensity Interval Training or HIIT sessions are a great way to combine a range of activities into one. They can give you a really intense workout in a short period of time. HIIT sessions usually involve performing three to five intervals of very short intense exercises followed by a short recovery period. You can come up with your own type of circuit, using body movements of a push exercise, a pull exercise, a leg exercise, a hip hinge movement, and some type of core work.

Always remember: Something is better than ZERO!

Source: Avera.org

Mike's Words of Wisdom...

"You will always feel fear. Everyone will. But your trust must be bigger than your fear. The bigger your trust the smaller your fear becomes." Jon Gordon

Do you remember where you were during the Y2K New Years? The computers weren't going to restart because of the year rolling to 2000 vs a 1900 number and cities, states, and countries were going to struggle to function.... Fear at its best! What happened?? Nothing, the new year was brought in without any major issues or disruptions. Leading up to that moment, fear was at an all-time high and trust was at an all-time low.

Our mindset controls our emotions which generates the level of fear. Dale Carnegie has a great quote about fear.... *"You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind."* Our mind is powerful for both good and bad. A positive mindset allows us to trust our actions, decisions, and others around us while moving forward in a positive way. Fear paralyzes us so we can't act on our thoughts or ideas because we are fearful that they will be wrong.

Trust and a positive attitude go a long way in our personal and Stan's lives. We have to trust our decisions and know that they are for the good of our relationships or business. Trust is earned and once we trust others and they trust us, we develop a team atmosphere that gives us satisfaction and success. So be trustworthy and melt away the fear because fear only exists in our minds.

Repeat after me..... *"I EXPECT great things to happen TODAY. I will look for the good and be open to the opportunities around me."*

Respect Relationships Results

Career Opportunities!

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

* Eligible for \$2,000 referral bonus ** Eligible for \$3,000 referral & sign on bonus
For complete job descriptions contact Tammy @ 605-961-9508.

December Accidents & Incidents

Turned too tight, damaged truck flair..... \$3,500
Drove through guard shack's safety gate arm.. \$6,600

Total: \$10,100



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

Stan's employees have worked

708 days

without a "lost time" accident!



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 Top Fuel Mileage Performers

Reefer Division:

6.75 MPG - 8.67 MPG Cost/Mile \$0.59 - \$0.46

Jimmy Block - 8.67
Roger Lamme - 8.66
Fred Dupris - 8.60
Miguel Carrillo - 8.49
Brian Alumbaugh - 8.28

Total December Miles: 356,777 **December MPG Avg: 7.70**

HRCORNER

We are currently reviewing renewal information for our Avera Health insurance for 2024 and hope to have information emailed in the very near future. Renewal is effective 2/1/2024, which means your deductible will reset for the new year.

W2's for 2023

We are in the process of compiling the information and preparing W2's. Preparation can be 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.

Per IRS regulations, W2's must be postmarked by 1/31/2024.

If you have had an address change in the past year, please notify Tammy ASAP.

February Birthdays

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

Happy Birthday to our February babies!

January is National Human Trafficking Awareness Month!



Stan's continues to partner with others in the transportation industry to do our part in preventing human trafficking.

January Years of Service Anniversaries

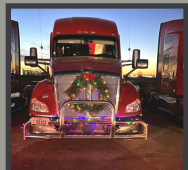
Dickson Jorgensen - 20 years
Don Sackett - 9 years
Robbie Schley - 9 years
Mike Powell - 6 years
Fred Dupris - 1 year

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



12/27/23 we marked 700 days since a lost time incident (workplace injury). We reached this milestone and are able to celebrate because of YOU! Stan's team members go about our daily tasks with a safety first attitude! Thank YOU for your commitment to safety and making our workplace safe!

We recently gathered for an evening to share some holiday spirit. Great food, beverages, gifts, decorations, ugly sweaters, but most important, fellowship with team members!



★ 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.