



Stan's Ink Monthly

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STAN'S
ALPENA, S.D.



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February, 2025

Mark Your Calendar!

2/14 Valentines Day

2/17 Presidents Day



3/7 Employee Appreciation Lunch 12-1pm

Highway to Health

Respiratory Illness on the Rise: How to Slow the Spread

The season of sniffles and sneezes is running rampant across the nation and the Avera footprint. So what can people do to stay ahead of the sickness? David Basel, MD, Avera internal medicine and pediatrics physician and Vice President of Clinical Quality for the Avera Medical Group explains the current trends and ways to slow the spread of respiratory illness.

Is it normal to have illnesses overlap?

Influenza and RSV have been around for forever. And they've had this seasonal pattern. COVID, we're still trying to figure out whether it's going to have that exact same seasonal pattern or not, because it, unlike influenza and RSV, that really kind of go away in the spring and summer months, COVID never seems like it goes away totally. And so we don't know if we're going to have that same peak as well, but it is increasing right now. And so you have three that are going up. That means a lot of people are out ill right now.

What can people do to help slow the spread?

With the three major viral respiratory illnesses really prevalent right now, it's more important than ever that if you're sick right now, stay home, don't go to work and spread it to others. Don't go to school and spread it to others. So first off, if you're sick, stay home, second, get tested so that we do know which one you may be dealing with. Wash your hands frequently because a lot of these can be spread through direct contact as well as through respiratory contact. So if you're coughing, make sure you're covering your mouth so that you're not spreading it into the air. The other major way that you can prevent this is by getting your vaccination. So influenza vaccine works, COVID vaccine, RSV vaccine for the very young and the older high risk group are available. And these certainly can help decrease the amount of that that we see in the community, but particularly vaccinations can help protect keeping you from being hospitalized with severe illnesses categories.

Avera.org

Mike's Words of Wisdom...

86,400

How would you react if you received a call that said you would receive 86,400 pennies (\$864 for those of you that may be math challenged) each day going forward and the only stipulation is that if you don't spend each of the 86,400 pennies that you would lose the remaining pennies? Would you make sure you made every effort to spend each cent, or would you just let what was unused be lost? I think we would all say that we would make the effort to spend every penny, wait until the next day and do it all over again, spending every bit of the 31,536,000 pennies available each year.

Ok let's stop dreaming about what we would buy or how we would use the \$\$ and let me turn the tables on you. The 86,400 represents the number of seconds in each day. Think about how you spend each of those seconds. Are you spending your time wisely or wasting it?

Time is a commodity, and how we use it at home and at work determines our level of success. Two sayings come to mind when I think of time.

"Time Waits for No One"

"Father Time is Undefeated"

Think about those...time ticks, even when we are not productive, the clock keeps ticking, and the other one is a grim reminder that each one of our lives has an expiration date. We should not sit around waiting for things to happen, we should be proactive and make things happen in both our family life and our work life. If we don't, the time will pass us by.

You probably just spent about 120 seconds reading this, so what are you going to do with the 86,280 seconds you have left for the day? It is up to you how you spend it!

"Lost time is never found again." Ben Franklin

Respect Relationships Results

Employee Appreciation Luncheon

Celebrating ALL our Employees and recognizing our drivers that achieved the 2024 Safety and MPG Awards!

12pm - 1pm Driver's Lounge

FRIDAY MARCH 7th 2025

National Employee Appreciation Day 3/7/25

Drivers Share Your Pictures With Us!

Traveling in a cool area?
Truck washed up and looking good?

Take a picture and share it with us!

Email to Tammy:

t.bierman@stansinc.net

FEBRUARY

Stan's employees
have worked

87 days

without a
"lost time" accident!



HRCORNER Career Opportunities!

- Administrative Assistant
- Financial Clerk
- Fleet Detailer
- Diesel Mechanic
- IT Support*
- Drivers**:
⇒ Feed, Regional & OTR

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

Contact Tammy for more details!
605-961-9508

February Birthdays

Javier Jimenez - 2/2
Dickson Jorgensen - 2/3
Megan Kopfmann - 2/9
Jodi Weber - 2/12
Cory Rand - 2/13
Terry Martin - 2/26
Kristi Stark - 2/29
*Happy Birthday to
our February babies!*



March Birthdays

Andries Booyens - 3/1
Alvaro Sanchez - 3/9
Ana Solis - 3/12
Mike Jurgens - 3/13
Zack Siemonsma - 3/22
Tammy Bierman - 3/27
Oscar Batres - 3/28
*Happy Birthday to
our March babies!*

January Top Fuel Mileage Performers

Reefer Division:

5.79 MPG - 7.95 MPG Cost/Mile \$0.63 - \$0.46

Roger Lammey - 7.95
Jeff Landeen - 7.88
Steve Borkowski - 7.76
Terry Martin - 7.55
Miguel Carrillo - 7.52

Total Jan. Miles: 493,102
Jan. MPG Avg: 6.91

We have made some updates to the Stan's website! The most significant update is a video that highlights the delivery of Truck 300 including Stan's commentary on some history and significance of this event. View it @ www.stansinc.net/homepage



Welcome New Team Members!

Please take the time to introduce yourself!



Davis Clum
Reefer Division



Jon Newton
Reefer Division



Kendra Hoppe
Logistics Division



Ashlynn Larson
Facilities Division

February Years of Service Anniversaries

Todd Billings - 16 years
John Bozzella - 10 years
Tom Nordstrom - 10 years
Logan DeJean - 3 years
Leo Cabrera Belen - 1 year
Leo Delgado - 1 year
Juan Leon - 1 year

Thank You
for your service & dedication!

Congrats to Krista (Fuoss) Krell and the entire Fuoss family named SD Pork family of the year at the 2025 SD Pork Congress



ABOVE & BEYOND



We have received a nomination for our 'Above and Beyond Award'. This recognition is for someone doing something for another person or group with no expectations of something in return.

The nomination went like this - 'everyday, gives 110%. Was asked to recover a load last second after an equipment breakdown, no questions asked! Anytime he is asked to do something outside of his normal daily task, he can be counted on to do it without hesitation and never grumbles or complains!'

It's a Girl!

Blain & Adriana Tebay
welcome daughter!
Eliza Evelyn Tebay
1/19/25 6 lbs. 12oz.

