



Stan's Ink Monthly



Volume 20, Issue 2

February, 2026

Mark Your Calendar!

- 2/14 Valentines Day
- 2/16 Presidents Day
- 3/12 Employee Appreciation Lunch 12-1pm

Highway to Health

PRACTICE HEALTHY LIVING HABITS TO HELP PREVENT HIGH BLOOD PRESSURE

Eat a healthy diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

Talk with your health care team about eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

Keep yourself at a healthy weight

Having overweight or obesity increases your risk for high blood pressure.

Be physically active

Physical activity can help keep you at a healthy weight and lower your blood pressure. The Physical Activity Guidelines for Americans recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week. Children and adolescents should get 1 hour of physical activity every day.

Do not smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Limit how much alcohol you drink

Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day.

Get enough sleep

Getting enough sleep is important to your overall health. It also helps keep your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke.

Manage stress

People who have depression, anxiety, stress, or post-traumatic stress disorder over a long period of time may develop other health problems, including an increased heart rate and high blood pressure.

Recognize the signs and symptoms of mental health disorders and heart disease. Talk with your health care team about potential heart conditions in relation to your mental health.

www.cdc.gov/heart-disease

Mike's Words of Wisdom...

*You can't control what happens to you,
but you can control how you respond.
Positivity is a choice.*

-Jon Gordon

Control the controllables is a saying we use alot as we go through life. Whether we are dealing with good or bad situations, we are in control of how we react to them. Having negative reactions makes us part of the problem and not part of the solution. Focusing on the positives will allow us to win the day.

5 Ways to Win Today

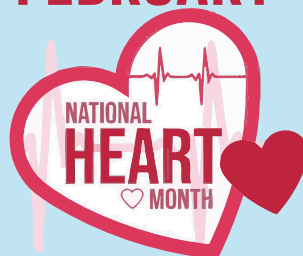
- 1. Control what you can control.** Utilizing our skills and talents help us win the day, but focusing on what we can't control is a waste of time and energy.
- 2. Let go of what you can't.** If there is nothing we can do to change the outcome, we can't worry about what we can't change. Bury it, don't carry it!
- 3. Replace fear with faith.** Fear doesn't exist anywhere except in the mind, so have faith that we can find the solutions to our problems by giving input and feedback.
- 4. Speak truth to the lies.** There is nothing easier to keep straight than the truth whether good or bad, but lies break trust and relationships and is a short-term feel-good emotion that leads to poor results.
- 5. Believe the best is yet to come.** If we don't have a positive attitude then we are taking a ride on the "I think I can't" train and it goes nowhere, so get on the "I think I can" train and ride it to success.

Let's go!

We can identify what we can control and what we can't, but not use "I can't" as an excuse not to try to solve our issues. Each one of us has different skills and talents so utilizing them to better ourselves, our homes, and our workplace makes us better humans that others want to be around. We can't control everything that happens to us but we can give 100% to how we respond. Yes, positivity is a choice, one that we can all make!

Respect Relationships Results

FEBRUARY



Talk to your health care team about the **ABCS**



Aspirin when appropriate



Blood pressure control



Cholesterol management



Smoking cessation

HELLO February

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



February Birthdays

- Javier Jimenez - 2/2
- Dickson Jorgensen - 2/3
- Areli Hernandez Perez - 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

- Andreis Booyens - 3/1
- Ana Solis Santos - 3/12
- Mike Jurgens - 3/13
- Robert Dillard - 3/20
- Zack Siemonsma - 3/22
- Tammy Bierman - 3/27

Happy Birthday to
our March babies!

February Years of Service Anniversaries

- Todd Billings - 17 years
- Tom Nordstrom - 11 years
- Logan DeJean - 4 years
- Kristi Stark - 3 years
- Leo Cabrera Belen - 2 years
- Leo Delgado - 2 years
- Juan Leon - 2 years

Thank You!
for your service & dedication!

HR CORNER

CAREER OPPORTUNITIES

- IT Support*
- Transportation Dispatcher
- Fleet Detailer
- Farm Labor (with CDL)
- Diesel Mechanic
- Drivers**:

- Feed/Grain
- 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

January Top Fuel Mileage Performers

Reefer Division:

6.29 MPG - 8.10 MPG Cost/Mile \$0.56 - \$0.44

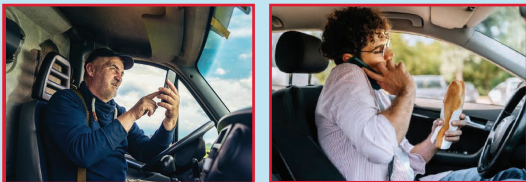
- Brian Alumbaugh - 8.10
- Steve Borkowski - 7.69
- Terry Martin - 7.45
- Tim Walker - 7.35
- Jimmy Block - 7.32

Total Jan. Miles: 467,337 Jan. MPG Avg: 6.91

FOCUS ON SAFETY

Safety is our culture, ensuring that everyone returns home safely at the end of the day.

Distracted driving is one of the leading causes of serious accidents. Phones, GPS adjustments, eating, and even hands-free calls can take attention off the road. Set everything up before rolling and pull over if something needs your focus. One moment of distraction can change everything.



We Welcome A Returning Team Member!



Fred Dupris
Reefer Division

Please take the time to introduce yourself!



Continue to like and share on our
Team Stan's Facebook Page!

Not a member of Team Stan's?

JOIN TODAY!

Search Team Stan's and request to join.



It's a Girl!

Dillon & Jamie Kouf
welcome a
daughter!

Arvella Luise

1/20/26 6lbs. 7oz.

EMPLOYEE APPRECIATION LUNCH

Celebrating ALL Employees and recognizing drivers that achieved the 2025 Safety and MPG Awards!

12pm - 1pm Driver's Lounge

THURSDAY

MARCH 12th 2026