Stan's Ink Monthly

Est. 1964 STAN'S ALPENA, S.D.

Volume 19, Issue 12 December, 2025

Mark Your Calendar!

12/11	Employee Christmas Party 4-6pm
12/21	Winter Begins
12/24 & 12/25	Christmas Eve & Christmas Day
12/31 & 1/1	New Year's Eve & New Year's Day

Highway to Health

Holiday Stress?
How to Cope and Stay in the Spirit

In trying to create the perfect holiday, we might be tempted to overfill our calendars with tasks and our carts with tinsel until we're overwhelmed. This season, remember that it's OK to make choices that cut down on the stress to make room for what matters — spending time with loved ones. Follow these tips to stay in the spirit this year.

Plan and Prioritize What's Important

Create a to-do list and prioritize the tasks that matter most to you. Keep expectations reasonable. Don't be afraid to say no to activities and gatherings like shopping sprees and Christmas parties that cause a strain on your energy or finances.

Set a Budget

To avoid overspending during the holidays, be honest with yourself about what you can afford. Remember that creating memories doesn't mean spending a lot of money.

- Plan budget-friendly meals ahead of Christmas.
- Reuse Christmas decorations.
- Buy canned or frozen vegetables or buy them in season.
- Enjoy free traditions like caroling or watching your favorite Christmas movie.

Maintain Healthy Routines

When the season gets busy, stay committed to healthy choices that help reduce stress:

- Exercise; keep up with your regular workouts.
- Get good sleep; stick to a consistent sleep schedule and get the recommended amount of 7 – 9 hours for adults.
- Opt for healthy meals; choose whole foods like lean meats, nuts, veggies and fruits over premade meals and sugar- and carb-heavy options.

Ask for Help When You Need It

Whether you need practical or emotional help this season, leaning on others can do a lot to ease stress.

- Ask a friend to help with baking.
- Decorate the house together as a family.
- Take advantage of a gift-wrapping station or divvy up gifts for others to wrap.

Sharing these tasks lightens your load and allows everyone to feel like part of the celebration.

Avera.org/balance

Mike's Words of Wisdom...

"When we give more than we receive, we receive more than we give."
Douglas Williams

Giving the smallest thing to someone in need helps both the giver and the receiver but I think we can all admit we don't do it often enough. We get busy in our daily lives and forget about all those in need in our communities and across the world. "If you have food in your fridge, clothes on your back, a roof over your head, and a place to sleep you are richer than 75% of the world." It doesn't say if you have a 90 inch TV and drive a Lexus, it says 75% of the people in the world don't have the basics of food, clothes, and shelter.

Along time ago, I was told that if you give a kindness away you will get two in return. After hearing that I began paying attention to my giving and receiving and realized it was true. Every time I gave, I received and I became aware of my blessings. It can be as simple as a smile or saying thank you that changes someone's day and begins a chain reaction of giving and receiving.

The Christmas season magnifies the need to give with the bells ringing, hundreds of angel tree requests, and many more great programs that need our support not only during the holidays but all year long. If you currently give of your time or financially, I commend you for your efforts. If not, our challenge is to find a way to give to someone in need. Maybe it's a family member, a neighbor, or the Salvation Army that needs our help. We can make a difference by giving and in return we will receive much more, knowing we helped others in need.

With Christmas a few short weeks away and New Year's around the corner, I would like to Thank You for all you do in supporting Stan's. It is your giving of your time and talents which allows Stan's to give great customer service that supports the growth of Stan's, which is all of us. My Mom taught me the values of God, Family, and the Rest of the World and you are all a big part of the rest of my world. I wish you and your families a Merry Christmas and I look forward to all of our opportunities, both personally and at Stan's, in 2026.

Jesus is the Reason for the Season!
Merry Christmas and Happy New Years!
God Bless!

Respect Relationships Results

Career Opportunities

- IT Support*
- Transportation Dispatcher
- Drivers** - Regional & OTR
- Diesel Mechanic

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

Contact Tammy for more details: 605-961-9508

November Top Fuel Mileage Performers

Reefer Division:

6.97 MPG - 9.15 MPG Cost/Mile $0.55 - $0.42

Brian Alumbaugh - 9.15
Jeff Landeen - 8.30
John Seever - 8.26
Curtis Gakin - 8.21
Tim Walker - 8.16

Total Nov. Miles: 450,123

Nov. MPG Avg: 7.59

Stan's employees have worked **388 days** without a "lost time" accident!

HR CORNER

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.

DRIVERS: If you are NOT participating in the Per Diem program and would like to do so in 2026, 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 2026 in the very near future. We will share information as soon as it becomes available.

W2's for 2025 – 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 1/31/2026.

December Birthdays

Dave Uttecht - 12/2
Tim VonEye - 12/4
Isaiah Stahl - 12/5
Ryan Hughes - 12/11
Dillon Kouf - 12/14
Erik Kurth - 12/17
Don Sackett - 12/19
Kamron Crandall - 12/19
Les Eckels - 12/20
Bill Steffey - 12/21
Luis Marroquin - 12/23
Brian Wicker - 12/26
Zack Prien - 12/27
David Gonzalez - 12/28
Logan DeJean - 12/29
Robbie Schley - 12/30

Happy Birthday to our December babies!

January Birthdays

Andres Cardozo - 1/5
Danilo Marroquin - 1/6
Luverne Jager - 1/10
Minette Bothma - 1/11
Paul Mitchell - 1/16
Jorge Soto - 1/17
Hector Octavo - 1/20
Austin Kopfmann - 1/24

Happy Birthday to our January babies!

December Years of Service Anniversaries

Todd Czmowski - 29 years
Barry Eldeen - 17 years
John Fischer - 12 years
Elizabeth Pester - 10 years
Marcos Trujillo - 9 years
Taylor Sibson - 8 years
Audrey Dick - 4 years
Brad Zeilinger - 1 year
Brett Scotter - 1 year
Marlon Marroquin - 1 year

Thank You!

for your service & dedication!

We Welcome New & Returning Team Members!

Please take the time to introduce yourself!

Kathy Terkildsen
Housekeeping Division

Tim VonEye
Feed Division

It's a Girl!

Krista and Justin Krell welcome a daughter!

Norah Lynn
11/14/25
7 lbs. 9.9 oz
20 inch.