
# Stan's Ink Monthly

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

Volume 20, Issue 1 January, 2026

## Mark Your Calendar!

1/19 Martin Luther King Jr. Day
1/20 Safety Meeting

## Highway to Health

**Winter Is Here: Know the Threats of Cold Weather**

"In general, people do a good job of avoiding cold-weather injuries, but it's always wise to know what the risks are," said Avera emergency physician Jared Friedman, MD. "We do see some in our emergency rooms each winter."

**The Threat: Frost Nip**
What it is and how to avoid it: Frostbite's "little brother" is frost nip, and it's a sign that you need to take a break and get out of the wind and cold. The tissue is beginning to freeze, but it's still flexible. There's usually pain and numbness, especially in the nose, ears and fingers. Get inside and use gradual warming to increase temps. Don't use rapid heating like very hot water or a hair dryer as it can lead to burns.

**The Threat: Frostbite**
What it is and how to avoid it: As body temperature drops, finger tips, earlobes and toes may actually begin to freeze if exposure is extreme. After frost nip, frostbite sets in, and if you're not careful, it can lead to permanent damage. In its most dangerous form, it can lead to blisters and in some cases, amputation to avoid gangrene.

When skin goes from numb and red to firm and rigid, like a steak in the freezer, it's frostbite. In some cases it can be an emergency and medical attention should be sought. The tissue damage can lead to infection and further complications. Start by getting out of the cold, but if the tissue remains rigid and tender, get an appointment or visit an urgent-care clinic.

**The Threat: Hypothermia**
What it is and how to avoid it: There are telltale signs that our bodies are begging to go in by the fire or under some blankets. This condition is serious and potentially fatal.

"Shivering is the natural response to cold, and as your body temp drops, warming up at home may not be enough," Friedman said. "When you stop shivering, you're now moving into moderate hypothermia as the body temperature dips below 90. This is when people will feel clumsy or confused. They need to take immediate action."

It's time to get out of the cold and if necessary, get to an emergency room.

When people fail to warm up, severe hypothermia can set in and lead to death. When someone does get too cold, gradually warm the person and seek medical attention if their body temperature does not increase.

"True hypothermia can be difficult to treat, is quite serious and may require quick action to help the person," Friedman said. "Medical attention can make a difference and could end up saving a person's life."

Avera.org/balance

## Mike's Words of Wisdom...

### Been……At……Going?

Sounds like a Jeff Foxworthy's redneck grammar "Wunt Sum?" It's not…it is 3 things we need to ask ourselves as we journey through life. Where have we Been…..Where are we At……Where are we Going? Easy questions if we're on a road trip because we know exactly where we are at with GPS (most of the time), but it's a lot tougher when we look at our lives and ask the same 3 questions.

***Where have we been?*** If you're like me, your past is full of ups and downs and there are things we wish we could have done differently. We can't change the past so we have to learn from it, good or bad, and we need to move forward.

***Where are we at?*** Where we think we are at and where we really are at are two different views. We have to look in the mirror and be honest with ourselves. Are we doing the right things for the right reason and have we put our efforts into being the best we can be at home and at work? Being honest with ourselves will allow us to make the changes we need to become better.

***Where are we going?*** This is the unknown, the future. "Only one man knows what tomorrow brings" and he doesn't share that with us so don't procrastinate about what might happen, be intentional and make things happen. This is our best shot and doing great things in the future.

We can't change the past, only learn from it…. evaluate where we are in life and make adjustments if needed…then put the plan in motion and get to where we want to go!

***"If You Want to Change Your Situation, You Must First Change Your Thoughts!"***

Respect Relationships Results

## CAREER OPPORTUNITIES

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

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

Contact Tammy for more details:
605-961-9508

- IT Support*
- Transportation Dispatcher
- Fleet Detailer
- Farm Labor (with CDL)
- Diesel Mechanic
- Drivers**:
  - Feed/Grain
  - Regional
  - OTR


Stan's employees have worked **423 days** without a "lost time" accident!


## December Top Fuel Mileage Performers

**Reefer Division:**

6.50 MPG - 8.47 MPG Cost/Mile $0.65 - $0.43

**Brian Alumbaugh - 8.47**
**Curtis Gakin - 8.04**
**Jeff Landeen - 7.97**
**Miguel Carrillo - 7.74**
**Mickle Mariner - 7.73**

Total Dec. Miles: 452, 184

Dec. MPG Avg: 7.16

## HR CORNER

**Health Insurance**

**Information regarding Avera Health Insurance renewal effective 2/1/2026 was emailed recently. Please check your email for specifics. As always, if you have any questions, feel free to contact Tammy.**

**W2's for 2025**

**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 1/31/2026.**

**If you changed addresses in the last year and haven't updated it, please let Tammy know ASAP.**

## 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!**

## February Birthdays

Javier Jimenez - 2/2
Dickson Jorgensen- 2/3
Areli Hernandez Perez - 2/9
Jodi Weber - 2/12
Cory Rand - 2/13
Kenny Fischer - 2/15
Terry Martin - 2/26
Kristi Stark - 2/29

**Happy Birthday to our February babies!**

## FOCUS ON SAFETY

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

Wearing proper safety apparel is essential to provide protection against hazards and injury. Consistent use of safety protocols & PPE (personal protective equipment) reinforces awareness and care, turning safety into an everyday routine. If you are working in a high traffic, poorly lit area, or at a customer or location with specific safety protocols, we strongly suggest wearing all required PPE, including safety glasses and Hi-vis apparel. Safety glasses and vests are available in dispatch. There are limited items in inventory located @ dispatch, along with Hi-vis apparel that is 50% off in the online store.

## We gathered for some Christmas cheer, food, fellowship and gifts!





## January Years of Service Anniversaries

Dickson Jorgensen - 22 years
Donley Tilberg - 12 years
Don Sackett - 11 years
Robbie Schley - 11 years
Mike Powell - 8 years
Joey Pearson - 2 years

**Thank You!**

for your service & dedication!

JANUARY

## HUMAN TRAFFICKING PREVENTION MONTH

Stan's has joined with our partners across the transportation industry to stop the flow of human trafficking.

We are committed not only to preparing our own employees to recognize and report suspected instances, but also to raising awareness among the public.

Our message is that human trafficking will not be tolerated. We invite you to join us in the fight to end modern slavery.


**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.***