



Stan's Ink Monthly



Volume 15, Issue 4

April, 2021

Mark Your Calendar!

April 19 - 23 - Severe Weather Awareness Week

May 21 - Apparel Orders Due



Highway to Health

Do I Have Colorectal Cancer?

What are the signs and symptoms of colorectal cancer?

Colorectal cancer might not cause symptoms right away. In fact, many of the symptoms of colorectal cancer can also be caused by other problems, such as infection, hemorrhoids, irritable bowel syndrome, or inflammatory bowel disease.

It's important to get checked if you have any of following problems. In many cases, people who have these symptoms do not have cancer. But you should talk to your doctor if you have any of them so the cause can be found and treated.

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by having one
- Rectal bleeding with bright red blood
- Blood in the stool, which might make it look dark brown or black
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Losing weight without trying

Often colorectal cancer doesn't cause symptoms until it has grown or spread. That's why it's best to be tested for colorectal cancer before ever having any symptoms. Colorectal cancer that's found early through screening, before you have symptoms, might be easier to treat. Screening can even prevent some colorectal cancers by finding and removing pre-cancerous growths called polyps.

What happens if I have colorectal cancer?

If you have colon or rectal cancer, treatment depends on which type of cancer it is, how big it is, and whether it has spread. Treatment may include surgery, radiation, chemotherapy, targeted therapy or immunotherapy. Many people get more than one type of treatment. It's important to talk openly with your doctor and ask questions if you don't understand something.

Source: American Cancer Society

Mike's Words of Wisdom...

Knowledge - Skill - Desire

Each of these have value, but if you combine them all together you have a powerful individual. With the NCAA tournaments going on, I think of how hard the athletes work to be at the level they are at. They have taken the time to build their knowledge of the game, have spent countless hours perfecting their skills, and have a deep desire to compete as a team and win. We aren't (at least I am not) a finely tuned athlete, but as team members at home and at Stan's we can utilize these three words to improve our lives and our careers.

Knowledge is facts, information, and skills acquired by a person through experience or education. The school of hard knocks is a good teacher. We learn from our mistakes by turning them into experience. We can use our knowledge not only for our personal success, but it is also a great thing to share with others so they don't have to go through some of those hard knocks that we experienced.

Skill is the ability to do a particular task. Lots of us build our skill set towards things that we like and that allows us to excel doing things we like to do. Identifying what we are good at is key to our success. I can know everything there is to know about playing in the NCAA and have the desire to do so, but if I don't have the skills to compete at that high level, I will never make the roster. Our skill set is not always obvious, so we may have to try different things to see what we excel at.

Desire is a strong feeling of wanting to have something. We may have the knowledge and the skills for what we are doing, but if we don't have the desire to do it, we will fail. We have to want to go get whatever dream we want to come true. The quote "Vision without execution is daydreaming." Bill Gates. Don't be a dreamer be a doer!

Knowing what we are doing, having the skills to do it, and the desire to achieve our goals, we will be the best family member and Stan's Team member that anyone could ask for. The choice is up to us, whether we win this game of life or let it slip by like a ticking clock. Some people watch things happen, some wonder what happened, and some make things happen. We need to use our knowledge, skills, and desire to be the one to makes things happen for the good of our communities, our families, and our Stan's family.

Be Safe and God Bless!

Respect Relationships Results



The South Dakota Trucking Association is now accepting applications for scholarships for the 2021-2022 school year.

A total of seven (7) one-year nonrenewable scholarships in the amount of \$1,000 each will be awarded. Stan's employees, spouses and children are eligible to apply. Application information can also be accessed @ <http://www.southdakotatrucking.com/page-1218929> or contacting Tammy in HR. All applications must be postmarked no later than Friday, 4/30/2021.

March Accidents & Incidents

Driver struck cement block with trailer.



Total : \$2,163
We have a \$25,000 deductible
and are counting on YOU to keep costs down.

February Top Fuel Mileage Performers

Reefer Division:

7.58 MPG - 5.87 MPG Cost/Mile \$0.38-\$0.49

Barry Eldeen - 7.58
Terry Nedved - 7.45
Kenneth Hendee - 7.42
Harry Solomon - 7.30
Steve Wenninger - 7.21

Total February Miles: 386,070 **February MPG Avg: 6.79**

March Top Fuel Mileage Performers

Reefer Division:

8.37 MPG - 6.61 MPG Cost/Mile \$0.38-\$0.48

Randy Flitter - 8.37
Orlando Lopez - 8.03
Steve Borkowski - 7.99
Terry Nedved - 7.97
Brian Alumbaugh - 7.96

Total March Miles: 438,073 **March MPG Avg: 7.51**

Stan's employees
have worked
290 days

without a
"lost time" accident!



Check out the Monthly Safety Media!

Offered in 2 media formats: CD's & Flash Drives
Congratulations to the March winners!

Loren Postma Robin Sombke
Orlando Lopez Mike Phillips Barry Eldeen

HRCORNER

Career Opportunities!

Stan's:

- ◆ Accountant
- ◆ Controller
- ◆ OTR Drivers

Heartland Pork:

- ◆ Maintenance Manager
- ◆ Swine Technicians
- ◆ Finishing Assistants

Please share this information with anyone you know
who may be interested in these great opportunities.

For complete job descriptions
contact Tammy @ 605-961-9508

April Birthdays

Judeen Schley - 4/8
Alec Sibson - 4/16
Taylor Sibson - 4/16
Jimmie Rederth - 4/21
Todd Burns - 4/26

Happy Birthday to
our April babies!

Happy Birthday

May Birthdays

Bailey Horak - 5/1
Audrey Baysinger - 5/14
Alex Ames - 5/21
Tim Walker - 5/21

Happy Birthday to
our May babies!

WEAR YOUR TEAM COLORS!

Custom Apparel Orders
are DUE 5/21/21

Contact:

Elizabeth 605-961-9501
elizabethp@stansinc.net
Morgan 605-961-9511
morgan@stansinc.net

We're offering the custom apparel
allowance again to all
Stan's Employees.

REMINDERS: Stan's allowance will
pay HALF of your total custom
apparel order amount UP TO \$50.
The allowance is to be used on
logoed custom apparel orders for
YOU, and it is use it or lose it, no
carry over to the next order.

Stan's Welcomes New Employees! Please take the time to introduce yourself!



Dillon Kouf

Joins the Shop Division.



Joshua Laws

Joins the Reefer Division.



William Eustace

Joins the Reefer Division.



Bradley Mann

Joins the Reefer Division.



Kory Davis

Joins the Reefer Division.

Congratulations to those drivers that achieved the 2020 Safety and MPG Awards!

Drivers who had no accidents or violations and were the best of the best in fuel economy for 2020.



SEVERE WEATHER AWARENESS WEEK

APRIL 19 - 23

A statewide tornado drill is
scheduled for
**April 21st between
10:00am and 10:30am**

April Years of Service Anniversaries

Mark Jensen - 14 years
David Fletcher - 7 years

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