

Stan's Ink Monthly



Volume 16, Issue 12

December, 2022

Mark Your Calendar!

- Dec 21 - Winter Begins
- Dec 24 & 25 - Christmas Eve & Christmas Day
- Dec 31 & Jan 1 - New Year's Eve & New Year's Day
- Jan 10 - Christmas Potluck Lunch (Tentatively!)



Highway to Health

Get the Fact about Lung Cancer (cont'd)

Don't be fooled by rumors and misinformation about lung cancer. Get the facts. Here are some common beliefs about lung cancer.

4: Replacing cigarettes with spit tobacco or snuff is a safe way to decrease lung cancer risk. **False.**

Tobacco that's put in the mouth, such as spit, oral, smokeless, chewing, and snuff tobacco is less lethal than smoking tobacco and not linked to lung cancer – but less lethal is a far cry from safe. People who use spit and other types of smokeless tobacco greatly increase their risk of other cancers, including those of the mouth, throat, stomach, and pancreas.

5: Lung cancer is one of the deadliest cancers. **True.**

Lung cancer is by far the leading cause of cancer death. Each year, more people in the US die of lung cancer than of colon, breast, and prostate cancers combined.

6: Lung cancer often doesn't cause problems until it's too late to cure it. **True.**

Most lung cancers do not cause symptoms until they have spread too far to be cured. But symptoms do occur in some people with early lung cancer.

Some of the most common symptoms of lung cancer are:

- A cough that does not go away or gets worse
- Chest pain that is often worse with deep breathing, coughing, or laughing
- Unexplained weight loss and loss of appetite
- Coughing up blood or rust-colored sputum (spit or phlegm)
- Infections such as bronchitis and pneumonia that don't go away or keep coming back

If you go to a doctor when you first notice symptoms, the cancer might be diagnosed at an earlier stage, when treatment works best.

Source: American Cancer Society

Mike's Words of Wisdom...

What do faith and fear have in common besides the letter F? They both believe in a future that hasn't happened yet. Fear believes in a negative future. Faith believes in a positive future. Don't believe the lies of fear. Choose faith and believe in a positive future today! Jon Gordon

Are you fearful or faithful? That is the question we need to ask ourselves. If we are fearful, we most likely won't move forward and take an effort to do anything because we think of all the things that may stop us or that we will fail. If we are faithful, we have the faith that what we do has a purpose and we believe in what we are doing. We may hit some roadblocks, but we will overcome them and succeed. Both fear and faith have a future that hasn't happened yet, but let's choose faith and believe in a positive future today!

With Christmas right around the corner I think of the story of the baby Jesus and how Mary and Joseph had to have such strong faith. Mary was told by an angel that she would have a son named Jesus, who would be God's Son, and Joseph was also visited by the angel and was told to not be afraid and to take Mary home as his wife and travel to Bethlehem. If they had fear in their hearts they would have believed in a negative future, but they had faith in God and followed his instructions, and baby Jesus was born in a stable and rested in the animals trough, known as the manger. That is the ultimate example of being faithful vs be fearful.

Use your faith this Christmas season and see the good in yourself, your family, and the world while removing the negativity in your life. Be thankful for all the blessings we have with our families at home and at work. We control the controllables, and one of those are our attitude toward others and being a giver rather than a taker. Make an effort to give the biggest gift we can give or receive, which is a gift of kindness. This season do something for someone that is unexpected, it will make you feel warm and fuzzy inside as it will those that receive it.

It's free to give a kindness and it pays back ten-fold, so be prepared to get what you give during the holiday season and all year long.

Merry Christmas from our family to you and yours and remember that Jesus is the reason for the season.

Respect Relationships Results

Stan's Welcomes New Employees!

Please take the time to introduce yourself!



Terry Martin
Joins the Reefer Division



William Maples
Joins the Reefer Division



Brad Thompson
Joins Operations

November Accidents & Incidents

Trailer axle locked up, drug tire.....	\$8,000
Backed into shop garage door.....	\$400
Drug trailer tire.....	\$1,500
Hit/ran over large rock w/ trailer.....	\$3,000

Total : \$12,900



We have a \$25,000 deductible and are counting on **YOU** to keep costs down.

Stan's employees have worked

316 days

without a "lost time" accident!

**THINK SAFE
WORK SAFE
BE SAFE**



December is National Impaired Driving Prevention Month

Marijuana, including "medical marijuana," is classified as a Schedule 1 drug, which means it is unacceptable for any safety-sensitive employee subject to the DOT's drug testing regulations.

CDL drivers should exercise caution when considering whether to use CBD products, as these can lead to a positive drug test.

Stand against impaired driving. To learn more, read the DOT's Medical Marijuana Notice:

<https://www.transportation.gov/odapc/medical-marijuana-notice>.

December Birthdays

- Ryan Hughes - 12/11
- Luke Sharp - 12/12
- Dillon Kouf - 12/14
- Don Sackett - 12/19
- Les Eckels - 12/20
- Bill Steffey - 12/21
- Kim Stacy - 12/22
- Brian Wicker - 12/26
- Logan DeJean - 12/29
- Rick Airth - 12/30
- Robbie Schley - 12/30

Happy Birthday to our December babies!

Happy Birthday

January Birthdays

- Luverne Jager - 1/10
- Steve Wenninger - 1/10
- Austin Kopfmann - 1/24
- Arnie Case - 1/24

Happy Birthday to our January babies!

December Years of Service Anniversaries

- Barry Eldeen - 14 years
- Terry Nedved - 8 years
- Elizabeth Pester - 7 years
- Taylor Sibson - 5 years
- Steve Wenninger - 2 years
- Audrey Dick - 1 year
- Cooper Haeder - 1 year
- Jacob Sievers - 1 year

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

Career Opportunities!

- Ag Business Mgmt. *
- Accountants/Bookkeepers *
- Operations
- IT Support
- Drivers **:
 - ◆ Feed
 - ◆ Regional
 - ◆ OTR

All experience levels considered!

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

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

November Top Fuel Mileage Performers

Reefer Division:

6.02 MPG - 7.94 MPG Cost/Mile \$0.87 - \$0.66

- Brian Alumbaugh - 7.94
- Santiago Trevino - 7.84
- Jesus Garcia - 7.82
- Loren Postma - 7.77
- Miguel Carrillo - 7.77

Total November Miles: 365,402 **November MPG Avg: 7.34**

HRCORNER

Information regarding open enrollment for certain employee benefits was sent to your personal email address last week. 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.

Reminder - we have some deadlines approaching! If you want to participate in Flex Spending, Colonial supplemental insurances and the 401(k), refer to the instructions that were sent in the earlier email OR contact Tammy for additional instructions or if you have any questions.

DRIVERS: If you are NOT participating in the Per Diem program and would like to do so in 2023, 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 2023 in the very near future. We will share information as soon as it becomes available.

W2's for 2022 - 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 1/31/2023.

OPTIMISM Successful Best Excellent Development Super Kind Cooperative Dream maximum THINK Expand RISE Prime

ONE WORD CHALLENGE FOR 2023

Instead of a 'New Years Resolution' for 2023, change it up to a ONE WORD CHALLENGE!

No resolutions, no goals, just One Word that gives meaning, mission, passion, and purpose. One Word that will help YOU be YOUR best!

Some examples: CONNECTED, EXPAND, HEART, PURPOSE, FORGIVE, STILL, SURRENDER, SERVE, PRAY, RISE, ABIDE, POWER.

A word that may mold and shape us to become better; a better person, better father/mother, better husband/wife, better communicator, and better team member and leader.

Watch your email for tips and resources on how to implement this into the new year and make 2023 the best year yet!

Best Super maximum THINK Honest RISE Serve POWER