



Stan's Ink Monthly



Volume 16, Issue 3

March, 2022

Mark Your Calendar!

- Mar 13 - Daylight Savings Time Begins
- Mar 17 - St. Patrick's Day
- Mar 20 - 1st Day of Spring



Highway to Health

Did you know March is National Colorectal Cancer Awareness Month?

Excluding skin cancers, it's the third most-diagnosed cancer for both men and women in the United States.

What's New in Colorectal Cancer Research? Scientists are looking for causes and ways to prevent colorectal cancer, better ways to find it early (when it's small and easier to treat), and ways to improve treatments. Here are some examples of current research.

Reducing colorectal cancer risk: Many studies are looking to identify the causes of colorectal cancer. Other studies are looking to see if certain types of diets, dietary supplements, or medicines can lower a person's risk of colorectal cancer.

Early detection: Doctors are looking for better ways to find colorectal cancer early by studying new types of screening tests (like blood tests) and improving the ones already being used. Researchers are also trying to figure out if there's any test or screening plan that clearly works best.

Diagnosis: Researchers are trying to define colorectal cancer sub-types. As has been found with other cancer types, this might lead to better understanding of disease progression and outcomes, as well as more clearly defined treatment plans.

Treatment: Researchers are always looking for better ways to treat colorectal cancer.

Surgery: Surgeons continue to improve the operations used for colorectal cancers. Rectal cancer surgery done through the anus, without cutting the skin, is also being studied. Organ preservation – keeping your body working the way it normally does – is another research goal.

Chemotherapy: Different approaches are being tested in clinical trials, including: Testing new chemo drugs or drugs that are already used against other cancers. Looking for new ways to combine drugs already known to work against colorectal cancer to see if they work better together. Studying the best ways to combine chemotherapy with radiation therapy, targeted therapies, and/or immunotherapy. Better ways to identify, prevent, and treat chemo side effects are other areas of research interest.

Targeted therapy: Targeted therapy drugs work differently from standard chemotherapy drugs. They affect specific parts of cancer cells that make them different from normal cells. Several targeted therapy drugs are already used to treat advanced colorectal cancer. Researchers are studying the best way to give these drugs and looking for new targeted therapy drugs.

Source: AmericanCancerSociety.org

Mike's Words of Wisdom...



Change is the only Constant...

...and boy have we seen some changes in the last 2 years with Covid, that have turned our world upside down. The cost of food, gas/fuel, and everything we consume or use has increased in price, and is still rising. Then add the war in Ukraine (please keep the people of Ukraine in your prayers) on top of a Covid hangover, and we now have major unrest and every aspect of the supply chain challenged.

Challenges and changes present themselves every day and it is hard to keep our eye on the ball when it is moving so fast. Our focus should be to evaluate the changes and make adjustments to make the best of any situation at home or at Stan's. Doing this starts with a determination to make it better.

I like to say that change does not dictate our lives, but how we react to change in life is the difference between success and failure. As kids, our parents told us if we get knocked down that we need to pick ourselves up, dust ourselves off and keep moving. That is great advice, but sometimes we ask ourselves, how many times can we do this without just throwing in the towel? A couple quotes that come to mind...one from Mike Tyson, one of the best boxers ever (probably not the best role model, but), "You fall down 100 times, you get up a 100 times, you learn 100 lessons." Or George A. Custer "It's not how many times you get knocked down that counts, it's how many times you get back up." Getting up lets you reflect on the experience and use it for future opportunities.

Now more than ever, we need to keep getting back up and doing the best we can with the information we have. If we get down, we need to talk to a friend or a coworker and find a way to deal with the changes that are coming our way and make the best out of them for our families, Stan's, and our country. We all need to move forward by supporting each other to accomplish our goals. If we choose not to, change will overcome us, and we will look back and wish we had done something to make a difference.

While there are many things in life that we can't control, there are many that we can.....We can be grateful, work hard, love others, and make a difference. If we do these simple things in life, we will overcome any challenges/changes that come our way and be proud of our actions for generations to come.

Remember, it is We not Me! Together We Can! God Bless!

Respect Relationships Results

Colorectal Cancer at a Glance



MARCH
COLORECTAL
CANCER
Awareness Month



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 24, although this varies according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



Survival rates are highly dependent upon early detection.



There are currently more than one million colon cancer survivors in the U.S.

February Accidents & Incidents

Drove into ditch, needed tow out.....\$4,279

Truck towed from no parking zone.....\$1,620

Total : \$ 5,899



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

Stan's employees have worked

42 days

without a "lost time" accident!



March Birthdays

Mike Jurgens - 3/13
Jacob Sievers - 3/24
Wade Metter - 3/25
Tammy Bierman - 3/27
Mark Jensen - 3/30

Happy Birthday to our March babies!

February Top Fuel Mileage Performers

Reefer Division:

7.71 MPG - 5.94 MPG Cost/Mile \$0.52 - \$0.68

Miguel Carrillo - 7.71

Monty Johnson - 7.50

Loren Postma - 7.45

Dallas Schmedeke - 7.43

Steve Borkowski - 7.28

Total February Miles: 389,995 **February MPG Avg: 6.83**

HRCORNER Career Opportunities!

- Accountants
- Logistics Support
- IT Support
- Drivers:
 - ◊ Grain
 - ◊ Regional
 - ◊ OTR

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

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



April Birthdays

Miguel Carrillo - 4/7
Judeen Schley - 4/8
Alec Sibson - 4/16
Taylor Sibson - 4/16
Keith Barth - 4/21
Jimmie Rederth - 4/21
Todd Burns - 4/26

Happy Birthday to our April babies!



DRIVERS!

Reminder to complete your Safety Training in your TruckRight account. Reach out if you have questions.

March Years of Service Anniversaries

Judeen Schley - 17 years
Ivy Eichstadt - 6 years
Alec Sibson - 5 years
Brian Alumbaugh - 2 years
Dillon Kouf - 1 year
Josh Laws - 1 year

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



The South Dakota Trucking Association is now accepting applications for scholarships for the 2022-2023 school year.

A total of seven (7) one-year nonrenewable scholarships in the amount of \$1,000 each will be awarded. Stan's employees or immediate family members are eligible to apply. Immediate family is defined as spouse and children. Eligibility and application information can also be accessed at:

<http://www.southdakotatrucking.com/page-1218929>

Or contact Tammy in HR.

All applications must be postmarked no later than Friday, 4/29/2022.

For those team members who began employment between 10/1/2021 and 12/31/2021 (or before and are not yet enrolled), now is the time to enroll in the 401k! Stan's encourages you to take advantage of your 401k plan for a couple reasons - employer match up to 4% and to help you look forward to a more secure future at retirement age! Enrolling is online and is quick and easy! Check your email for enrollment instructions. For those of you already enrolled, you do not need to take any action. If you have any questions, contact Tammy in HR @ 605-961-9508.



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



Dallas Schmedeke
Joins the Reefer Division.



Tim VonEye
Returns to the Feed Mill Division.



Cody Barth
Joins the Wash Bay Division.



Logan DeJean
Joins the Wash Bay Division.



Jeff Fix
Joins the Grain Division.