Stan's Ink Monthly

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

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Mark Your Calendar!

Mar 17 – St. Patrick's Day
Mar 19 - First Day of Spring

Highway to Health

Know the Signs of Colon Cancer at Any Age

Today's world offers a way to detect cancer before symptoms even start: regular screenings.

Colon Cancer Screenings

Colon cancer is showing up more frequently in younger people. Therefore, it's important to get your colonoscopy as soon as you become eligible, make preventive changes to your lifestyle, and know the signs of colon cancer. "The danger of skipping a colonoscopy is that an undetected tumor in your colon could grow and metastasize to the lymph nodes or even the liver or bones, making it much more difficult to treat," said Hurley.

Signs of Colon Cancer

The purpose of regular screenings is to detect cancer before symptoms arise. Early detection offers the best chance for an ideal outcome should you receive a cancer diagnosis.

However, it's also important to know the possible symptoms of colon cancer, especially if you're under age 45. About 12% of people diagnosed with colorectal cancer are younger than 50, according to the American Cancer Society.

If you experience any of these, talk to your doctor:

- **Blood** – Watch for blood in your stools or if they appear tar black.
- **Fatigue** – Anemia, caused by internal bleeding, prevents oxygen from circulating in the blood, causing you to feel tired and look pale.
- **Abdominal pain** – Discomfort can come from a blockage or constant gas, cramps, or bloating.
- **Change in bowel habits** – "Bowel habits vary from person to person, so you know what's normal for you," said Hurley. Normal could be going once most days per week or a few times per day. A sudden, unexplained change in bathroom habits should be checked out.
- **Weight loss** – Cancer cells can affect how your body turns food to energy, which may result in easy, unintentional weight loss.

How to Prevent Colon Cancer

To lower your risk of colon cancer, exercise regularly, maintain a healthy weight, and follow a diet low in fat and high in fiber.

Good colon health starts by talking to your primary care provider. If you're 45 or older, schedule a colonoscopy, or if you're younger than 45, talk to your provider if you have a family history or concerning symptoms. Source: Avera.org

Mike's Words of Wisdom…

"When you're 20 you care about what everyone thinks, when you're 40 you stop caring what everyone thinks, and when you are 60 you realize no one was ever thinking about you in the first place." Winston Churchill

This quote kind of hits home because when we are 20 and ready to take on the world, we are so concerned about what others think of us and trying to impress others. At 40, we transition into not caring about what anyone thinks of us and that we will do what we want. Then at age 60, we figure out that no one really cared what we did. I do think that through this journey of life we have to enjoy the ride and deal with things as they come our way. Whether it is challenges with health, wealth, or happiness, how we react to them will determine our success.

At Stan's, we are continually trying to be optimistic and work toward improving processes and customer service by improving communications and efficiencies. Each day we have the choice to view the world as if the glass is half full or half empty. Below are 7 strategies for filling up your cup of optimism. Try it, you might like it.

Set Your Intentions. Positive attitude. Make it a great day.
Do Something Outside Your Comfort Zone. You won't know if you don't try.
Reframe a Problem into an Opportunity. Solve it and move on to the next one.
Avoid Energy Vampires. Soar with the eagles, don't hang out with the turkeys.
Carry Yourself Like an Optimist. Be confident because you know.
Lighten Up. Have fun doing what you're doing. Laugh a little.
Exercise. It relieves stress and promotes a healthy lifestyle. Just Do It!

Speaking of optimists…I want to congratulate all the Stan's employees that earned MPG and Safety incentives during 2023. Stan's paid out $292,753 total for MPG and Safety incentives in 2023. The percentage of team members that received safety and MPG incentives was over 98%. That shows Stan's, as a team, is doing things right by putting the savings in our pockets and not into the fuel tank, and by not having accidents or violations that cost Stan's money. It keeps our expenses down so we can share with those that saved the money. One of our biggest accomplishments in safety is that we have gone over 750 days without a loss time accident! That means no one has been injured at work for over 750 days, which is great! Our challenge is to continue doing what we have been doing by being safe and saving fuel. Doing the right things for the right reasons is a Win Win for everyone!

Thanks for all you do to support the success of Stan's, which is all of us!

Respect Relationships Results

For those team members who joined the Stan's team prior to 1/1/2024, you are now eligible to enroll in the 401k!

A 401k is one of the best ways to save for your retirement. Stan's encourages you to take advantage of your 401k plan so that you can look forward to a more secure future and will match up to 5% of your deferral. Enrolling 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.

SEVERE WEATHER AWARENESS WEEK
APRIL 8 - 12, 2024

February Accidents & Incidents

Backed pickup into another pickup..... $4,864
Missed kingpin, backed truck into trailer..... $4,500
Drug tire..... $2,250
Airlines pulled loose..... $300

Total : $11,914

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

Stan's employees have worked **771 days** without a "lost time" accident!

THINK SAFE WORK SAFE BE SAFE

March Birthdays

Mike Jurgens - 3/13
Zack Siemonsma - 3/22
Tammy Bierman - 3/27
Carlos Yanes - 3/28

Happy Birthday to our March babies!

February Top Fuel Mileage Performers

Reefer Division:

6.64 MPG – 8.79 MPG Cost/Mile $0.61 – $0.46

Jeff Landeen – 8.79
Fred Dupris – 8.42
Jimmy Block – 8.40
Miguel Carrillo – 8.28
Bill Steffey – 8.28

Total February Miles: 423,760
February MPG Avg: 7.58

HR CORNER
Career Opportunities!

- Accountant
- Diesel Mechanic *
- IT Support *
- Farm Labor
- Drivers **:
  - ⇒Local, Regional & OTR
  - ⇒Feed Delivery

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

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

April Birthdays

Miguel Carrillo - 4/7
Judeen Schley - 4/8
Jerry Laird - 4/10
Alec Sibson - 4/16
Taylor Sibson - 4/16
Wade Powell - 4/17
Brad Thompson - 4/25
Justin Van Niekerk - 4/25

Happy Birthday to our April babies!

Stan's Welcomes New Employees!

Please take the time to introduce yourself!

Devin Hubbell
Reefer Division

Leo Cabrera Belen
Reefer Division

Rob Larson
Reefer Division

Joe Hernandez
Wash Bay Division

March Years of Service Anniversaries

Judeen Schley - 19 years
Ivy Eichstadt - 8 years
Alec Sibson– 7 years
Brian Alumbaugh - 4 years
Dillion Kouf - 3 years
Justin Van Niekerk - 2 years

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

We have plenty to be proud of and thankful for! Friday, March 1st, we gathered to celebrate National Employee Appreciation Day and to recognize the 2023 Fleet Award Winners in the safety & MPG categories. We are honored and grateful to have fabulous leadership and great team members!

2023 Awards

Top Fuel

Total Paid Out for 2023 MPG Incentive $106,997

GOLD 8.00 +	Steve Borkowski	8.35	Brian Alumbaugh	8.16
	Jimmy Block	8.34	Bob Haibeck	8.14
	Randy Flitter	8.32	Roger Lammey	8.11
	Miguel Carrillo	8.21	Jeff Landeen	8.09
SILVER 7.75 - 7.99	Terry Martin	7.94	Loren Postma	7.81
	Barry Eldeen	7.91	Kenny Hendee	7.77
	Eric Waldner	7.91	Rick Airth	7.75
	Monty Johnson	7.82		
BRONZE 7.50 - 7.74	Bill Ryan	7.73	Tim Joynt	7.64
	John Bozzella	7.73	Don Sackett	7.60
	Tim Walker	7.73	Farley Trevino	7.59
	Santiago Trevino	7.70	Bill Steffey	7.50

Fleet Average 7.75

Safety

Total Paid Out for 2023 Safety Incentive $147,256

Rick Airth	Randy Flitter	Roger Lammey	Don Sackett
Brian Alumbaugh	Bob Haibeck	Jeff Landeen	Farley Trevino
Jimmy Block	Kenny Hendee	Brad Mann	Santiago Trevino
Steve Borkowski	Monty Johnson	Todd Maples	Justin Van Niekerk
John Bozzella	Todd Johnson	Terry Martin	Eric Waldner
Miguel Carrillo	Dickson Jorgensen	Loren Postma	Tim Walker
Barry Eldeen	Tim Joynt	Bill Ryan	Brian Wicker

(12 months without accident or violation)

2023 Statistics

(1/1/23 - 12/31/23)

ISS Score as of Dec 31st 2023	36
CSA BASIC Scores as of Dec 31st 2023	
Unsafe Driving	42%
Hours-of-Service Compliance	0%
Driver Fitness	0%
Controlled Substance & Alcohol	0%
Vehicle Maintenance	34%
Crash Indicator	36%
Total Miles Driven	5,423,027
Total Passed Inspections	43
Total Passed Inspections Payout	$2,450
Total Failed Inspections	22

Total Safety Incentives Paid Out

Drivers	$ 147,256
Non-Drivers	$ 38,500
Grand Total	$ 185,756

Total MPG Incentive Paid Out
$ 106,997
MPG Fleet Average: 7.75

SDTA SOUTH DAKOTA TRUCKING ASSOCIATION

The South Dakota Trucking Association is now accepting applications for scholarships for the 2024-2025 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, 5/3/2024.