



Stan's Ink Monthly

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STAN'S

ALPENA, S.D.



Volume 18, Issue 4

April, 2024

Mark Your Calendar!



- Apr 18 - Safety Meeting @ 9am
- Apr 8-12 - Severe Weather Awareness Week
- Apr 18 - Main Office Meet & Greet Mixer 4-5pm
- May 17 - Apparel Orders Due

Highway to Health

Is Quinoa Good for Your Cholesterol?

While foods aren't necessarily good or bad some are definitely more beneficial than others when managing our health, including cholesterol.

What Is Cholesterol?

- LDL (low-density lipoprotein) "bad" cholesterol – Bad cholesterol increases your risk of heart disease, stroke, or heart attack by contributing to fatty buildups of triglycerides in the bloodstream. LDL cholesterol levels should not be over 130.
- HDL (high-density lipoprotein) "good" cholesterol – Good cholesterol absorbs the bad cholesterol and transfers it through the bloodstream to the liver, which disposes it from the body. HDL cholesterol levels should be over 60.

Quinoa Is High in Fiber

Quinoa is an excellent source of dietary fiber, which plays a significant role in managing cholesterol levels. Men should try to get at least 30 to 38 grams of fiber a day, while women should aim for at least 21 to 25 grams of fiber a day. Just one cup of quinoa contains 5 grams, so it's an excellent source of fiber to support your heart-healthy journey.

Quinoa Is High in Protein

Quinoa is one of the only plant proteins that is a complete protein — meaning it contains all nine essential amino acids. Not only that, but its high fiber content makes it a great option to eat alongside red meat choices, such as ground beef or pork chops.

Quinoa Is High in Antioxidants

Quinoa contains antioxidants, which protect the body from oxidative stress and inflammation. Quinoa is rich in omega-3s and omega-6s, which both have antioxidant properties that ease inflammation.

How to Add Quinoa into Your Diet

- Add quinoa to a green salad, soup, stir-fry, stuffing, or casserole.
- Dress up quinoa for breakfast with fruit and other yummy toppings — like overnight oats.
- Exchange rice or pasta with quinoa in a recipe using a 1:1 ratio.

Avera.org

Mike's Words of Wisdom...

Self-control: *the ability to control oneself, in one's emotions and desires or the expression of them in one's behavior, especially in difficult times.*

The old saying...when the going gets tough, the tough gets going. What is inside us that makes us want to rise to the occasion and do the tough task to accomplish our goals? Is it greed, fear, or wanting to be recognized? These are a few of the possibilities but whatever motivates us, self-control is a big part of our success. Having self-control shows that we can think, process, and act without blowing up at every little thing that happens. We have to deal with change every day and HOW we deal with change defines the outcome of the situation. If we fight change, change wins or if we embrace it and work to a solution, we win. The only constant in life is change.

We all have different personalities and different skill sets. At home or at Stan's, we all do different things throughout the day to work towards our goal. We levitate to what we are good at and enjoy doing. That's why some people like numbers and others like to work with their hands. Stan's has many positions, and everyone has a job to do, for Stan's to be successful. We all need to respect every position that our Stan's team members play and remember that each person plays a big role in the success of Stan's (which is all of us). Getting the right person in the right position is important to our success. We don't ask our accountants to overhaul the engine in a truck just like we wouldn't ask the mechanics to file our tax return. Every position is important and deserves respect by the other players on the team. If everyone plays their position to the best of their ability, we will succeed individually and as Team Stans.

We can improve our self-control skills by keeping our emotions in check when we come upon difficult times by making a plan and asking for help if needed to find a solution to the problem. Our family members and our Stan's team members will appreciate us for our efforts and our actions if we are part of the solution and not part of the problem. So next time you are ready to blow a gasket, remember others are watching (maybe it's your kids or a coworker) and we will be judged by our actions. Self-control is a learned skill that we can all improve on and lead others by example.

Respect Relationships Results

WEAR YOUR TEAM COLORS!

Custom Apparel Orders DUE 5/17/24

REMINDERS:

Stan's will pay HALF of your total custom apparel order UP TO \$50.

The allowance is to be used on orders for YOU, and it is use it or lose it.

Contact Elizabeth to place your order:
elizabethp@stansinc.net 605-961-9501

March Accidents & Incidents

Went off edge of road, needed tow out.....

Total : \$550



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

March Top Fuel Mileage Performers

Reefer Division:

6.56 MPG - 8.62 MPG Cost/Mile \$0.61 - \$0.47

Jeff Landeen - 8.62

Fred Dupris - 8.43

Brian Alumbaugh - 8.25

Chris Hicks - 8.25

Bill Steffey - 8.21

Total March Miles: 452,942 **March MPG Avg: 7.60**

Stan's employees have worked

799 days

without a "lost time" accident!



HRCORNER

- Fleet Detailer
- Logistics/CSR
- IT Support *
- Farm Labor
- Drivers **:
 - ⇒ Local, Regional & OTR
 - ⇒ Feed Delivery

* 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.

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!

May Birthdays

- Cathy Sprecher - 5/9
- Audrey Kopfmann - 5/14
- Tim Walker - 5/21
- Sam Wenninger - 5/31

Happy Birthday to our May babies!

April Years of Service Anniversaries

- Dave Fletcher - 10 years
- Bradley Mann - 3 years
- Jimmy Block - 2 year
- Connor Wolfcale - 1 year
- Zack Siemonsma - 1 year

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



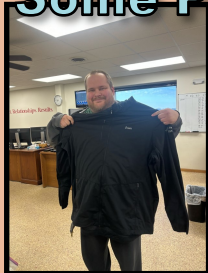
The South Dakota Trucking Association is now accepting applications for scholarships for the 2024-2025 school year.

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.

Some Pictures of the 2023 Safety & MPG Award Winners!



Brian Alumbaugh



Bradley Mann



John Bozzella



Bob Haibeck



Eric Waldner



Monty Johnson



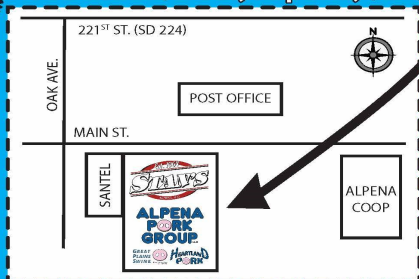
Brian Wicker

Come See Our **NEW LOCATION!**

Main Office
Meet & Greet Mixer

Thursday 4/18/24
4pm - 5pm

805 Main Street, Alpena, SD



Stan's Welcomes New and Returning Employees!

Please take the time to introduce yourself!



Dieter Eitz, Andries Booyens, & Brandon Long
Farm Division

SEVERE WEATHER AWARENESS WEEK
APRIL 8-12, 2024

PREPARE FOR SEVERE WEATHER

First Aid Kit



Water & Nonperishable Food



Emergency Plan



emergency.cdc.gov