



Mark Your Calendar!

3/17 St Patrick's Day
3/20 1st Day of Spring



Highway to Health

Cancer Screening Guidelines by Age

The choices you make about diet, exercise, and other habits can affect your overall health as well as your risk for developing cancer and other serious diseases.

It's also important to follow recommendations for cancer screening tests. Screening tests are used to find cancer in people who have no symptoms. Regular screening gives you the best chance of finding cancer early when it's small and before it has spread.

Cancer Screening Recommendations

Age 25-39 Screening Recommendations

- Cervical cancer screening - beginning at age 25.

Age 40-49 Screening Recommendations

- Breast cancer screening beginning at age 45, with the option to begin at age 40.
- Cervical cancer
- Colorectal cancer screening beginning at age 45.

Age 50+ Screening Recommendations

- Breast cancer
- Cervical cancer
- Colorectal cancer
- People who currently smoke or formerly smoked should discuss lung cancer screening with a doctor.
- Discussing prostate cancer screening with a doctor recommended.

Healthy Lifestyle Choices for Everyone

Stay away from tobacco: There is no safe form of tobacco. If you smoke cigarettes or use other types of tobacco products, it's best to stop. Call 1-800-227-2345 for help.

Get to and stay at a healthy weight: Being overweight or obese can increase your risk for many types of cancer. You can control your weight with the choices you make about healthy eating and exercise:

- Avoiding excessive weight gain throughout life.
- Balance the calories you take in with the amount of physical activity you do.

Get moving: Adults: Each week, get at least 150-300 minutes of moderate-intensity physical activity or 75-150 minutes of vigorous intensity activity (or a combination of these). Children and teens: Get at least 1 hour of moderate or vigorous intensity activity every day. Don't be a couch potato - limit the amount of time you spend sitting or lying down.

Eat healthy: Follow a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and limits or avoids red and processed meats, sugary drinks, and highly processed foods.

It's best not to drink alcohol: If you do drink, have no more than 1 drink per day for women or 2 per day for men.

Mike's Words of Wisdom...

Curiosity - Initiative - Accountability

These are three skills that I think anyone can implement to improve processes and make the world a better place. These skills don't cost anything but can pay big dividends at work and life in general. These three skills will allow us to increase our productivity, value, and opportunities in life.

Curiosity (a strong desire to know or learn something)

Curiosity is a skill that allows us to explore and find better ways to do things. The worst saying at home or in business is someone saying, "I don't know why but that's just the way we've always done it." That statement tells me that we haven't taken the time or effort to find a better way to improve our daily lives or our work lives.

Initiative (the opportunity to take charge before others do)

This skill gives us the confidence to put our curiosity into action and try new things. If we go through life thinking that we have to be right 100% of the time we won't try anything new for fear of failure. If we try 10 new things and only a few of them work out, then we have succeeded! Doing the same things over and over while expecting different results is the definition of insanity. We need to take a chance by implementing something new into our lives.

Accountability (condition of being responsible for your actions)

Being accountable is the part we play when something doesn't go as planned. But I would rather try and fail than never try at all. Failure is a teacher and it is experience we gain from our trials and errors. If we are accountable for our actions, it will be a growing experience and lead to new opportunities.

If we don't utilize these three skills, we are missing out on being innovative, productive, and efficient in our homes, with our families, in our communities, and at Stan's. So be curious to find the what, have initiative to discover the why, and if it doesn't work out, we need to be accountable by admitting it, accepting it, and try again. Those around us will appreciate our efforts and look up to us for doing it!

Respect Relationships Results

SEVERE WEATHER AWARENESS WEEK

APRIL 7 - 11 2025



what to KNOW WATCH & WARNING

WEATHER ALERTS



WATCH

Conditions are right for severe weather to form.

BE READY!
Listen to weather updates on radio or TV and be prepared to act.



WARNING

Severe weather is very close or already in your area.

TAKE ACTION!
Get to shelter even if you can't see danger.



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



March Birthdays
Andries Booyens - 3/1
Alvaro Sanchez - 3/9
Ana Solis Santos - 3/12
Mike Jurgens - 3/13
Robert Dillard - 3/20
Zack Siemonsma - 3/22
Tammy Bierman - 3/27
Oscar Batres - 3/28
*Happy Birthday to
our March babies!*

February Top Fuel Mileage Performers
Reefer Division:
5.85 MPG - 7.72 MPG Cost/Mile \$0.63 - \$0.48
Roger Lamme - 7.72
Jimmy Block - 7.72
Steve Borkowski - 7.67
Terry Martin - 7.47
Bob Haibeck - 7.45
Total Feb Miles: 464,408 **Feb MPG Avg: 6.90**

HRCORNER
Career Opportunities!


- Administrative Assistant
- Financial Clerk
- Diesel Mechanic
- IT Support*
- Drivers**:
⇒ Feed, Regional & OTR

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

Contact Tammy for more details!
605-961-9508



April Birthdays
Miguel Carrillo - 4/7
Judeen Schley - 4/8
Frank Sadiku - 4/14
Alec Sibson - 4/16
Taylor Sibson - 4/16
Leo Delgado - 4/20
Brad Thompson - 4/25
Justin Van Niekerk - 4/25
*Happy Birthday to
our April babies!*

For those team members who joined the Stan's team prior to 1/1/2025, 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.

March Years of Service Anniversaries
Judeen Schley - 20 years
Victor Octavo - 10 years
Ivy Eichstadt - 9 years
Alec Sibson - 8 years
Brian Alumbaugh - 5 years
Dillon Kouf - 4 years
Justin Van Niekerk - 3 years
Dieter Eitz - 2 years
Andries Booyens - 2 years
Brandon Long - 1 year
Thank You
for your service & dedication!

Drivers, Share Your Pictures With Us!
Traveling in a cool area? Truck washed up and looking good?
Take a picture and share it with us!
Email to Tammy: t.bierman@stansinc.net

We Welcome New Team Members!
Please take the time to introduce yourself!



Kenny Fischer Reefer Division **Ross Peterson** Reefer Division **Robert Dillard** Reefer Division **Tanner Marone** Wash Bay Division **Tony Kress** Wash Bay Division