



# Stan's Ink Monthly

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## STAN'S

ALPENA, S.D.



Volume 19, Issue 4

April, 2025

### Mark Your Calendar!

4/7 - 4/11 Severe Weather Awareness Week  
4/15 Safety Meeting @ 2pm



## Highway to Health

### April is Alcohol Awareness Month

#### Alcohol Use and Cancer

Drinking alcohol increases the risk of cancer. In fact, alcohol use is one of the most important preventable risk factors for cancer, along with tobacco use and excess body weight. Alcohol use accounts for about 5% of all cancers and 4% of all cancer deaths in the United States. But many people don't know about the link between alcohol and cancer.

#### What types of cancer are linked to alcohol use?

##### Cancers of the mouth, throat, voice box, and esophagus

Alcohol use clearly raises the risk of mouth, throat, voice box, and esophagus cancer. Drinking and smoking together raises this risk many times more than drinking or smoking alone. This might be because alcohol can help harmful chemicals in tobacco get inside the cells that line your mouth, throat, and esophagus. Alcohol might also limit how well these cells can repair damage to their DNA caused by the chemicals in tobacco.

##### Liver cancer

Long-term alcohol use has been linked to an increased risk of liver cancer. Regular, heavy alcohol use can damage your liver, leading to inflammation and scarring and raising your risk of liver cancer.

##### Colon and rectal cancer

Alcohol use is linked to a higher risk of cancers of the colon and rectum. There is stronger evidence for this in men, but studies have found a link in women as well.

##### Breast cancer

Drinking even small amounts of alcohol increases the risk of breast cancer in women. Alcohol can raise estrogen levels in the body, which may explain some of the increased risk. Avoiding or cutting back on alcohol may be an important way for many women to lower their risk of breast cancer.

##### Stomach cancer

Having 3 or more alcoholic drinks a day raises your risk of stomach cancer.

#### Do all types of alcohol increase cancer risk?

All types of alcohol increase cancer risk. This includes beer, wine, liquor (distilled spirits), and other drinks. When it comes to cancer risk, the amount of alcohol you drink over time seems to be the most important risk factor. The type of alcohol you drink isn't as important.

Avera.org

## Mike's Words of Wisdom...

### My Biggest Enemy is the Inner Me!

Think about it...we are our own biggest critics, and we sometimes judge our successes on how we measure up to the next person. On the outside looking in it is easy for us to find reasons why the neighbor, the coworker, or family member has it better and is doing better than us. But truth be known we don't know what is going on in other people's lives or what good, bad, or ugly they are dealing with. The truth is we can only control our actions and how we react to our good, bad, and ugly. How we react to the situations that come our way determine our outcomes in life.

At Stan's, we can be distracted with what everyone else is doing or not doing, while we become less productive because we are focusing on others actions or words and not being proactive ourselves by doing the right things for the right reasons. It takes focus and discipline to not be distracted by what others do or say. Don't take this as if we shouldn't be compassionate, because compassion is one of the greatest gifts we can give ourselves and others, but we need to be observant and aware of what is happening around us so we can react and make ourselves better, our Stan's team better, and our lives better.

At home, we always have noise about what other families have, but again we have no idea what is going on with someone else's inner me. As a leader we shouldn't be the instigator of drama or conflict, but we need to be mindful of what our spouse, children, or family members are dealing with and what they are really asking for through their actions and emotions. Once we can determine the stressor, we can break down the walls and work together to overcome the feelings of guilt and jealousy that consumes our lives.

At the end of the day, we can be fair but firm, strong but compassionate, and loving rather than spiteful. We are the only ones that can control our emotions and help others do the same. We can't let our "Inner Me be our Biggest Enemy"! Controlling these emotions will allow us to succeed at Stan's and at home, building strong relationships with our family members, friends, and Stan's Team so we all can achieve the same goal which is becoming happy, joyful, and grateful in whatever we do! God Bless!

### Respect Relationships Results

## We Welcome New & Returning Team Members!

Please take the time to introduce yourself!



Eddie Garcia  
Reefer Division



Dieter Eitz, Andries Booyens,  
& Brandon Long  
Farm Division

# APRIL.

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



**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!*

## HAPPY BIRTHDAY

**May Birthdays**  
Camden Rassel - 5/4  
Fernando Carmona - 5/6  
Eddie Garcia - 5/6  
Damon Froke - 5/7  
Fidel Ramirez - 5/13  
Audrey Kopfmann - 5/14  
Tim Walker - 5/21  
Brad Williams - 5/23  
John Fischer - 5/28  
Sam Wenninger - 5/31  
*Happy Birthday to our May babies!*

### March Top Fuel Mileage Performers

#### Reefer Division:

6.35 MPG - 8.39 MPG Cost/Mile \$0.57 - \$0.43

- Steve Borkowski - 8.39
- Jimmy Block - 8.33
- Brian Alumbaugh - 8.31
- Jeff Landeen - 8.30
- Eric Wilson - 8.25

**Total Mar Miles: 515,514**      **Mar MPG Avg: 7.57**

## HR CORNER 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

We have plenty to be proud of and thankful for! Friday, March 7th, we gathered to celebrate National Employee Appreciation Day and to recognize the 2024 Fleet Award Winners in the safety & MPG categories. We are honored and grateful to have fabulous leadership and great team members!



team members!

### 2024 Statistics

CSA Score as of Dec 31 <sup>st</sup> 2024	34
<small>Pass (Random) 1-49 Green • Optional 50-74 Yellow • Inspection 75-100 Red</small>	
CSA BASIC Scores as of Dec 31 <sup>st</sup> 2024	
<small>Percentage indicates fleets comparable in size that scored better than Stan's. The threshold for a DOT intervention is 65%.</small>	
Unsafe Driving	39%
Hours-of-Service Compliance	17%
Driver Fitness	0%
Controlled Substance & Alcohol	0%
Vehicle Maintenance	26%
Crash Indicator	0%
Total Miles Driven	5,235,135
Total Passed Inspections	36
Total Passed Inspections Payout	\$3,600
Total Failed Inspections	21

#### Total Safety Incentives Paid Out

Drivers \$ 133,976  
Non-Drivers \$ 36,250  
Grand Total \$ 170,226

#### Total MPG Incentive Paid Out

\$ 142,575

MPG Fleet Average: 7.77

## 2024 Awards

### Top Fuel Total Paid Out for 2024 MPG Incentive \$142,575

<b>GOLD</b> 8.00+	Jeff Landeen	8.90	Fred Dupris	8.57
	Roger Lammey	8.44	Steve Borkowski	8.41
	Brian Alumbaugh	8.34	Jimmy Block	8.32
	Terry Martin	8.19	Bob Haibeck	8.17
	Randy Flitter	8.00		

<b>SILVER</b> 7.75 - 7.99	Miguel Carrillo	7.99	Loren Postma	7.95
	Barry Eldeen	7.89	Don Sackett	7.88
	John Bozzella	7.83	Tim Walker	7.80
	Monty Johnson	7.78		

<b>BRONZE</b> 7.50 - 7.74	Kevin Holloway	7.74	Bill Steffey	7.70
	Santiago Trevino	7.65		

Fleet Average 7.77

### Safety Total Paid Out for 2024 Safety Incentive \$133,976

Brian Alumbaugh	Kenny Hendee	Terry Martin
Jimmy Block	Kevin Holloway	Loren Postma
Steve Borkowski	Monty Johnson	Mike Powell
John Bozzella	Todd Johnson	Don Sackett
Miguel Carrillo	Dickson Jorgensen	Isaiah Stahl
Will Clarey	Roger Lammey	Bill Steffey
Kelly DeBusk	Jeff Landeen	Farley Trevino
Fred Dupris	Bradley Mann	Santiago Trevino
Dave Fletcher	Todd Maples	Brian Wicker
Randy Flitter		

### April Years of Service Anniversaries

Lori Schriever - 14 years  
Dave Fletcher - 11 years  
Fernando Carmona - 8 years  
Jorge Soto - 5 years  
David Gonzalez - 4 years  
Brad Mann - 4 years  
Jimmy Block - 3 years  
Connor Wolfcale - 2 years  
Zack Siemonsma - 2 years  
Damon Froke - 1 year

### Thank You

for your service & dedication!

**SDTA** The South Dakota Trucking Association  
is now accepting applications for scholarships for the 2025-2026 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: <https://southdakotatrucking.com/Scholarship-Information>  
Or contact Tammy in HR. All applications must be postmarked no later than Friday, 5/2/2025.