



Stan's Ink Monthly



Volume 20, Issue 3

March, 2026

Mark Your Calendar!

3/12 Employee Appreciation Lunch 12-1pm

3/17 Saint Patrick's Day

3/20 1st day of Spring

Highway to Health

Find Relief From Dry Skin In the Winter

Cold, dry air in the winter months can wreak havoc on your skin. And with the cooler temperatures lasting several months in the midwest, you may be searching for some relief. Anna Bahnson, MD, an Avera dermatologist explains how to protect and nourish your skin.

Why Is Dry Skin Common In the Winter?

"Dry skin becomes a problem in the winter for a couple different reasons. The first is that it is so cold and dry outside so there is less humidity in the air so our skin dries out more easily. Between the cold temperatures and the wind, it kind of zaps our skins natural oils and we lose more water through our skin that way," said Bahnson.

Habits That Can Dry Out Your Skin

"Oftentimes people like to take long, hot showers in the winter to help warm up. Those long, hot showers can definitely deplete our skin's natural moisturizing factors, like our skins oil. Additionally the heat in our homes and not running our humidifiers," said Bahnson.

Who Experiences Dry Skin?

"Some people might have some underlying skin conditions like eczema that might make their dry skin worse. Also older individuals can have more issues with dry skin. People with certain health conditions like issues with their thyroid and, people on certain medications can struggle with dry skin more often than people that don't have some of those issues," said Bahnson.

Treating Dry Skin at Home

"Try to moisturize your skin as often as you possibly can and definitely look for moisturizing creams as opposed to lotion because creams are thicker and they help to hold in more moisture. Also make sure you're drinking plenty of water. There is also some evidence that suggest taking a fish oil supplement can help with skin dryness or just eating a diet that is rich in omega 3 fatty acids can help with dry skin as well," said Bahnson.

When Should You See a Dermatologist?

"Dry skin should be treated by a dermatologist when you're not able to keep symptoms under control with moisturizing at home, if you're dealing with a lot of itching, a lot of breaks in your skin. We talk about that skin barrier; when your skin barrier is compromised it can put you at an increased risk of infections," said Bahnson.

Avera.org

Mike's Words of Wisdom...

"Life is 10% what happens to you and 90% how you respond to it."
Lou Holtz 1937-2026

Lou's passing recently makes me think of all the quotes and philosophies that he used coaching football and leading by example in life. Lou was a matter-of-fact person with strong values and the above quote is one of his great ones. Most of us believe the opposite...that 90% of life is what happens to us or how we are mistreated and that we only have 10% to respond. We are wrong because anything that happens to us we have the choice as to how we are going to respond. It is the response that sets the course to a better work life, family, and country. Another great quote Lou had was:

"Never tell your problems to anyone...20% don't care and the other 80% are glad you have them." Lou Holtz

...meaning that we all have to deal with our own problems and not complain to others thinking they are going to fix them for us.

I listened to Lou at one of his speaking engagements and he ended his talk with the following poem...take the time to read it and maybe read it twice...

THE DASH
by Linda Ellis

I read of a man who stood to speak at the funeral of a friend.
He referred to the dates on the tombstone from the beginning to the end.
He noted first came the date of the birth and spoke the following date with tears.
But he said what mattered most of all was the dash between the years.
For that dash represents all the time that they spent life on Earth.
And now only those who loved them know what that little line is worth.
For it matters not how much we own, the cars, the house, the cash.
What matters is how we live and love, and how we spend our dash.
So, think about this long and hard. Are there things you'd like to change?
For you never know how much time is left that can still be rearranged.
If we could just slow down enough to consider what's true and real,
and always try to understand the way other people feel.
And be less quick to anger, and show appreciation more,
and love the people in our lives like we've never loved before.
If we treat each other with respect and more often wear a smile,
remembering that this special dash might only last a little while.
So, when your eulogy is being read with your life's actions to rehash,
would you be proud of the things they say about how you spent your dash?

Everyone's Dash is different and how we respond to the things that come our way is the key to our success and happiness at work, at home, and life in general.

Respect Relationships Results



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



March Birthdays

- Andries Booyens - 3/1
- Ana Solis Santos - 3/12
- Mike Jurgens - 3/13
- Robert Dillard - 3/20
- Zack Siemonsma - 3/22
- Angel Lara Navarro - 3/25
- Tammy Bierman - 3/27
- Randy Gorka - 3/30

Happy Birthday to our March babies!

February Top Fuel Mileage Performers

Reefer Division:

6.57 MPG - 8.79 MPG Cost/Mile \$0.57 - \$0.42

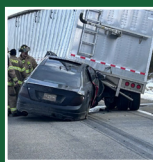
- Brian Alumbaugh - 8.79**
- Miguel Carrillo - 8.19**
- Curtis Gakin - 8.12**
- Paul Mitchell - 8.00**
- Steve Borkowski - 8.00**

Total Feb. Miles: 466,315 Feb. MPG Avg: 7.42

FOCUS ON SAFETY

Safety is our culture, ensuring that everyone returns home safely at the end of the day.

Backing incidents are preventable and one of the most common claims in the insurance industry. Get out and look every time when unsure, use a spotter when available, and take it slow. There's no such thing as being in a hurry while backing, property damage and injuries happen fast.



We Welcome New Team Members!

Please take the time to introduce yourself!



Randy Gorka
Reefer Division



Tom McGriff
Reefer Division

HR CORNER
CAREER OPPORTUNITIES

- IT Support*
- Transportation Dispatcher
- Feed Mill Support
- Fleet Detailer
- Farm Labor (with CDL)
- Diesel Mechanic
- Drivers**:

 - Feed/Grain
 - 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
- Santos Jose Perez - 4/14
- Alec Sibson - 4/16
- Taylor Sibson - 4/16
- Leo Delgado - 4/20
- Brad Thompson - 4/25
- Rick Shult - 4/26
- Jason Pies - 4/30

Happy Birthday to our April babies!

March Years of Service Anniversaries

- Judeen Schley - 21 years
- Victor Octavo - 11 years
- Ivy Eichstadt - 10 years
- Alec Sibson - 9 years
- Brian Alumbaugh - 6 years
- Dillon Kouf - 5 years
- Dieter Eitz - 3 years
- Andries Booyens - 3 years
- Brandon Long - 2 years
- Robert Dillard - 1 year
- Ross Peterson - 1 year
- Jenifer Lemus - 1 year

Thank You!
for your service & dedication!

EMPLOYEE APPRECIATION LUNCH

Celebrating ALL Employees and recognizing drivers that achieved the 2025 Safety and MPG Awards!

12pm - 1pm Driver's Lounge

THURSDAY

MARCH 12th 2026

For those team members who joined the Stan's team prior to 1/1/2026, 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

