



### Happy Valentine's Day?

Anyone who knows me, knows I loathe Valentine's Day. Even more so in 2024 when a driver gave me a half a million-dollar rollover accident (please no repeat gifts). The pressure society and social media have with holidays then add in your partners expectations it will typically lead to disappointment, or worse- a fight. If you are single, then you are reminded how lonely you sometimes feel. It is not like elementary school where everyone gets a Valentine card, treats, and a party.

Although I do not enjoy the holiday, I still celebrate it. I decorate, I buy the overpriced candy, I do stupid activities, and I wear the heart clothes. Why? Cause maybe this year will be different, but if not, it can make people happy and spread joy. You get what you give. The people in your life should feel loved and appreciated every day, but sometimes you need Hallmark holiday to remind you to let them know.



# February 2026

## Newsletter

Send something special to someone you love on a random Thursday because you wanted them to know they are cared about. For me that is more special than a holiday. Make it a point to

The greatest thing you'll ever learn is to love and be loved in return.

make the people in your life feel loved. Here are some ideas:

- **Mail someone a letter-** How often do you get mail that makes you smile?
- **Food-** Potlucks, dining out, dining in. Food and fellowship are always good
- **Plan something-** a get together, game night, movie night, crafting, or something crazy like axe throwing
- **Volunteer-** giving back can fill the soul for the person giving and receiving
- **Give a Hug-** (If the person is willing). A hug can generate oxytocin, dopamine, and serotonin. Physical touch through hugs calms the nervous system, provides emotional support, and can even improve immune function and resilience to stress
- **Classics-** Flowers and chocolate are always appreciated 😊
- **"I love you"-** say it often. Make it weird. No regrets or wish you had

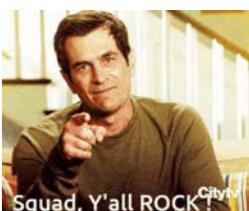
## Spotlight Driver- Jeremy Monroe

Jeremy has been contracted with General Transport since November after returning from a Conestoga hauling hiatus. He has over 24 years of experience, in about every branch of trucking there is. When Jeremy is not out on the road, he enjoys spending

time at home with his family, hunting, and if the weather permits camping at the river. We are proud to have you as part of the GT Family!

## Congrats- Regional Drivers

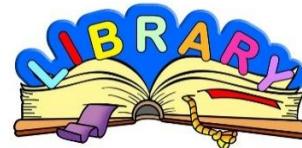
For the first time since implementing the monthly safety bonus, an entire division not only qualified but received it! Congrats Regional drivers! Keep up the great work!



- PAUL G.- TRUCK 624
- STEVEN A.- TRUCK 003



Please make sure you are keeping the trailers swept out. I have had several complaints about trailers being dropped dirty. If you are accumulating straps, please turn them into the shop so they can continue rotating.



In the drivers lounge in the shop there is a mini library. There are books and books on CD. Happy Reading/Listening!

## Coronary Artery Calcium (CAC) Scan

### **WHAT HAPPENS WHEN LIPID LEVELS ARE HIGH?**

#### **WHAT ARE LIPIDS?**

LIPIDS = fats in your blood (cholesterol + triglycerides)

 HDL "Good"	 LDL "Bad"	 Triglycerides Stored fat
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#### **CAUSES OF HIGH LIPIDS**

 Unhealthy diet	 Sedentary lifestyle	 Smoking	 Obesity
 Genetics			

#### **WHAT HAPPENS TO THE BODY?**

 Atherosclerosis (plaque buildup in arteries)	 Poor circulation	 Vision problems (e.g. retinal artery iss.)
 Increased heart attack/stroke risk	 Vision problems	
		 Vision problems (e.g. retinal artery iss.)
WARNING SIGNS (OFTEN SILENT!) No symptoms until complications arise		
• Sometimes: chest pain, leg cramps, vision		

#### **PREVENTION & MANAGEMENT**

 Eat heart-healthy foods	 Regular lipid panel blood tests
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Now that I have talked about the feelings part of your heart, lets talk about the working part of your heart.

Have you had a CAC scan? It is a simple CT scan that detects

calcium deposits in artery plaque. This is a step above the lipid panel that can be ordered with blood work. This CT scan measures plaque build up in your heart and gives your doctor a much

better picture for treatment. As always, check with your doctor to see what is best for you. <3