



June/July/August 2026

Pierce Distribution Services Company

Kevin Hogan Writes...

Well, summer is ending "Happy Birthday".

as the nights are getting cooler. Soon Donna and I will make our way to South Carolina.

While I was here, I was able to spend time at the Corporate Office. Donna Hogan (Corporate) 27 years on 8/2/26.

I had many meetings including sales meetings with Andy and Tim. I was also able to meet with the company advisors Mike Smith and Craig Thomas. There was business luncheon and dinners as usual. I certainly enjoy the time spent at the office and we took care of many business challenges. Russell also likes to visit the office to see his friends.

I would like to wish all who celebrated birthdays in August, September and October a

We have 3 special anniversaries for August; Ken Holze (Loves Park) 24 years on 8/5/26, Tracy Schmitt (Ripley) 27 years on 8/11/26 and Donna Hogan (Corporate) 27 years on 8/2/26.

We have 4 special anniversaries for September; David Miller (Ripley) 13 years on 9/9/26, Crystal Ruiz (Rockford) 13 years on 9/9/26, Randy Cantonwine (ICP) 16 years on 9/20/26 and Jorge Perez (Rockford) 33 years on 9/20/26.

We had 6 milestone anniversaries for October; Kleiy Koun (ICP) 5 years on 10/25/26, Lat Long (ICP) 10 years on 10/31/26, Mark Powell (Ripley) 15 years on

10/17/26, Larry Hickey (Rockford) 20 years on 10/23/26, Janice Rice (Ripley) 20 years on 10/30/26 and Tracey Strawn (Ripley) 30 years on 10/04/26. There are two special anniversaries in October; Calvin Wainwright (Rockford) 13 years on 10/21/26 and Jason Howell (Ripley) 23 years on 10/07/26.

I would like to thank all who have anniversaries in August, September and October for your dedication and commitment to Pierce Distribution.

KEVIN HOGAN



Russell's Words Of Wisdom...

Inspiration lights the fire.

Discipline keeps it burning.

unknown



Corporate Writes...

Hot dogs, potato chips, and a cold beverage of your choice on a warm summer night, ALL WHILE WATCHING a baseball game? I don't know how anything could be more enjoyable than that! Several associates were able to attend the Beloit Sky Carp game during the evening of August 5 this year,

Although the Beloit Sky Carp did not win on August 5, 2026; (they lost 4-2 to the Wisconsin Timber Rattlers), a good time was had by all. Pictures on the next page!

Corporate Writes...



Tim Charles Writes...

I was recently invited to AEM's inaugural "Momentum Event" held in Milwaukee. AEM is the Association of Equipment Manufacturers, an organization which Pierce has been a member of for over 30 years. AEM expected 40-45 companies to RSVP to this, but they had 78 member companies represented.

The speakers were all very good – AEM staff members talking about additional ways to engage with their organization, a very informative talk from an AI education company, and a couple of speakers talking about recent industry trends for equipment manufacturers.

There were plenty of times to meet and talk with other AEM member companies. The AEM Components Committee was meeting there afterwards, so there were quite a few companies present who provide parts to OEM's.

Afterwards, we toured the AEM offices, which are very nice. It's like a very large two-story loft, but they've put a lot of effort into the design of it, and it really shows well to visitors.

Below are two pictures from this event.





Andy Oltremari Writes...



MODEX 2026 - ATLANTA, GA:

MODEX focuses on emerging technologies and processes for the warehousing and supply chain industry. It works in conjunction with PROMAT which is typically held in Chicago, IL on opposite years of MODEX. They alternate every other year.

The show was held on April 13th-15th at the World Congress Center in Atlanta, GA with 1000 exhibitors, over 50,000 Attendees, and covers 600,000 SF of trade show space. I attended the show on Tuesday (14th).

Attending this type of event really puts into the forefront the investments being made by companies to move product faster through the supply chain...it is all about speed, reducing touches and balancing human resources. Products range from high density ASRS, robotic pallet movers, new systematic technologies, intricate conveyor systems...and so forth. As the heavy machinery industry continues to look at ways to improve operations, it is important for Pierce to be aware of these industry trends.

Andy Oltremari
VP of Marketing

Sylvia Davis Writes...



Attachments & File Sharing

- ◆ Be cautious of unexpected attachments — If you receive an attachment you weren't expecting, especially from an unknown sender or unusual email, treat it as a potential security risk and confirm it's legitimate before opening. If still in doubt reach out to IT for their opinion.
- ◆ Only share files and attachments with employees who need them for their job duties — Limiting access to shared information helps protect sensitive data and reduces the risk of unauthorized access or accidental sharing.
- ◆ Remove outdated or unnecessary files and keeping only what you need makes file storage safer and easier to manage, helps improve organization and efficiency, and reduces the risk of sensitive information being exposed or accessed by the wrong people. Regularly reviewing and cleaning up files helps keep storage organized and up to date.





ICP Writes...

ICP Milestones

June 2026

Espie Flowers

1 year



Steve Roddy

2 years





ICP Cont...

July 2026

Shiman Yee

11 years



Eav Tan

23 years



Rockford Writes...

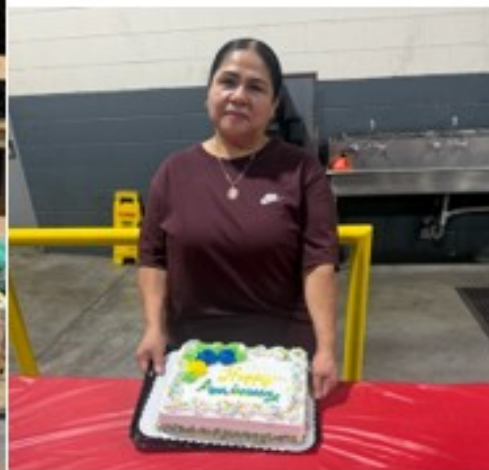
Rockford Plant 2

Several associates celebrated summer birthdays. Bertha Gonzalez (6/7), David Sanchez (6/11), Jessica Valdes (7/21) and Larry Hickey (8/26). **Happy Birthday!**

Notable anniversaries this summer included Raul Sanchez (6/17/03) and Jessica Valdes (8/27/18). Bertha Gonzalez had a milestone anniversary (7/19/01). Plant 2 was in Belvidere when Bertha started working for Pierce. She made the move to Rockford with us and has worked on several different accounts over the years. Bertha is a good worker and we appreciate her support. After Larry presented Bertha with her gift, we celebrated Bertha's twenty-five year anniversary with a taco lunch.



Larry presented Bertha with her gift.



Bertha and her cake.

Congratulations Bertha.

Lois Patmythes

Memphis Writes...

Memphis Plant 3



Daniela M.

June 7th



Antonia S.

June 13th

Let's Talk about Safety!!



Safety is the practice of making smart choices to prevent injuries and protect yourself and others. It plays a role in everyday life by encouraging people to recognize potential dangers and respond responsibly. Whether crossing the street, handling household items, or following workplace rules, good safety habits help reduce risks and contribute to a healthier, more secure community.



Memphis Cont...

Let's talk about Safety!!!



Safety is about making good decisions, whether you're on the job, at home, or starting something new. Just as leaving one job and beginning another requires planning, awareness, and preparation, working safely means thinking ahead, recognizing risks, and making choices that protect yourself and those around you.

Every new beginning comes with unfamiliar situations, but the habits you build today—staying alert, following procedures, communicating clearly, and looking out for one another—will help you succeed wherever you go. Experience is valuable, but a commitment to safety is what carries you confidently through every transition.

No matter where your journey takes you, remember that safety isn't just a workplace requirement—it's a mindset you take with you every day. Make safety your first priority, and you'll be better prepared for whatever comes next.

Quote of the month:

“A moment of caution can prevent a lifetime of regret.”

Memphis Cont...

MEMPHIS PLANT 3

MEMBERS OF THE SAFETY TEAM



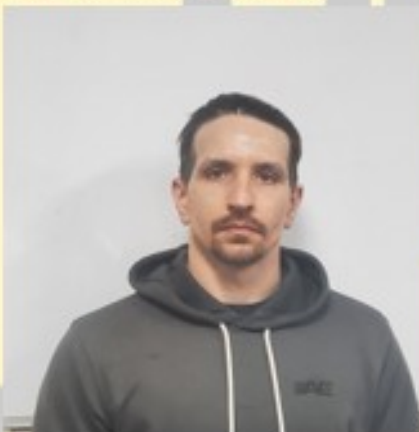
Robert Shaw



LB



Charles Chaney



Josh Siders



Erin Reymond

Ripley Writes...

ASSOCIATE OF THE MONTH

June 16, 2026



Congratulations going out to Hunter Hyde. Hunter is our June 2026 Associate of the month. Hunter works in our 2nd shift Wood Shop department and supervisor, Janice Rice says Hunter has a great attitude and gets along with all his coworkers. Hunter stepped up as Wood Shop back up lead, has a knowledge of the Quality inspection process and steps in to help whenever needed. Hunter also has perfect attendance. He is a great asset to our shift. Thank you for all you do Hunter, keep up the good work

LEFT to RIGHT:

Hunter Hyde (Wood Shop)

Janice Rice (2nd Shift Supervisor)

CONGRATULATIONS

Ripley Cont...

Nick Lewis

Plant 7 IT

Specialist



GET TO KNOW ME

What's your go-to drink (coffee, soda, water, tea, etc.)?

Depending on the mood- Mostly Coke Zero

What's your favorite snack—sweet or salty?

Had to choose, again, whatever I am in the mood for

Early bird or night owl?

As much as I Love to sleep, I tend to wake up very early

What's a hobby or interest you enjoy outside of work?

Reading and playing video games. I am trying to get back to the gym as well.

What's your favorite type of music, movie, or TV show?

Music- Anything really

I haven't watched TV in a while. I enjoy Action & Comedy movies

What's one small thing that makes your day better?

No matter how bad my day is, it always works out in the end

If you could instantly learn one new skill, what would it be?

How to Code or Cybersecurity- Career related

Piano & Guitar- Personal Hobby

What's your favorite way to spend a day off?

Relaxing

What's a place you'd love to visit someday?

A nice place in Europe or Japan

What's one fun or interesting fact about you?

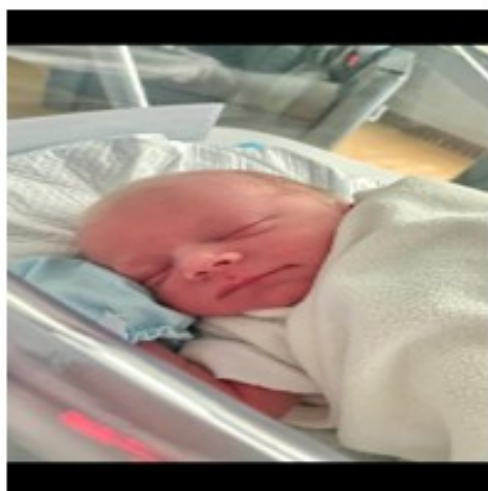
Interesting Fact: I'm easy to get along with and am a fast learner.... Just do not give me any exams

Ripley Writes...

CONGRATULATIONS



On June 11, 2026, at 2:50 PM, James Story and Faith Stone welcomed their beautiful Great Granddaughter, Allyssa Michelle Junior. Allyssa weighed 6lbs / 9oz and was 21 in long. Mom and baby are doing well. Great grandpa and grandma are over the moon.



On June 17, 2026, proud Grandma "Gi", our very own Misty Harrison welcomed her fifth grandchild. Ridge Taylor weighed in at 6lbs / 14 oz. Such a beautiful blessing for Misty and her family



Pierce sponsored our 2026 Ripley Youth Baseball team. These boys played hard this season winning 2nd in the city tournament and 4th for the season! Congratulation guys; what a way to hustle



Ripley Cont...

MAY DAY

Friday, May 29th, Plant 7 kicked summer off with an Associate "May Day". Associates had a day full of fun activities including Bingo and a Cornhole Tournament. Snacking on popcorn, pickles, and watermelon; washing it all down with refreshing slushies. It was a great way to start our summer season. We all had a great day.





Ripley Cont...

MAY DAY

Let's Get Ready to BINGO !

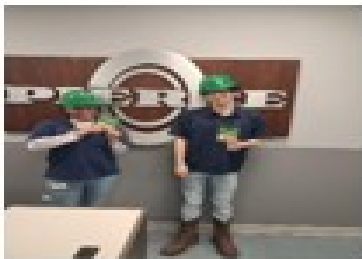


This game is not for the weak. Such a good time was had by all.

Winners:

1st Shift- Zykira Graves & Charlie Wood

2nd Shift- Rakiya Robinson & Zak Hutcherson



CORNHOLE



2026 CORNHOLE TOURNAMENT CHAMPIONS

1st Shift Champs- James Story & Ty Richardson

2nd Shift Champs- Marcus Nixon & Michael DeBerry



Ripley Cont...



HAPPY 250th AMERICA!

We at plant 7 hope everyone had a blast celebrating America's 250th Birthday. To celebrate in Ripley, Plant 7 provided a delicious cookout for all our associates. Everyone enjoyed it very much!



It's hard to believe we are already halfway through July. Soon all the kids will be heading back to school. To make the return easier for the parents and teachers, Pierce Ripley and Komatsu have joined together to provide bookbags full of school supplies for as many children and teachers as possible in Lauderdale County. We are collecting donations from anyone who feels compelled to bring supplies on the back-to-school lists and are raffling handmade bookbags along with a few goodie baskets. All proceeds from the raffle will go to purchasing additional supplies to assemble more bookbags. We plan to make this an annual event. We would like to thank everyone for their donations and raffle ticket purchases.



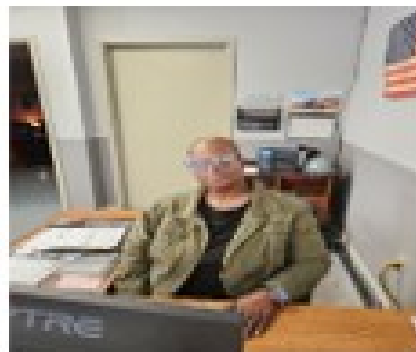
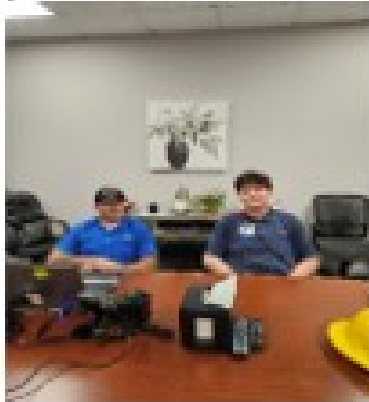
Ripley Cont...

THANK – YOU

Plant 7 would like to thank David Frye and Robert Bennick for their visit and help.

Robert was onsite to help Nick Lewis, our new IT specialist settle in and provided some training for him.

David visited to check on how our smart sheet program was going and help with any additional needs we had concerning the sheets. As always, your help was greatly appreciated. It was a pleasure having you both here.



GET TO KNOW ME

MS Debra Reid has joined our office team as the truck scheduling back up. We all enjoy having Debra up here. With such a positive vibe and her smile when you see or talk with her, you cannot help but have a good day. Congratulations Debra.

What's your go-to drink? Sweet Sweet Tea

What's your favorite snack? Sweet or Salty? Boom Chicka Kettle Popcorn

Early bird or Night owl? Early Bird

What is a hobby or interest you enjoy outside of work? Traveling

What's your favorite type of music, movie, or TV show? Smooth Jazz / Lazy Blues

What is one small thing that makes your day better? Sunshine

If you could instantly learn a new skill, what would it be? Problem Solving

What's your favorite way to spend your day off? Spending time with my Grand Son

What's a place you'd love to visit someday? Portofino, Italy

What is one fun or interesting fact about you? I enjoy jigsaw puzzles. The more pieces the better

Ripley Cont...



ASSOCIATE OF THE MONTH JULY 2026



Congratulations Tristin Davis, Tristin is the July associate of the month. Nominated by Tracey Strawn, Tristin is a hard worker, willing to help wherever he is needed. Tristin is our Service Parts Heavy pack associate. Several associates commented on how eager Tristin is to lend a helping hand and a smile. Thanks for all you do Tristin! You are very appreciated.



PERFECT ATTENDANCE

FIRST SHIFT

Ryan Tedron
David Ward
Casey Richardson
Eric Currie
Pearl McGee
Balinda Hairfield
Iesha Cunningham
Donna Sangster
Teresa Scott
Mary Brown
Zoey Latham
Zachary Latham
Tristin Davis
Tim Currie
Walter Long
Stephan Curtis

SECOND SHIFT

Antonio Lewis
William Umphlette
Jamie Summar
Kim Bailey
John Butler
Tom Martin
Samantha Stenson
Monica McDonald
Joseph Payton
Allen Knoke
Johnny Ward
Michael DeBerry
Elvis Pugh
James Summar

Ripley Cont...

ASSOCIATE OF THE MONTH

August

Mr. Alan Knoke is our associate of the month for August 2026!

Janice Rice says:

Alan is always dependable and willing to go the extra mile. He works well with others. He shows initiative to take on additional responsibilities without being asked.

Thank you, Alan, for all that you do!

Congratulations Alan!



LEFT to RIGHT:

Alan Knoke (2nd Shift Service Parts)

Janice Rice (2nd Shift Supervisor)

★ ★ ★
**EMPLOYEE
OF THE MONTH**
★ ★ ★

Misty Harrison
& Nick Lewis

Ripley Cont...

GET TO KNOW ME

Alan Knoke Emo -
2nd Shift Service Parts

What's your go-to drink (coffee, soda, water, tea, etc.)?

What's your favorite snack—sweet or salty?

Early bird or night owl?

Early Bird

What's a hobby or interest you enjoy outside of work?

Tattoos and Computers

What's your favorite type of music, movie, or TV show?

What's one small thing that makes your day better?

If you could instantly learn one new skill, what would it be?

Video Editing

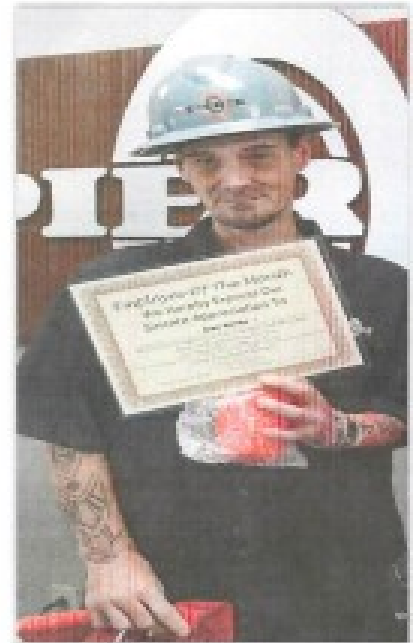
What's your favorite way to spend a day off?

Video games or looking for new tattoo ideas

What's a place you'd love to visit someday?

Dominican Republic

What's one fun or interesting fact about you?



Ripley Cont...

Back-to-School, Backed by Community

As another school year begins, the Ripley Pierce community has shown that when people come together with a shared purpose, they can make a meaningful difference in the lives of local children. The successful school supply and backpack drive stands as a reminder that a strong community is built through compassion, service, and a commitment to helping one another succeed.

We would like to congrats those that have received some of the backpacks for their own children here in Pierce- Ripley



LEFT to RIGHT:
Alma Killingsworth
RaKiaya Robinson
Shelly Mickelsen



Keyonna Smith

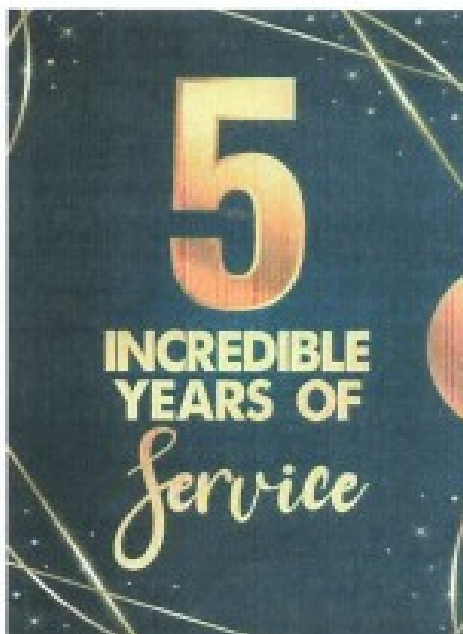


LEFT to RIGHT:
Tommy Weathers
Keith Stowers

Ripley Cont...

Five Years of Excellence

We would like to congratulate **Joann Land** for the outstanding 5 years of service she provided at Pierce-Ripley. Way to go! We look forward to many more successful years together



LEFT to RIGHT:
Joann Land
Janice Rice

Ripley Cont...

PERFECT ATTENDANCE

1ST SHIFT

Anthony Turner
William Winfrey
Elizabeth Caviness
Rachel Langley
Mary Smith
Rosa Temple
Greg Jackson
David Ward
Casey Richardson
Eric Currie
Balinda Hairfield
Lesa Leggett
Donna Sangster
Teresa Scott
Mary Brown
Mark Powell
Vicky Hendrix
Zoey Laham
Jason Howell
Tim Currie
Walter Long



2nd SHIFT

Nemo Bonner
Antonio Lewis
William Umplette
Jamie Summar
Orlando Bradford
Bobby Scott
Tom Martin
Samantha Stenson
Frances Brent
Monica McDonald
Shelly Mickelson
Alan Knoke
Daysha Richardson
Roy Morris
Thresa Evans
Michael Deberry
James Summar
Tony Smith
Michael Moore

**Thank you to ALL our associates who had
perfect attendance for the month of
August! (as of 8/28/2026)**

**Misty Harrison
& Nick Lewis**

W Columbia Writes...



Shane Bishop

Amber Boyd

Jessie Forrester

Jesus Hernandez

Tawanda Jennings

Foster Johnson

Robienetta Johnson

Sherrica Johnson

Donald Lanpher

Terrence Legette

Lisa Lemon

Sarah Philbert

John Reed

Everett Rivers

Anyeli Santana

Sergio Santana

Larry Shunkwiler

Maurice Simmons

David Smith

Persephone Sumter

Travis Watson

Preston Williamson

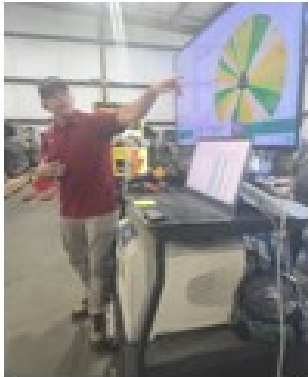
Troyce Wilson

W Columbia Cont...



Quarterly Incentive Spotlight

At Columbia, hard work, and performance matter! Our Incentives Program rewards employees based on data, attendance, quality, and efficiency, giving everyone a clear path to recognition and rewards.

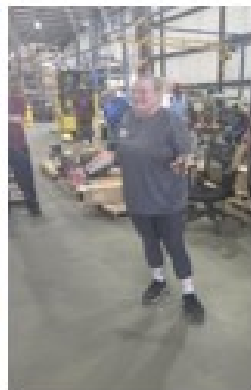
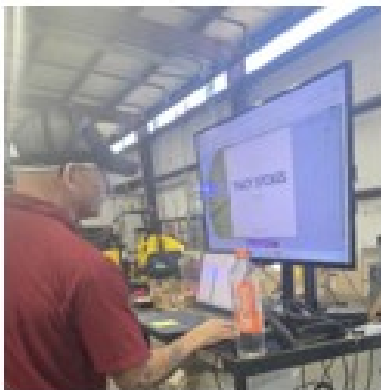


The 3 Rules of the Game

- **Reliability:** Maintain at least **98% attendance** to qualify for Weekly MVP and Monthly Champion cash rewards.
- **Quality:** Accuracy comes first. Errors are weighted based on experience level, with stricter standards as employees gain tenure.
- **Merit:** **Efficiency has no ceiling.** The faster you work while maintaining accuracy, the stronger your performance—and your opportunity to earn rewards.

Quarterly Incentive Winner

Congratulations to our winner, *Tracy Stokes*.





W Columbia Cont...



Celebrating Our Team!

This month, we had the opportunity to celebrate our amazing team with lunch for everyone and birthday cake to enjoy! 🍰🍰 It was a great time to come together, enjoy some good food, and celebrate our team members who had birthdays.

We also want to recognize everyone for their continued hard work and dedication. Our team has done a great job keeping production moving, staying on top of daily priorities, and continuing to provide excellent support to our customers.

With the recent system changes and new processes, everyone has shown flexibility, teamwork, and a willingness to learn and adapt. Your efforts have helped us keep up with customer needs while continuing to meet our production goals.

We appreciate the commitment and teamwork that each person brings every day. Thank you for all that you do and for helping make our team successful!



W Columbia Cont...



August & September Birthdays



	Team Member	Birthday	
	HERNANDEZ, JESUS	08/01	
	CHANDLER, HERBERT	08/13	
	JOHNSON, FOSTER	08/15	
	RIVERS, EVERRETT	08/25	
	SANTANA, ANYELI	08/30	
	GREEN, KATRINA	09/14	
	LEMON, LISA D	09/15	
	WATSON, TRAVIS	09/18	
	TRENT, VICNEISHA	09/22	
	JOHNSON, ROBIENETTA	09/25	

RX & GO...FOR SAVINGS!

If you haven't signed up for Rx 'n Go yet, now is the perfect time to learn more about this valuable benefit. Rx 'n Go provides many commonly prescribed medications at no cost to eligible employees and their covered family members—and the medications are delivered directly to your home.

I personally use the program and currently receive approximately nine prescription medications at my house every month without paying anything for the prescriptions or delivery. That represents significant savings, especially when you consider how quickly monthly copays can add up. It also saves me the time and inconvenience of making repeated trips to the pharmacy.

Rx 'n Go offers a wide range of generic maintenance and preventive medications used to treat conditions such as high blood pressure, diabetes, high cholesterol, asthma, and many other common health concerns. Because medications are delivered to your home, it can also make it easier to stay on schedule and avoid running out of important prescriptions.

Recently, a representative from Rx 'n Go visited our corporate office to explain the program, answer questions, and help employees understand how to get started. The company will also be visiting our different plant locations so that more employees can learn about this benefit and receive assistance with enrollment.

When Rx 'n Go representatives visit your location, please take a few minutes to speak with them. Bring a list of your current prescriptions so they can help determine which medications may be available through the program. Even if only one or two of your prescriptions qualify, the savings over the course of a year could be substantial.

This benefit is already available to eligible employees. Don't leave valuable savings unused—learn more, ask questions, and see what Rx 'n Go could do for you and your family.

SEPTEMBER ANNIVERSARIES

Name	Day	Plant
Jorge Perez	9/20/93	2
Randy Cantonwine	9/20/10	ICP
Crystal Ruiz	9/9/13	2
David Miller	9/9/13	7
Kenneth Bradshaw	9/14/22	7
Walter Long	9/14/22	7
Christopher Eadler	9/25/23	2
Iris Portillo	9/9/24	ICP
Vicneisha Trent	9/9/24	9
Rashell Sanchez	9/30/24	7
Brandon Whitelow	9/8/25	7
Tommy Weathers	9/8/25	7
Zander Cononigo	9/15/25	ICP
Jason Enderle	9/16/25	5
Jemika Smith	9/22/25	7
Shane Bishop	9/22/25	9
Eric Currie	9/29/25	7
Zachary Latham	9/29/25	9
Zoe Latham	9/29/25	7

OCTOBER ANNIVERSARIES

Name	Day	Plant
Tracey Strawn	10/4/96	7
Jason Howell	10/7/03	7
Janice Rice	10/30/06	7
Mark Powell	10/17/11	7
Lawrence Hickey	10/23/06	C
Calvin Wainwright	10/21/13	2
Lat Long	10/31/16	ICP
Kleiy Kouri	10/25/21	ICP
Esperanza Flowers	10/17/22	ICP
Monica McDonald	10/9/23	7
David McNeil	10/23/23	ICP
Sarah Philbert	10/13/25	9
Alan Knoke	10/20/25	7
Daysha Richardson	10/20/25	7
John Reed	10/27/25	9

SEPTEMBER BIRTHDAYS

Name	Day	Plant
Christopher Krohe	5	3
Tammy Carley	C	4
Sara Stanley	3	5
Donna Sangster	7	7
Luis Vazquez	7	7
Donnell Mann	7	9
Leticia Medrano	2	10
Kimberly Quartaro	ICP	10
Jason Enderle	5	11
Katrina Green	9	14
Katia Lara	5	15
Lisa Lemon	9	15
Khun Ngoy	ICP	15
Jody Edwards	ICP	16
Carlene Mickelsen	7	18
Travis Watson	9	18
Jamal Jones	7	21
Tony Strawn	7	21
Vicneisha Trent	9	22
Iris Roman	2	23
Lisa Knotts	C	24
Robienetta Johnson	9	25
Linda Rhyne	7	25

OCTOBER BIRTHDAYS

Name	Day	Plant
Kimberly Bailey	3	7
Horn Choup	4	ICP
Anthony Turner	5	7
Maria Medrano	6	2
Jarvis Kennedy	9	9
Robert Bennick	10	C
Dino McNabb	11	C
Sylvia Davis	14	C
Gregory Jackson	17	7
Sathaya Vath	17	ICP
Jeremiah Kunke	18	2
Carolyn Jaquez-	22	9
Martinez	25	C
Christine Cacciatore	26	7
Keyonna Smith	28	ICP
Benjamin Pratt	29	7
Balinda Hairfield	29	7
Leslie Mayberry	29	7

Our C.F.O. Writes...



Fibermaxxing: One Viral Wellness Trend That Actually Makes Sense

Social media wellness trends are not always known for being sensible. Many promise dramatic results, require expensive products, or encourage habits that are difficult to maintain. However, one popular trend called “fibermaxxing” is based on a simple idea that health professionals have recommended for years: eating more fiber-rich foods.

Fiber is a type of carbohydrate found in plant foods that the body does not completely digest. It supports healthy digestion, helps us feel full longer, and can help maintain healthy blood sugar and cholesterol levels. Fiber also feeds the beneficial bacteria that live in our digestive system.

The FDA’s Daily Value for fiber is 28 grams for someone eating approximately 2,000 calories per day, although individual needs vary. Many Americans do not regularly reach that amount. Fibermaxxing encourages people to pay closer attention to fiber and intentionally include more of it throughout the day.

Fortunately, participating does not require special powders, expensive supplements, or a complete diet overhaul. Fiber can be found in familiar, affordable foods such as beans, lentils, oatmeal, whole-grain bread, brown rice, berries, apples, pears, broccoli, carrots, peas, nuts, and seeds.

A person might add berries to breakfast, choose whole-grain bread at lunch, snack on an apple, or add beans and vegetables to dinner. Small changes can quickly increase the amount of fiber in a day without making meals feel overly restrictive.

The key word, however, is “sensible.” Suddenly doubling your fiber intake can cause gas, bloating, cramping, or other digestive discomfort. Fiber should be increased gradually, giving the body time to adjust. Drinking enough water is also important because fiber works best when it can absorb fluid and move comfortably through the digestive system.

There is also no need to turn fiber intake into a competition. More is not automatically better, and extreme amounts are unnecessary. The goal should be a varied, balanced diet—not trying to consume the highest number seen in someone else’s social media video.

Whole foods are generally a good place to begin because they provide vitamins, minerals, and other nutrients along with fiber. Packaged foods with added fiber can also help, but reading labels is important. A product advertised as “high fiber” may still contain significant amounts of added sugar, sodium, or highly processed ingredients.

Anyone with a digestive condition, swallowing difficulty, or medical dietary restriction should speak with a healthcare professional before making a major change. Fiber supplements may also affect how certain medications are absorbed, so questions about timing should be discussed with a doctor or pharmacist.

Fibermaxxing may have a trendy name, but the healthiest version is refreshingly ordinary: eat more fruits, vegetables, beans, and whole grains; increase them slowly; and drink plenty of water. Unlike many viral wellness fads, this one can be affordable, flexible, and realistic enough to continue long after social media moves on to something new.

Tony Chiodini

AUGUST ANNIVERSARIES

Name	Day	Plant
Donna Hogan	8/2/99	C
Tracy Schmitt	8/11/99	7
Ken Holze	8/5/02	5
Jessica V Kercado	8/27/18	2
Elvis Pugh	8/5/19	7
Joshua Siders	8/14/23	3
Tina Charley	8/12/24	9
Tawanda Jennings	8/4/25	7
Samuel Roy	8/25/25	7

AUGUST BIRTHDAYS

Name	Day	Plant
Jesus Hernandez	1	9
Amanda Green	6	7
James Heavner	6	7
Joann Land	9	7
Herbert Chandler	13	9
Mariangela Lopez	13	3
Joseph Payton	13	7
Jemika Smith	13	7
Tabitha Chandler	15	7
Foster Johnson	15	9
Daysha Richardson	18	7
Orlando Bradford	25	7
Everett Rivers	25	9
Lawrence Hickey	26	C
Rosa Temple	26	7
Charlie Woo	26	7
Osvaldo Gomez	28	5
Jason Howell	30	7
Angeli Santana	30	3
Alice Taylor	30	7
Karina Jimenez	31	2