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NEWS & COMMENTARY

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Welcome to the inaugural edition of Brent Higgins News and Commentary, the newsletter from Brent Higgins Trucking! We're thrilled to bring you the latest internal news, splashes of fun, and community highlights right to your inbox. Whether you're behind the wheel or holding down the fort at our offices, we're dedicated to keeping our vibrant community connected and supported, mile after mile. Get ready to dive into all things Brent Higgins Trucking as we embark on this journey together!

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NAVIGATING DIABETES AND DOT PHYSICALS WITH EASE

DOT physicals do not directly test for diabetes. However, medical examiners may inquire about medical history and lifestyle habits to identify risk factors for diabetes or related conditions. Additional blood sugar and glucose tolerance tests may be ordered if concerns arise during the examination. While having diabetes does not automatically disqualify you from passing a DOT physical, it's essential to understand the requirements and work with your healthcare provider for proper preparation. With appropriate measures and guidance, many individuals with type 2 diabetes can successfully pass their DOT physicals and continue working as professional drivers.

DRIVING CHANGE:

ENVIRONMENTAL STEWARDSHIP AT BRENT HIGGINS TRUCKING



MULBERRY TREE PLANTING INITIATIVES

As part of our commitment to environmental stewardship, Brent Higgins Trucking is actively engaged in planting mulberry trees. These efforts are crucial for mitigating climate change and preserving biodiversity. Mulberry trees significantly influence carbon sequestration, soil protection, and water quality enhancement. Planting mulberry trees contributes to climate regulation, air quality improvement, and disaster risk reduction. Moreover, our mulberry tree planting initiatives provide economic opportunities and foster social and cultural benefits for communities. Through these efforts, Brent Higgins Trucking demonstrates its dedication to being responsible environmental stewards.

Brent's Chicken Taco Soup

Let's turn making Brent's Chicken Taco Soup into a delightful culinary adventure! Get ready to whip up a batch of this flavorful soup that'll have your taste buds doing a happy dance.

Ingredients:

- 2 tbsp butter
- 4 cups cooked/roisserie chicken, shredded
- 2 tbsp olive oil
- 1 red bell pepper, chopped
- One large onion, chopped
- Three large carrots, chopped
- 1 whole bag of celery, chopped
- 6 cups chicken broth
- 4 (10-ounce) cans of Ro-tel diced tomatoes and green chilies with juices
- 2 (14-ounce) cans of black beans, drained and rinsed
- 2 (12-ounce) cans of corn, drained
- 1 can of green chilies
- 1 or 2 roasted fresh green chilies, chopped
- 1 tsp chicken bouillon powder
- 1 tsp paprika
- 1 tsp onion powder
- 2 packages of taco seasoning
- 2 tsp Tony Chachere's seasoning (add more as needed)
- 16 ounces cream cheese (softened)
- Salt and pepper to taste
- Toppings (optional): shredded Mexican cheese blend, avocado, cilantro, tortilla strips, etc.

For extra creamy goodness, make sure your cream cheese is super soft before adding it to the soup.

If you're watching your salt intake, opt for low-sodium broth.

Brent's Chicken Taco Soup

Instructions:

1. Let's kick things off by cooking the chicken in butter until it's perfectly golden brown. Remove the chicken and any excess fat from the pan.
2. In a soup pot, heat olive oil over medium-high heat. Add onions and all the chopped fresh vegetables, and sauté for 5 minutes or until they're nice and tender.
3. Now, pour in the chicken broth and add the Ro-tel diced tomatoes, black beans, corn, chicken bouillon powder, paprika, onion powder, taco seasoning, Tony Chachere's seasoning, and green chilies. Stir everything together.
4. Crank up the heat and bring the soup to a boil. Once it's bubbling away, reduce the heat and let it simmer gently (uncovered) for 5 minutes. While the soup works its magic, get your toppings ready.
5. Cut the cream cheese into smaller pieces and add them to the soup. Keep stirring until the cream cheese melts completely and becomes one with the soup.
6. Time to reunite the shredded chicken with its flavorful friends! Stir in the chicken and let it mingle with the other ingredients for another 5 to 7 minutes until it's warmed through.
7. Give the soup a taste and season with salt and pepper as needed.
8. Ladle the soup into bowls and get creative with your toppings. Whether you're loading up on cheese, avocado, cilantro, or tortilla strips, make it your own!

Feel free to switch out the diced tomatoes, but don't forget to add some diced green chilies for that extra kick.

This recipe serves 4 to 6, depending on how hungry you are and how generously you top your soup bowls.

TEAM BIO

CHRIS
HUMPHREY



MEET CHRIS HUMPHREY

THE TRANSPLANTED TRUCKIN' TRAILBLAZER

Meet Chris Humphrey, the spirited trucker with a heart as big as his beloved four-legged companion, Jake. Raised amidst the hustle and bustle of California, Chris found solace in the open road, away from the political grind that plagued his hometown. His journey to trucking was anything but conventional. Chris sought a change, so he embarked on a quest to pursue his passion for truck driving, a dream he'd harbored for years.

OVERCOMING HURDLES

RESILIENCE IN THE FACE OF ADVERSITY

His journey wasn't without its hurdles. From his early days as an ambulance driver to his stint as a plumber, Chris navigated through various odd jobs, each one inching him closer to his true calling. Despite setbacks and even a career-ending injury, Chris remained resilient, fueled by his unwavering determination.

Chris found himself disillusioned by some trucking companies that treated their drivers like expendable commodities. But fate had other plans, leading him to the doorstep of Brent Higgins Trucking, where his life would take a turn for the better.

TEAM BIO

CHRIS
HUMPHREY

FINDING FAMILY

A TURNING POINT AT BRENT HIGGINS TRUCKING

From the moment Chris met Brent, he knew he had found more than just a job—he found a family. Despite a minor setback due to a past accident, Brent saw the potential in Chris and extended a hand of understanding and opportunity. Moved by Brent's genuine compassion and integrity, Chris knew he had found his home on the road.

At Brent Higgins Trucking, Chris found more than just a job—he found a supportive community and a boss who values integrity above all else. From Brent's willingness to listen and apologize for misunderstandings to the company's top-notch equipment and employee-centered policies, Chris finally felt like he belonged.

But life on the road isn't without its challenges. Chris grapples with anxiety and the erratic nature of trucking schedules, but he finds tranquility in his beloved Jake and their daily ritual of stopping at Dutch Bros Coffee. Chris embraces each day with optimism, finding joy in the little things that make life worth living.

PURSUING PASSIONS

BEYOND THE ROAD

Beyond the highways and byways, Chris enjoys his hobbies, particularly his love for cars. Whether tinkering under the hood of his Subaru STI or cruising in his Acura Integra, Chris's zeal for automobiles knows no bounds. And with each project, he finds a sense of fulfillment that transcends the confines of his nine-to-five.

In his downtime, Chris revels in the simple pleasures of life—good food, good company, and the occasional mimosa brunch (when he is not on the road, of course).

As Chris continues to navigate the twists and turns of life on the road, one thing remains constant—his unwavering spirit and indomitable resilience. With Jake by his side and a world of adventures ahead, Chris Humphrey is living proof that, sometimes, the journey is just as rewarding as the destination.

JOKES and TRIVIA

Q: Why Did The TRUCK DRIVER sit on The CLOCK?

A: BECAUSE he wanted TO Be a "STOPWATCH"!

Q: What DO you call a TRUCK DRIVER who's also a magician?

A: A "Vanishing act" on wheels!

Q: Why Did The TRUCK DRIVER get a JOB at The Bakery?

A: BECAUSE he Kneaded The DOUGH... and The open Road!

**Q: Why Did The TRUCK DRIVER Bring a
LADDER TO WORK?**

**A: BECAUSE he heard The Company
was Raising The Bar!**

**A TRUCK carrying antihistamine
medicines spilled on The highway.**

**STRangely enough,
There was no Congestion!**



JOB OPENINGS

Freight Hauler Extraordinaire: Are you ready to hit the road and become a vital part of our team? We're seeking experienced truck drivers to transport freight across the country safely. If you've got a knack for navigating highways and a passion for delivering goods on time, we want to hear from you!