

Taking Charge of Your Heart and Your Health

February is American Heart Month, a time to focus on the engine that keeps us going. Heart disease remains the leading cause of death in the U.S., but many risks can be managed with small, intentional shifts in our daily routines.

According to the [American Heart Association](#), the focus for 2026 is on being a **"First Responder."** While this includes knowing life-saving skills like Hands-Only CPR, it also means being the first responder to your own body's needs.

Follow the **"ABCs" of Heart Health** -controlling **A**spirin use, **B**lood pressure, and **C**holesterol - you can significantly lower your long-term risk of heart disease.

The "One Healthy Habit" February Challenge

Health isn't built in a day; it's built in the small gaps between our tasks. To celebrate Heart Month, we invite you to join our **One Healthy Habit** challenge. Pick one focus per week to keep your heart pumping strong:

- **Week 1: The 10-Minute Movement.** Instead of waiting for a full hour at the gym, aim for a 10-minute "movement snack." A quick brisk walk or desk stretches can improve circulation and reset your focus.
- **Week 2: The "Walk & Talk" Meeting.** If you have a 1:1 call that doesn't require a screen, take it on the move. Walking meetings are proven to boost creativity while getting your steps in.
- **Week 3: Breathe & Reset.** Stress is a major contributor to high blood pressure. Practice "Box Breathing" (inhale for 4, hold for 4, exhale for 4) before your most challenging meeting of the day.
- **Week 4: Know Your Numbers.** Take five minutes to use the CDC Heart Age Calculator to understand your personal health metrics.

Small steps lead to big strides. Let's use this short month to make a long-term investment in our well-being.

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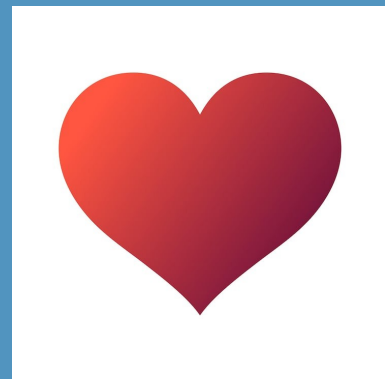
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WELCOME TO OSTP!

- **Cascade CPA**
8040 Excelsior Drive, Suite 300
- **Ahead, Inc.**
1241 John Q. Hammons Dr, Suite 303
- **Fresenius**
1289 Deming Way



Iconica Hosts UW-Milwaukee Student for Architectural Externship

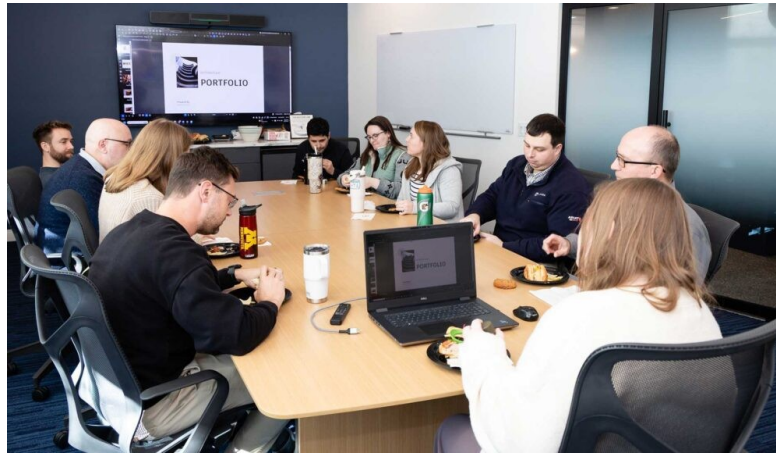
We recently had the pleasure of hosting Kaitlin for a week-long externship with Iconica's architectural team as part of a program organized by the University of Wisconsin–Milwaukee's School of Architecture and Urban Planning.

Kaitlin, who is graduating this year with a bachelor's degree in architecture from UWM, spent the week gaining hands-on experience with our design-build team. She participated in internal meetings, worked on her own project, visited a construction site, explored a variety of project types, and received training in Revit, a software used for 3D building modeling and technical documentation. She also gained exposure to interior design, an area less covered in her coursework.

Reflecting on her experience, Kaitlin shared:

"The experience exceeded my expectations. Getting out to jobsites was a highlight, and I also really enjoyed learning about interior design, which isn't covered much in my classes."

She particularly enjoyed seeing how our team collaborates with clients and each other, noting the importance of communication, teamwork, and people skills in delivering successful projects.



Kaitlin's externship offered a valuable glimpse into the day-to-day life of a professional architectural team and the design-build process, giving her hands-on experience that will benefit her as she begins her career. When asked if she would recommend this externship to other students, Kaitlin said:

"Yes definitely – I'd rate it a 10/10 experience."

We're proud to support the next generation of architects through programs like this externship, giving students practical experience in architecture, interior design, construction, and client communication.

About Iconica

Iconica is a full-service design-build firm providing architecture, engineering, and construction services as a single partner or separate services. By integrating design and construction expertise, we help clients bring their ideas to life with precision and efficiency.

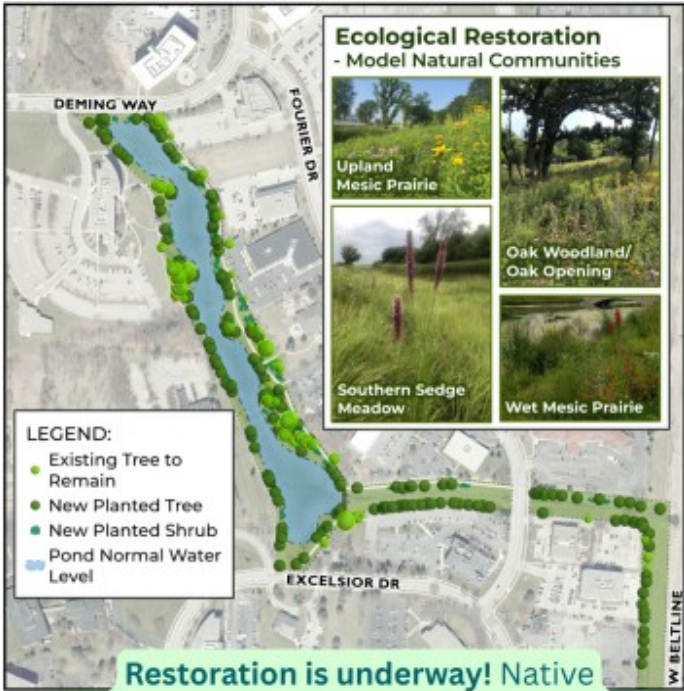
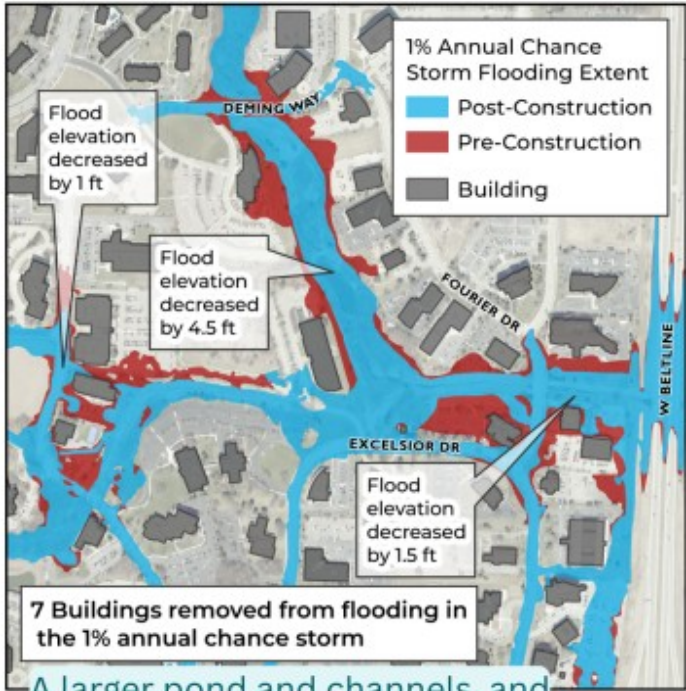
Pheasant Branch Enhancement Project: January 2026 Update

The Old Sauk Trails Business Park and surrounding businesses have repeatedly flooded, and after a watershed study was completed, a plan was put in place. The proposed solutions for the recurring flooding suggest that significantly increasing storage within the Old Sauk Trails Business Park's existing pond system and improving conveyance (how quickly water can move through) to the system with larger pipes and re-graded greenways, will allow the City of Madison to reach its flood targets for this area.

In 2025 we saw the reconstruction of the pond, greenways, and the multi-use path and bridge through the pond and greenways of Old Sauk Trails Park. Additionally, they've completed expanding the storm sewer crossing on Fourier Drive. In the fall, 202 native trees and 369 native shrubs were planted.

Additional native seeding and vegetation management work will continue into 2026. Work to improve storm sewer capacity and mitigate flooding on Deming Way is scheduled to begin in March 2026, with the whole project currently scheduled to be completed by the fall of 2026.

Pheasant Branch Enhancement Flood Mitigation and Restoration - Project in Progress



A larger pond and channels, and larger pipes will help mitigate future flooding

Restoration is underway! Native wildflowers and grass seed will be planted in 2025, and trees and shrubs in 2026. Native species improve the functionality of the stormwater system, increase biodiversity, and provide wildlife habitat.



Learn more at: www.cityofmadison.com/PBE



Congratulations SupraNet - InBusiness Small Business of the Year!



The Gialamas Company would like to congratulate Brian Chan and his SupraNet team on winning the InBusiness Small Business of the Year Award for 2025.

This is a hard earned and well deserved award by one of our great companies in Old Sauk Trails Park!

See [SupraNet's win featured here!](#)



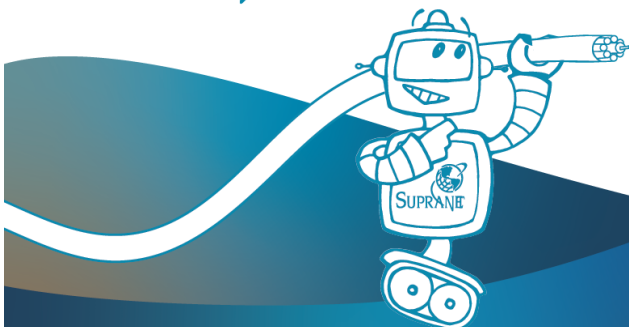
8000 Excelsior Drive, Suite 204

Madison, WI 53717

Supranet.net



Helping Everyone do more on the Internet



Free Medical Clinic Volunteers Needed



VOLUNTEERS NEEDED

**Support your neighbors in need at our
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VERONA, WI

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MISSION
BY SIGNING
UP TO
VOLUNTEER
TODAY!**

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AUG. 1-2, 2026

Verona Area High School
234 Wildcat Way
Verona, WI 53593

LEARN MORE

RAMUSA.ORG
865.579.1530



RFA with RecycleThatStuff.com
Resource Solutions

Earth Day Electronics Recycling Event 2026

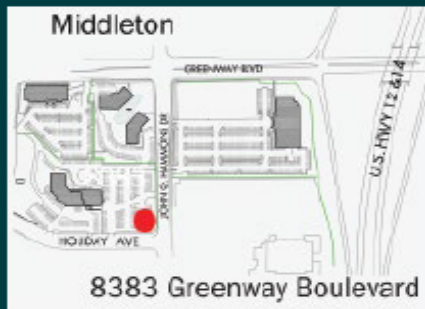


WEDNESDAY, APRIL 22, 2026, 8:00 AM – 1:00 PM

Celebrate Earth Day with us by keeping old electronics out of landfills. RFA is offering an easy and responsible way to recycle your personal or workplace electronic and computer equipment.

Just drop off your items at the location listed below—we'll take care of the rest and help keep our community a little greener.

DROP OFF LOCATION:



FOR MORE INFORMATION
CONTACT RFA:

PHONE: 608.830.6300
EMAIL: infomadison@rfa.ca
WEBSITE: madison.rfaassetmanagement.ca/

*On the corner of Holiday Ave.
and John Q Hammons Dr.

ACCEPTED ITEMS – NO CHARGE –

Keyboards, Mice, Cables, Power Cords, PDAs, External Drives, Docking Stations, Cell Phones, Pagers, External Modems, Telephones, Speakers, Digital Cameras, Hand-held Video Games, Radios, Video Cameras, Video Recorders, Movie Projectors, Reel-to-Reel Tape Recorders, MP3 Players, CD Players, Hard Drives, Desktop Computers, Laptop Computers, Electronic Notepads, Printers, Fax Machines, Photocopiers, Scanners, VCRs/DVD Players, Projectors, Electronic Toys, Gaming Systems, Sewing Machines, and Coffee Machines.

IMPORTANT NOTES:

- Please remove all loose or external batteries from devices before drop-off.
- Built-in batteries inside smartphones, laptops, and similar devices may remain in the device—we do not recommend trying to remove them.
- Not accepted: loose batteries, light bulbs, smoke or carbon monoxide detectors, media (CDs/VHS/tapes), paper, or cardboard.

FEES APPLY TO THE FOLLOWING ACCEPTED ITEMS:

Fees due upon drop off:

- \$10 - Hard Drive Destruction
- \$15 - Large Copy Machines & Microwaves
- \$20 - Monitors CRT & LCD, Dehumidifiers, mini-fridges, Small AC Units, TV up to 29"
- \$25 - Medium / Large Appliances
- \$40 - TV 30" - 49"
- \$60 - TV 50" - 60" | Wood Console, Projection
- \$1 per Inch for all TV's over 60 inches

CLASSIFICATION WILL BE DETERMINED UPON DROP-OFF.

Cash, Credit or Check Accepted.
Please make checks out to: Resource Solutions

RFA



With Pellitteri Waste Systems Data Destruction Division



Earth Day Document Shred Fest 2026

Shredding for a Greener Future.

WEDNESDAY, APRIL 22, 2026, 11:00 AM – 1:00 PM

8383 GREENWAY BOULEVARD, MIDDLETON

CAN GO IN THE SHRED CARTS

The following paper materials may be placed directly into the carts or cabinets that will be provided for on site shredding:

- Paper clips, staples, and rubber bands do not need to be removed
- File folders, spiral notebooks, envelopes, checks, tax returns, and similar paper items
- All paper generated at your workstation

Hard cover books:

Please set these aside in boxes or place them next to the carts.

Additional Notes:

- Please remove paper from 3 ring binders.
- Paper materials will be emptied from boxes into the shred carts. You are welcome to reuse or recycle your boxes afterward.

CAN'T GO IN THE SHRED CARTS

The following materials cannot be placed in the shred carts or cabinets:

- CDs, DVDs, floppy disks, or hard drives
- Plastic sheet protectors or hanging file folders
- Binder clips or metal clips
- Batteries
- Magazines or newspapers
- Credit cards
- Any items that are not paper products

Please review your boxes and remove any of the above materials before drop off.

If you have any questions about acceptable materials or need additional details, contact RFA:

PHONE: 608.830.6300

EMAIL: infomadison@rfa.ca

WEBSITE: madison.rfaassetmanagement.ca/

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COMMERCIAL REAL ESTATE | DEVELOPMENT | BROKERAGE | LEASING | MANAGEMENT

BUSINESSLINKS is published quarterly by:

The Gialamas Company, Inc.

8040 Excelsior Drive, Suite 200

Madison, WI 53717

Phone: 608.836.8000

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to stay up-to-date with events in
Old Sauk Trails Park!