



# Roxsand

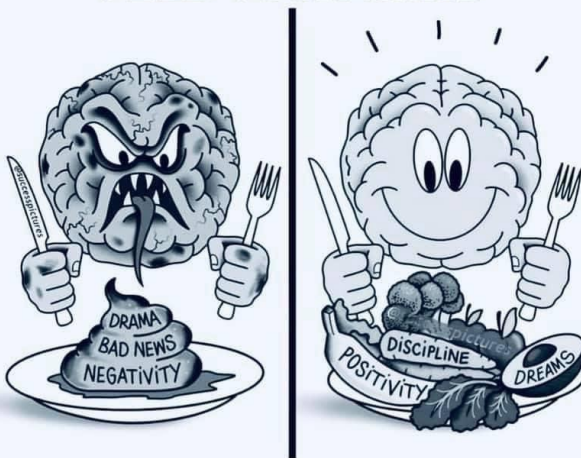
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## New Year Provides the Chance to Reflect and Grow

By: Adam Chandler / Plant Manager for Sioux City Transload Facility

The New Year is an opportunity to reflect on the year gone by, and to approach the year ahead with purpose and intention. A lot of emphasis is placed on this being a time to make big changes; and while this can prove to be a useful motivator for many, it is also important to recognize that meaningful transitions and milestones are happening year-round.

### YOU BECOME WHAT YOU FEED YOUR MIND



In our efforts forging forward we need to make sure that they are meaningful and valuable, regardless of when they occur. Taking the pressure off of becoming new and improved versions of ourselves as soon as January 1<sup>st</sup> rolls around allows us space to grow, learn, and move forward - in our own way, and on our own timeline. For some, the distinct marking of a New Year may be an inspiration for positive change. If the energy of a New Year gives them the inner fire needed to make those changes, then I say all the power to them! However, even if we cannot maintain the full-steam-ahead attitude we began the year with, or if we find ourselves falling back on old habits, we can still be compassionate and kind to ourselves and give others grace by doing

the next right thing. This concept has helped me tremendously in my own journey. By doing the next right thing, we are declaring that we hold the power inside ourselves to make changes when it makes sense for us, and in the ways that make sense to us.

With the New Year comes new beginnings and looking to the future. It is a time and space for reflecting on the previous year. Thinking about things that went well and the things that did not go well. Also, we can look back to where we were this time last year and note the

differences in ourselves. This time of reflection gives us perspective as we embark on the New Year, but it can happen whenever we choose. It can be incredibly rewarding to take time each week, month, or any ordinary day to appreciate where we have been able to take ourselves and to acknowledge the struggles we are still working through. It shows us the grey amidst the black and white. It shows us that while progress may seem slow, we are indeed moving forward, and that each step forward is teaching us along the way.

With reflection and attention to positive change, taking note of what we have learned on our journey up until now, can give us the opportunity to apply it to the future, to take with us what is helpful and to leave behind what is not.



Aerial view of the cement terminal in Hawarden, IA.



Aerial view of Track 6 in Sioux City, IA.



## Meet our new Safety Manager: Cyrus Kezar

My name is Cyrus Kezar, and I am extremely excited to be joining the L. G. Everist team as the Safety Manager! My wife (Kate) and our son (Otis) moved to Sioux Falls back in July from Casper, WY. You may be asking yourself, how does someone get from Casper, WY to Sioux Falls, SD? Well, let me tell you...

I grew up the youngest of six on a ranch in a little town in the Sandhills of Nebraska where my family raised

black angus cow/calf pairs. After high school I went to college at a small state college in Chadron, NE where I got my bachelor's degree in Rangeland Management.

Once I graduated, I was hired as an Environmental Engineer at a surface coal mine in Wyoming called North Antelope Rochelle Mine which is operated by Peabody Energy. I can honestly tell you that is when my education really started. I learned more in the first 6 months at the mine than I did in 4 years at college. I had a great group of

people that taught me the importance of understanding people, and what they are expected to do on a daily basis is how you truly keep people safe. Mining is where I learned that not only was I passionate about safety, but production as well and how they can both harmonize together through common sense and standardization.

After 8 years at Peabody, I was hired to be the Ranch and Wildlife Manager for a rural electric company called Tri-State Generation and Transmission who owned roughly 200,000 acres of deeded ground in NW Colorado between Craig and Meeker. Along with managing the cattle and sheep ranches I was approached by the board of directors to start an outfitting business to offset some of the ranching costs. Through a great team of guides and stewards of the land we were able to build a very successful hunting operation with a sustainability focus (Hence the glamour shot you see that they used on the website).

As we all do, it was time to settle down and I got married to my best friend Kate and we moved back to Wyoming where I worked for Occidental Petroleum covering HSE (Health, Safety, and Environment) for Wyoming giving me lots of valuable experience in the OSHA side of the world coming from MSHA operations. While in Wyoming, the best thing that Kate and I ever did came along, and his name is Otis. He is 1 ½ years old and keeps us running.

I am looking forward to getting to know each and every one of you more in the months to come. In the meantime, if you have any questions or need me for anything please let me know!

## Anniversaries

**Misael Macedo – January 14**  
88th - Transload

**Nathan Haak – January 14**  
Jasper Stone

**Gregory Arnold – January 18**  
Sioux City Unload

**Annette Harder – January 18**  
Sioux City Unload

## Happy Birthday!

**Herschel Pies – January 13**  
Summit

**Jacob Clouse – January 15**  
L. G. Everist, Inc.

**Amanda Sorgdrager – January 17**  
Ace Ready Mix - Harrisburg

**Christopher Furness – January 17**  
Dell Rapids West

## We are Hiring

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[Click here to view current openings](#)

**Jossie Kozelka – January 17**  
Brookings

**William Wood – January 17**  
Firestone

**Troy Jensen – January 18**  
Myrl & Roy's Paving

**Donovan Merrow – January 19**  
Sioux City Unload

**Jennifer Block – January 19**  
Ortonville

**Brandon Winter – January 20**  
Myrl & Roy's Fleet



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