



Roxsand

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A Breath of Fresh Air - Onboarding with L. G. Everist

By: Ron Murray / Sales Account & Logistics Rep. – Mountain Division

I consider myself incredibly fortunate to be part of L.G. Everist, Inc. After a thorough series of phone and in-person interviews, I was honored to be offered the Sales Account & Logistics Rep. position by Brandon, Nick, and Matt. Two months into this role, I am already convinced that the low employee turnover rate is a testament to the extraordinary culture within our company.

From the beginning, the personal touch has been remarkable. Rick Everist Jr. happened to be in the office and took the time to pop in on my in-person interview, extending a warm handshake and best wishes.



Rob Everist personally welcomed me on my first day, setting the tone for the supportive environment I would come to experience. Jennifer from the HR department not only assisted me with new hire paperwork but went the extra mile to ensure I was confident in my decisions regarding benefits and 401k. As I set up my workstation, the seamless support continued. A couple of quick emails to Scott from the IT department had me up and running in no time. As if a smooth onboarding wasn't enough, my new coworkers invited me out to lunch, creating a casual and relaxed environment for us to connect on a personal level. Each encounter with my coworkers feels like being welcomed into an extended family, creating a positive atmosphere that brings a smile to my face every morning.

While the days ahead promise an engaging and challenging schedule, I am excited about the collaborative efforts with my coworkers to provide solutions for our clients. I still have a lot to learn but I feel a renewed energy and desire to succeed. I have my colleagues to thank for this feeling. Becoming part of this team has been like a breath of fresh air for my life. I am committed to preserving the small family company atmosphere and values as we continue to grow together. I look forward to a long-term relationship and mutual success with L. G. Everist, Inc. I extend my gratitude to everyone for contributing to the creation of such an exceptional organization, one that I am proud to represent.



Staying Healthy during Cold and Flu Season

This is the season of colds, flu, and other illnesses, including COVID. All of us need to prioritize our health and well-being. To promote a healthy and supportive work environment, I like to share some tips to help us stay healthy during this time of year.

1. **Hand Washing:** Rinse your hands and Lather with soap for at least 20 seconds. If you are unable to wash your hands, use an alcohol-based hand sanitizer that is 60% alcohol.
2. **Disinfect High Touch Areas:** Regularly clean and disinfect your work areas. (Light switches, phones, door handles, bathroom and kitchen counters)
3. **Cover your Cough:** Cover your mouth and nose with a tissue or elbow when coughing or sneezing.
4. **Monitor your Health:** Pay attention to any illness and seek medical attention if necessary. *If you are feeling sick, consider staying home to rest and recover.*
5. **Boost Your Immune System:** Maintain a healthy diet by eating the proper nutrients and drinking plenty of water. Research shows that Vitamin C can help shorten the duration of colds or even help prevent them. Research also shows that zinc can shorten a cold's length, and vitamin D3 can help boost the immune system. (Nebraska Methodist Health System, article Exceptional Care Every Time)
6. **Get Good Sleep:** Getting quality sleep regularly strengthens your immune system, helping your body fight off colds and other infections. Studies show that people who get less than seven hours of sleep each night are three times more likely to catch colds than those who sleep 8 hours. (Nebraska Methodist Health System, article Exceptional Care Every Time)
7. **Get Fresh Air:** Get fresh air by opening a window and stepping outside for a brief walk. Fresh air does wonders for cleaning out the lungs.
8. **Stay Active:** Regular exercise can help boost the immune system and overall well-being.

Anniversaries

David Cano - January 31
Firestone

Daniel Michelke – February 1
Dell Rapids Shop

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[Click here to view current openings](#)

Lloyd Gruettner – February 1
Ortonville

Jacob Warner February 2
West Farm Shop

Samuel Covarrubias February 2
Ragsdale

Scott Vosburg - February 2
88th Transload

Happy Birthday!

Chance Sanford - January 27
Reynolds

John Deming - January 29
Myrl & Roy's Asphalt Plant

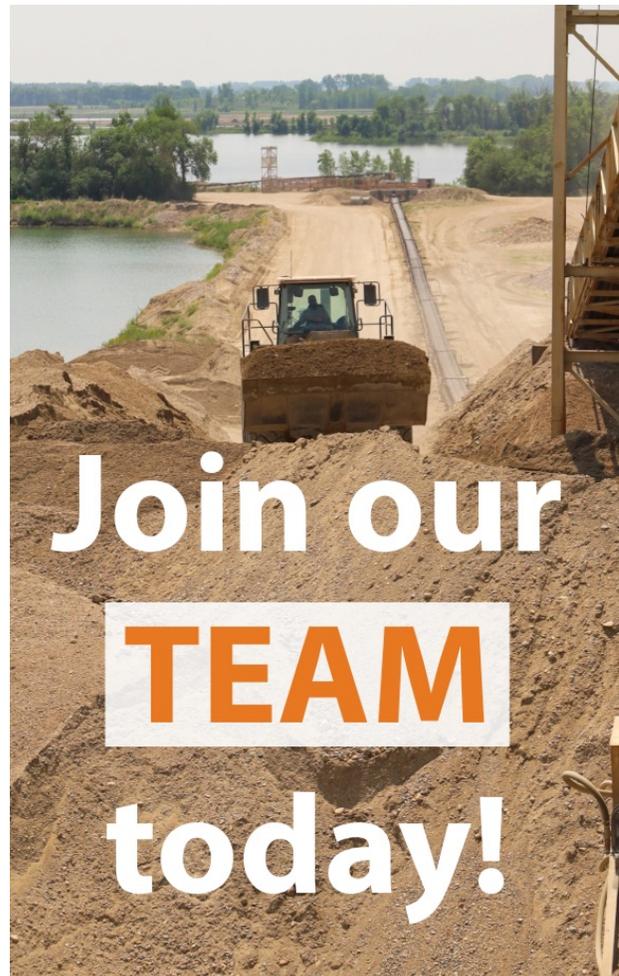
Kevin Moeller - January 29
L. G. Everist

Scott Welsh - January 29
L. G. Everist

Cory Friede - January 30
Dell Rapids Shop

Nathan Sandland - January 30
Ace Ready Mix - Sioux Falls

Albert Clutter - February 1
Firestone



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