



# Roxsand

## SUMMER SAFETY TIPS FOR OUTDOOR WORKERS

### PROTECT YOURSELF AND YOUR TEAM

APPLY SPF 50+ EVERY  
TWO HOURS



WHERE SUN-  
PROTECTIVE  
CLOTHES



WEAR WRAP AROUND  
SUNGLASSES



SEEK SHADE  
WHEN YOU CAN



GET YOUR SKIN  
CHECKED  
PERIODICALLY



STAY HYDRATED



Spanish Version

## Sun Protection

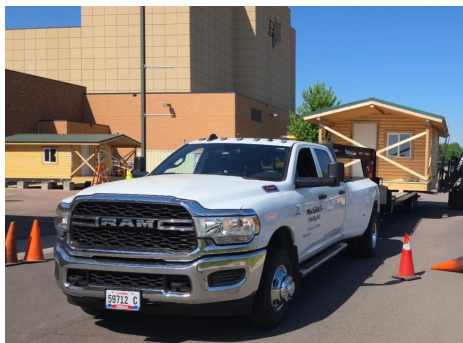
Written by Lee Saude, Equipment Manager

Now that Memorial Day is past, it is time to prepare ourselves for the onslaught of hot, sunny days. For most employees at L. G. Everist, that means spending long hours working in the hot sun. While that may be a perfect respite from the frigid days of the not-so-distant winter, it has its challenges in keeping everyone hydrated and protected from the ill effects of the season.

An often-overlooked part of this is keeping your skin protected from damaging UV rays. For most of us, putting on sunscreen is something we do when visiting the beach or on the golf course, not when we are leaving for work in the morning. Unfortunately, I found that not using sunscreen has a downside when I was diagnosed with melanoma.

It all started with a small mole on my neck that morphed into an odd shape about the size of a dime. A visit to a dermatologist and a biopsy revealed that I had the dreaded “c word”. Further research on my part revealed that melanoma, while one of the most dangerous skin cancers, is also one of the most curable if treated early. In my case, a plastic surgeon removed the cancerous area along with a margin around it. Genetic testing by a lab confirmed that not only is the melanoma gone, but the likelihood of recurrence is marginal.

The lesson learned is that we all should take time periodically to look for changes on our skin and to apply sunscreen early and often on these beautiful sunny days. You will not regret it.



Kyle Steffensen at Myrl & Roy's had the pleasure of helping facilitate the



Ace Ready Mix made a special stop at Em's Eastside Explorers while pouring in their

transportation of lodges built by the students of Brandon Valley High School to Yogi Bear's Jellystone Park. They did an amazing job on the construction of the buildings and it was rewarding to assist in the relocation!

neighborhood! Donald Hostettler had the chance to share some of the excitement of what we do, which is one of his favorite parts of the job. It's always fun to see kiddos light up around the equipment.

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## Milestone Anniversary: Thomas Saltzman, D & I Railroad

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### Birthdays This Week

Justin MacDonald - Dell Rapids East  
Nathan Haak - Jasper  
Kody Moriston - East Sioux Quarry  
Dennis Redenius - Nelson Recycle  
Mikah Tschetter - Ace Ready Mix  
Luke Thronson - Myrl & Roy's  
Richard Schneider - Fort Lupton

### Birthdays This Week

Ryan Hartman - Ace Ready Mix  
Patrick Nelson - East Sioux Quarry  
Chase Moffatt - Myrl & Roy's  
Shane Frazee - Sioux City  
Richard Eiss - Crocker  
Richard Essem - Myrl & Roy's  
Daniel Roach - Ace Ready Mix

If you know someone that would like to receive the Roxsand, have them send their personal email to [info@LGEverist.com](mailto:info@LGEverist.com) and request to be added to the mailing list.

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