



## Songs, Seasons, and the Speed of Time

Life moves quickly. Somewhere between our morning coffees and our afternoon energy drinks, time seems to speed up. Or maybe that's just because of the caffeine! In the midst of that momentum, intentionality becomes a powerful way to slow down and take notice. A great reminder of this was highlighted in a 2024 New York Times article titled "A Playlist to Remember." The piece explored how curated music playlists can serve as a marker for seasons and memories, helping us slow down the passing of time.

For many, the New Year and the resolutions that are made with it, are a staple/jumping off point for being intentional. According to [Drive Research](#):

- 3 in 10 Americans make resolutions.
- 23% quit their New Year's goals by the end of the first week of January.
- Only 9% of Americans reported keeping their resolutions throughout the year.

Whether you are rolling out your New Year's resolutions or not, the concept of intentionality is especially relevant as we reflect on our own lives and careers this year. At LGE, Ace Ready Mix, D & I Railroad, and Myrl & Roy's Paving, many long-term employees often remark on how quickly time has passed over their tenure here. While it's a testament to a fulfilling work environment, it's also a reminder of how swiftly life moves forward.

Given that we spend a substantial portion of our lives at work, it's crucial to approach our days with intention. This means being consciously aware and not going through the motions - actively engaging in each moment. Take a moment to note the colors in the sunrise over the piles/equipment/silos, reflect on how much better a hot cup of coffee tastes during the winter months, or listen to your current favorite song on your drive to work. The everyday routine might sometimes feel repetitive, but deliberate actions and mindsets can transform it into a series of memorable experiences.

Music is my Swiss army knife for cultivating experiences/memories and being intentional. When I had a big event to prepare for, I listened to a lot of music from the rapper [BigXthaPlug](#) for confidence. If you don't often listen to rap music, I can tell you (for me) it provides a strong beat, lyrics about overcoming struggle, and validates self-worth, which all have the ability to energize and empower. My first solo trip to the Mountain Division had [Rocky Mountain Way](#) on replay as I was trying to keep my eyes on the road, but also soak in the Mountain views. Going through company history, I would often listen to [A Rock by HARDY \(covered by Morgan Wallen\)](#). This song traces different stages of life, using "rock" as a recurring homonym, and it reminds me of the many long-tenured present and past employees I have gotten to speak with – people who have quite literally grown up alongside the company.

*"I'm engineering a mechanism to induce nostalgia in the future."*

*-Melissa Kirsch, A Playlist to Remember*

As we transition through seasons & years, and **celebrate 150 years of business in 2026**, we can take a page from "[A Playlist to Remember](#)" and make a new resolution. Just as a playlist or single song can curate our auditory experiences to reflect our time, our intentional mindset at work can shape a more fulfilling career.

-Megan Barkley, Communications Specialist & Executive Assistant

[Click here for the Spanish Version.. Haga clic aquí para la versión en español](#)



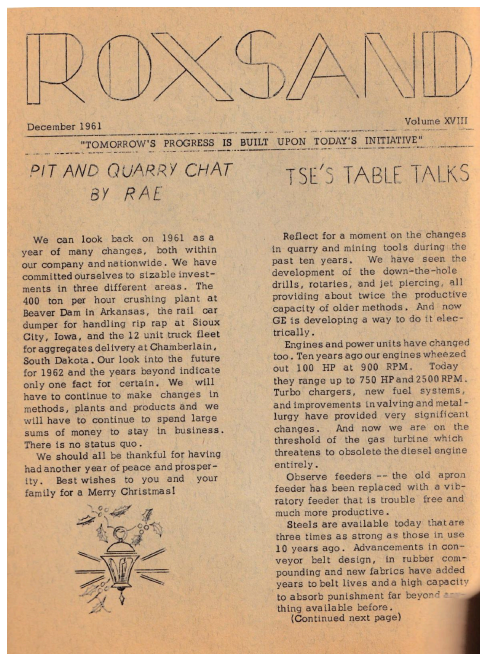
## Birthdays This Week

David Habeger - Ragsdale  
Christian Miller - Colorado Springs  
Andrew Dominguez - 88th Transload  
Staci Yarrish - 88th Transload  
Bob Hansen - D & I Mechanical  
Mitchell Klinkenberg - Dell Rapids West

## Safety Refreshers - Save-the-Date

- Colorado Locations - January 7th
- Iowa Locations - February 4th
- Sioux Falls Locations - January 10th and 11th
- Ortonville & Summit - February 19th
- Ace Ready Mix and Myrl & Roy's - March 10th

More information will be available as the dates get closer.



## What to Look Forward To

We are celebrating 150 years in business throughout 2026 with a series of media initiatives that honor our history!

- Each week we will share a *Throwback Thursday* post on LGE's Facebook and Instagram pages, featuring photos and stories from across decades. Team members and partners are invited to contribute by emailing submissions (story and photo) to [mjbarkley@lgeverist.com](mailto:mjbarkley@lgeverist.com).
- A new 150th Anniversary tab will launch on our website Monday, showcasing highlights and interesting visuals.
- To further capture and preserve the legacy of LGE, an anniversary book was published and will be released in the first half of the year.

It is an exciting time to engage with the history and legacy of L. G. Everist, Inc., so stay tuned!

If you know someone that would like to receive the Roxsand, have them send their personal email to



L. G. Everist | 350 S Main Ave, Suite 400 | Sioux Falls, SD 57104 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!