

[illegible]

This rare footage captures material movement, documented on a film labeled "1920's", alongside paving scenes from the streets of Sioux City, IA. During this time, Hubert Everist (second-generation Everist) incorporated the sister company Western Asphalt Paving Corporation (Western Contracting), while the L. G. Everist business continued to manage aggregate unloading and transport.

A Healthy Lunchbox - From the American Heart Association

Healthy eating is all about creating a balanced diet. This can be done at home, at work, or at restaurants. Checking nutrition labels and modifying your eating habits can help with eating healthier and weight loss. Eating healthy is an important element of the American Heart Association's [Life's Essential 8](#) – the key measures for improving cardiovascular health.

- Pick healthy snack foods, such as apple slices, oranges, bananas, almonds, and other nuts or raw veggies
- Choose plenty of healthy protein like roasted chicken, smoked salmon, roast beef, and beans.
- Eat whole-grain bread and wraps for energy.
- Drink plenty of water to remain hydrated, supplement with a zero-sugar electrolyte beverage when the weather is hot. Avoid sodas, energy drinks, and premade coffees.

If you know someone that would like to receive the Roxsand, have them send their personal email to info@LGEverist.com and request to be added to the mailing list or visit our website to sign-up.



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

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