



# Roxsand



## Invest In Yourself

Written by Candy Klingensmith  
 Director of HR & Safety

Have you ever caught yourself thinking, “I really should schedule my annual physicals to make sure I am healthy,” and then never follow through? You are not alone.

Most of us have that thought, but life gets busy. Work schedules are demanding, downtime is limited, and sometimes we avoid going simply because we are afraid of what the results might say. But here is reality: we’ve each been given one life to live, and the choices we make every day help

determine how strong that life will be. Mining and construction demand strength, focus, endurance, and alertness. Just as we maintain our equipment to prevent breakdowns, our bodies also require routine maintenance to keep running safely and efficiently.

So, to keep our bodies running, we need to focus on preventative healthcare, which isn’t about finding something wrong; it is about keeping things right. Annual physicals and screenings can help detect conditions early, often before symptoms appear. Early detection can improve quality of life, extend working years or retirement, and reduce long-term medical costs. There are many serious conditions that can be managed or even prevented if caught early.

Ask yourself, who do you want to live for? Your family, friends, grandchildren, hobbies, etc. Choosing preventive care is choosing more time for those things. “Step back and say I want to be here for the long haul.” We begin to understand that health isn’t just personal; it affects everyone who depends on us.

You are the most valuable piece of equipment. Taking time for preventive health is not a weakness, an inconvenience, or a fear. It is **RESPONSIBILITY**. It is an investment in your future and in the people who count on you.

“By being proactive today, we reduce risks tomorrow both on the job and at home.”

### Happy Birthday

- Brian Painter - East Sioux Quarry
- Dawn McInroy - Sioux Falls
- Jennifer Fenolio - Ace Ready Mix
- Gunnar Kengas - Dell Rapids East

### Milestone Anniversary

- John McKinney - Firestone

### Weekly Throwbacks

Here we see equipment unloading material from the field in Hawarden in the 1950's. That feeder was actually operational until last year - a great nod to the longevity of LGE resources.

Also pictured below, from the 1998 Employee Appreciation Banquet, are 3rd and 4th generation Everists . From left to right- Rob, Rick, Rick Sr., Steve and Tom.



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 or visit our website to sign-up.

[Spanish Version](#)



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!