November 06, 2026

Roxsand

Since 1876 -Safety Every Mile

Audio Version

Written by Jason Brockberg, Driver Training Coordinator

This year marks our 150th anniversary, and it's awe-inspiring to look back and see how far we've come. What started with a single railcar of coal has evolved into the operation we see today, spanning five states. That kind of success doesn't happen overnight. It takes hard work, dedication, and generations of people who take pride in what they do.

With almost 30 years of driving experience, from regional routes to over-the-road trucking, I've learned that safety must always come first. As the Driver Trainer and CDL Instructor, I work closely with new and experienced drivers to build skills, reinforce good habits, and keep "Safety First" value at the forefront of everything we do. I tell all drivers: You are not just a truck driver; you are a Professional Commercial Vehicle Operator. That CDL in your pocket represents the training, knowledge, and skills you've worked hard to earn. You have something that most of the general public do not, and that comes with great responsibility and professionalism. Whether a driver is just beginning to earn their CDL or has thousands of miles under their belt, there is always an opportunity to learn. Defensive driving, thorough pre-trip and post-trip inspections, recognizing hazards, and making sound decisions are all critical to preventing accidents. Experience matters, but so does staying alert and vigilant, continuing to learn, and never becoming complacent.

As we continue our Rock Solid Since 1876 tradition of Delivering Solutions, each of us plays an important role in protecting the legacy that Lucious Garland Everist started 150 years ago. That means taking pride not only in the work we accomplish, but in how safely we accomplish it. Our job is about more than moving materials and meeting schedules. It's about protecting our coworkers, the people who share the road with us, and our families. Just like our Safety Coin says "The people you work for are waiting at home for you".

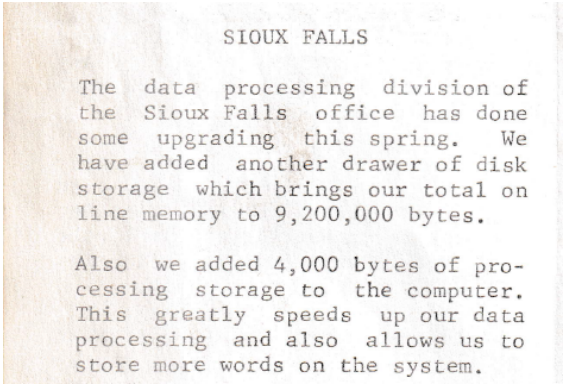
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Birthdays This Week

Lee Saude - Sioux Falls | Daniel Michelke - Dell Rapids Shop | Michael Miller - Summit
Brandon Wood - East Sioux Quarry | Jann Brakke - Myrl & Roy's | Megan Barkley - Sioux Falls
Alexzander Evans - Fort Lupton | Tyler Busby - Myrl & Roy's | Michael Boyce - Ragsdale
David Cano - Firestone | Ruben Duran - Fort Lupton

Weekly Throwback

Referencing an excerpt from a July 1976 Roxsand highlights, in 1976, our system with 9,200,000 bytes (about 9.2 MB) of storage and 4,000 bytes (4 KB) of working memory was a serious machine. That much storage held a few thousand pages of plain text, and 4 KB of memory held about two pages at a time, so programmers had to count every byte. Our modern system with 34 TiB of storage (about 37.4 trillion bytes) and 1,022 GB of RAM works at a completely different scale. Its storage is roughly 4.06 million times larger, so the whole 1976 drive would take up less than three ten-millionths of today's capacity. Its memory is about 255 million times larger. To picture it, if the 1976



SIOUX FALLS

The data processing division of the Sioux Falls office has done some upgrading this spring. We have added another drawer of disk storage which brings our total on line memory to 9,200,000 bytes.

Also we added 4,000 bytes of processing storage to the computer. This greatly speeds up our data processing and also allows us to store more words on the system.

storage were one inch long, today's would stretch about 64 miles. If the 1976 memory were one inch, today's RAM would reach more than 4,000 miles, which is farther than driving across the United States. The computing system from 1973 is pictured on this weekly throwback for reference.



Milestone Anniversary

Kevin Oliver - Sioux Falls

Preparing Mentally for the Changing Season

As the busyness of the holiday season starts to ramp up, it is important to consider your mental health. Boosting your emotional well-being may come in many forms, and the following are suggested mindsets and activities.

- Practice reframing challenges or problems into opportunities to learn
- Find purpose in the small things like hobbies and interests
- Reach out to those you trust for support and connection
- Know it is okay to say no and set boundaries to avoid burnout
- Prioritize sleep and exercise (simply moving)
- During cold and flu season, clean your hands more thoroughly, avoid close contact, and support your immune system
- Take time to unplug and disconnect

Utilize the EAP Policy if you would like external help at Avera.org/EAP.

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.

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