



# Roxsand

## Making Tracks Towards Recovery

Written by Tim Smith, D & I Operations Manager

As we look back on the historic flooding of 2024 and move forward, the D & I Railroad is taking steps to mitigate the impact of future flood events. Mother Nature always finds ways to challenge us, but it's how we face these challenges that defines us.

The use of contractors to help achieve company goals is nothing new; however, in times of need, it is often contractors who make the difference. One of the "unsung heroes" of the flood recovery effort has been Herzog Railroad Services. Herzog provides material handling and construction solutions for industries throughout North America. They supply the excavators and operators needed to unload aggregates from railcars directly to trucks at our Hawarden and

Sioux City locations. However, the ability to place material directly where it's needed on the roadbed has proven more efficient than other methods for flood recovery.

Herzog's machine operators seem fearless as they traverse the tops of railcars, unloading anywhere from 1,500 to 2,500 tons per day. The relationship between Herzog and LGE began 30 years ago, unloading railcars for highway projects in the Mountain Division, and later expanded to various Midwest Division locations. The partnership between LGE and Herzog is another rock-solid example of the value of relationships.

[Click Here for the Spanish Version.](#)



Sioux City, IA late 1990's



Placing rip rap in SD



Completed section in IA

## Happy Birthday

**Dawn McInroy - February 28**  
Sioux Falls

**Jeni Fenolio - February 28**  
Ace Ready Mix

**Gunnar Kangas - February 29**  
Dell Rapids East

**Monty Pearson - March 02**  
Summit

**DJ Steckelberg - March 03**  
Ace Ready Mix

**Eliel Priego Pablo - March 03**

## Wrapping Up Heart Month

The American Heart Association's **Life's Essential 8** is a guide to help individuals improve their heart health, focusing on eight key areas that influence overall well-being.

1. Nutrition – Eating a balanced, heart-healthy diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
2. Physical Activity – Engaging in regular exercise, aiming for at least 150 minutes of moderate activity each week.
3. Tobacco-Free Living – Avoiding smoking and smoke exposure.
4. Mental Health – Managing stress and maintaining good mental health, as chronic stress can negatively impact the heart.
5. Sleep – Ensuring adequate sleep, typically 7–9 hours per night.
6. Body Weight – Maintaining a healthy weight to lower the risk of heart disease, diabetes, and other conditions.
7. Blood Pressure – Keeping blood pressure at a healthy level through lifestyle choices.
8. Cholesterol – Managing cholesterol levels with a heart-healthy diet, exercise, and, if needed, medications.

Fidel Hernandez - March 04  
Firestone

Mark Miller - March 05  
Colorado Springs

The goal of Life's Essential 8 is not just to raise awareness during February Heart Month, but to encourage lifelong habits. Individuals can take proactive steps to reduce the risk of cardiovascular disease, ensuring better health for years to come. It is important to take this knowledge beyond February and integrate it into our daily lives—heart health matters all year round!

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## Anniversaries

Chad Hartman - 20 Years  
Sioux Falls

Lonnie Cahoy - 5 Years  
East Sioux Quarry

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## Spot the Differences!

Can you spot the differences between the two photos below?  
Check back next week for the answers.



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.



# Roxsand

## Hacia la recuperación

Escrito por Tim Smith, D & I Director de operaciones

Mientras recordamos las históricas inundaciones de 2024 y seguimos avanzando, D & I Railroad está tomando medidas para mitigar el impacto de futuras inundaciones. La madre naturaleza siempre encuentra formas de desafiarnos, pero lo que nos define es cómo afrontamos estos retos.

El uso de contratistas para ayudar a alcanzar los objetivos de la empresa no es nada nuevo; sin embargo, en tiempos de necesidad, a menudo son los contratistas quienes marcan la diferencia. Uno de los «héroes anónimos» de la recuperación tras las inundaciones ha sido Herzog Railroad Services. Herzog ofrece soluciones de manipulación de materiales y construcción a industrias de toda Norteamérica. Suministran las excavadoras y los operadores necesarios para descargar los

áridos de los vagones directamente a los camiones en nuestras instalaciones de Hawarden y Sioux City. Sin embargo, la posibilidad de colocar el material directamente donde se necesita en la calzada ha demostrado ser más eficaz que otros métodos.

Los maquinistas de Herzog parecen intrépidos cuando atraviesan la parte superior de los vagones, descargando entre 1.500 y 2.500 toneladas al día. La relación entre Herzog y LGE comenzó hace 30 años, descargando vagones de ferrocarril para proyectos de autopistas en la División de Montaña, y más tarde se amplió a varios emplazamientos de la División del Medio Oeste. La asociación entre LGE y Herzog es otro sólido ejemplo del valor de las relaciones.



Sioux City, IA fine anni '90



Posizionamento di rip rap in SD



Sezione completata in IA

## Feliz Cumpleaños

**Dawn McInroy - 28 de febrero**  
Sioux Falls

**Jeni Fenolio - 28 de febrero**  
Ace Ready Mix

**Gunnar Kangas - 29 de febrero**  
Dell Rapids East

**Monty Pearson - 02 de marzo**  
Summit

**DJ Steckelberg - 03 de marzo**  
Ace Ready Mix

## Il mese del cuore si conclude

American Heart Association's **Life's Essential 8** è una guida che aiuta gli individui a migliorare la propria salute cardiaca, concentrandosi su otto aree chiave che influenzano il benessere generale.

1. Alimentazione - Mangiare una dieta equilibrata e sana per il cuore, ricca di frutta, verdura, cereali integrali, proteine magre e grassi sani.
2. Attività fisica: praticare un'attività fisica regolare, con l'obiettivo di fare almeno 150 minuti di attività moderata alla settimana.
3. Vita senza tabacco - Evitare il fumo e l'esposizione al fumo.
4. Salute mentale - Gestire lo stress e mantenere una buona salute mentale, poiché lo stress cronico può avere un impatto negativo sul cuore.
5. Sonno - Garantire un sonno adeguato, in genere 7-9 ore per notte.
6. Peso corporeo - Mantenere un peso sano per ridurre il rischio di malattie cardiache, diabete e altre patologie.
7. Pressione arteriosa - Mantenere la pressione arteriosa a un livello sano attraverso scelte di vita.



**Eliel Priego Pablo - 03 de marzo**  
88th Transload

**Fidel Hernandez - 04 de marzo**  
Firestone

**Mark Miller - 05 de marzo**  
Colorado Springs

8. Colesterolo - Gestire i livelli di colesterolo con una dieta sana per il cuore, esercizio fisico e, se necessario, farmaci.

L'obiettivo di Life's Essential 8 non è solo quello di sensibilizzare l'opinione pubblica durante il Mese del Cuore di febbraio, ma anche di incoraggiare abitudini che durino tutta la vita. Gli individui possono adottare misure proattive per ridurre il rischio di malattie cardiovascolari, garantendo una salute migliore per gli anni a venire. È importante portare queste conoscenze oltre febbraio e integrarle nella nostra vita quotidiana: la salute del cuore è importante tutto l'anno!

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## Aniversarios

Chad Hartman - 20 Años  
Sioux Falls

Lonnie Cahoy - 5 Años  
East Sioux Quarry

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## Encuentra las diferencias

¿Puedes encontrar las diferencias entre las dos fotos de abajo?  
La semana que viene encontrarás las respuestas.



Se conocete qualcuno che desidera ricevere la Roxsand, chiedetegli di inviare la sua e-mail personale a [info@LGEverist.com](mailto:info@LGEverist.com) e di chiedere di essere aggiunto alla mailing list.