

Roxsand



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New Option For Health Insurance

By: Rob Everist



Birthdays, anniversaries, family gatherings, and vacations – are all things we live for and look forward to with some excitement. Yardwork, hauling out the trash, paying bills, and analyzing health insurance options are all necessary of course...but not quite as much fun.

This week we started rolling out our 2023 benefits plan with a new option for health insurance. In addition to the plan currently in place, the added choice is the High Deductible Health Plan (HDHP) with a Health Savings Account (HSA). At first, it might sound complicated, but if you look at your circumstances and do the math, then consider



"I would be a lot healthier if you'd stop finding things wrong with me!"

the long-term benefits, it really does make sense and could be a good option for you and your family. Mike, Christine, and Thomas are ready to help you by providing all the information you need about the HDHP and HSA.

The health insurance benefits the company provides are important for your health and well-being and are a big part of your total compensation when you consider the company pays 80% of your premium. In addition to living a healthy lifestyle and making choices that have a positive impact on your health, it is your responsibility to understand your health plan, and actively participate in managing your health insurance. Providing the option of an HDHP and HSA is another opportunity for you to make choices surrounding your health.

Happy Birthday!

October 22
Darwin Hogan
Summit

October 23
Kimberly Kohn
Sioux City Unload

Mark VanderLaan
Akron Shop

Jarrod Tubbs
Ace Ready Mix - Sioux Falls

October 24
Mark Hughes
Ortonville

October 25
Jeffrey Jorgensen

HALLOWEEN SAFETY 101

SPOOKY STATISTICS

CHILDREN ARE



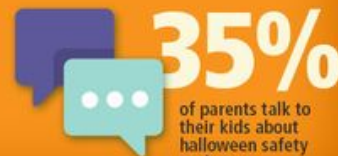
more likely to be involved in a fatal pedestrian accident on halloween than any other night



of children 5 and younger are given the thumbs up to go trick-or-treating alone



of parents use reflective tape on their children's costumes



of parents talk to their kids about halloween safety each year

TRICK-OR-TREAT SAFETY TIPS

AS YOU CAN SEE, THE ROADS CAN BE SCARY ON HALLOWEEN, AND NOT JUST BECAUSE OF ALL THE GHOSTS AND GOBLINS. THAT'S WHY IT'S IMPORTANT TO GO OVER THESE TRICK-OR-TREAT SAFETY TIPS WITH YOUR KIDS BEFORE THEY HEAD OUT INTO THE NIGHT.

MAKE SURE YOU ARE WITH YOUR PARENTS OR AN APPROVED ADULT.

No child under 12 should trick-or-treat without adult supervision.

ONLY APPROACH THOSE HOUSES WITH PORCH LIGHTS ON.

Never go inside a stranger's home.



STAY ON THE SIDEWALKS, and keep from cutting across yards

Dell Rapids East

October 26
Dennis Rees
Sioux City Unload

October 28
Shari Jenner
Brookings

Robert Kilber
Maintenance of Way



CROSS THE STREET IN GROUPS,
at designated crosswalks. Do not bolt out into the street.

Do not eat any candy
UNLESS YOUR PARENTS HAVE CHECKED IT FIRST.

WEAR BRIGHT, REFLECTIVE COSTUMES,
and make sure there is nothing hanging low that you or your friends might trip on.

MAKE SURE SOMEONE IN THE GROUP HAS A CELL PHONE,
in case of an emergency.

SOURCES:
SAFEKIDS.ORG
USA.GOV

THE NEWSWHEEL

Spooky Spaghetti and Cheese Stuffed Meatballs

INGREDIENTS

- 1 pound ground beef
- ¼ cup bread crumbs
- ½ teaspoon garlic salt
- ¼ teaspoon
- ¼ cup grated parmesan cheese
- 4 string cheese cut into 1" pieces
- black olives sliced
- 1 pound spaghetti noodles
- 24 ounce pasta sauce use your favorite brand



INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large bowl, mix ground meat, breadcrumbs, garlic salt, Italian

- seasoning, and parmesan cheese until well combined.
3. Shape into 16 (2-inch) meatballs and place into a 9 x 13 baking dish.
 4. Slice your string cheese into 4 pieces and insert 1 piece of cheese into each meatball, making sure the end of the cheese is just sticking out the top.
 5. Top each with an olive slice.
 6. Bake for 20 minutes or until meatballs are done (internal temp of 160°).
 7. Meanwhile, cook spaghetti as directed on the package and drain.
 8. Toss the pasta with your favorite sauce.
 9. Top with your eyeball meatballs and serve!

If you have employees who would like to receive the Roxsand and do not have a work email, have them submit their personal email to info@lgeverist.com

Questions, Comments, Ideas or want to submit a recipe:
Let us know: info@lgeverist.com or 605.334.5000 ext 6566



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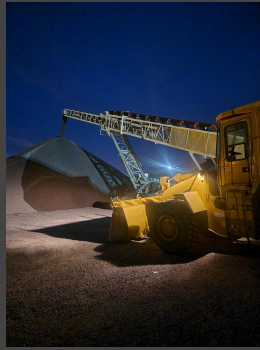
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Roxsand



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Nueva opción para el seguro de salud

By: Rob Everist



Cumpleaños, aniversarios, reuniones familiares y vacaciones, son todas las cosas por las que vivimos y esperamos con algo de emoción. El trabajo de jardinería, sacar la basura, pagar facturas y analizar las opciones de seguro de salud son necesarios, por supuesto... pero no tan divertido.

Esta semana comenzamos a implementar nuestro plan de beneficios 2023 con una nueva opción de seguro de salud. Además del plan actualmente vigente, la opción adicional es el Plan de Salud con Deducible Alto (HDHP) con una Cuenta de Ahorros para la Salud (HSA). Al principio, puede sonar complicado, pero si observa sus circunstancias



"¡Sería mucho más saludable si dejaras de encontrar cosas mal conmigo!"

y hace los cálculos, luego considere los beneficios a largo plazo, realmente tiene sentido y podría ser una buena opción para usted y su familia. Mike, Christine y Thomas están listos para ayudarlo proporcionándole toda la información que necesita sobre HDHP y HSA.

Los beneficios de seguro de salud que ofrece la compañía son importantes para su salud y bienestar y son una gran parte de su compensación total cuando considera que la compañía paga el 80% de su prima. Además de llevar un estilo de vida saludable y tomar decisiones que tengan un impacto positivo en su salud, es su responsabilidad comprender su plan de salud y participar activamente en la administración de su seguro de salud. Proporcionar la opción de un HDHP y HSA es otra oportunidad para que usted tome decisiones relacionadas con su salud.

¡Feliz cumpleaños!

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STOP

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and keep from cutting across yards or alleys.

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SOURCES:
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USA.GOV

THE NEWSWHEEL

Espeluznantes albóndigas rellenas de espagueti y queso

INGREDIENTES

- 1 libra de carne molida
- 1/4 taza de pan rallado
- 1/2 cucharadita de sal de ajo
- 1/4 cucharadita
- 1/4 taza de queso parmesano rallado
- 4 tiras de queso cortadas en trozos de 1" aceitunas
- negras en rodajas
- 1 libra de fideos de espagueti



- Salsa para pasta de 24 onzas usa tu marca favorita

INSTRUCCIONES

1. Precaliente el horno a 375°F.
2. En un tazón grande, mezcle la carne molida, el pan rallado, la sal de ajo, el condimento italiano y el queso parmesano hasta que estén bien combinados.
3. Formar en 16 albóndigas (2 pulgadas) y colocar en una fuente para hornear de 9 x 13.
4. Corta tu queso en 4 trozos e inserta 1 trozo de queso en cada albóndiga, asegurándote de que el extremo del queso quede solo sobresaliendo por la parte superior.
5. Cubra cada uno con una rodaja de aceituna.
6. Hornea durante 20 minutos o hasta que las albóndigas estén listas (temperatura interna de 160°).
7. Mientras tanto, cocine los espaguetis como se indica en el paquete y escurra.
8. Mezcla la pasta con tu salsa favorita.
9. ¡Cubre con tus albóndigas y sirve!

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