

Embracing Gratitude - A Shift in Perspective

Written by Kim Rorvick



Pictured above:

1. Kim and Scott Rorvick
2. From left to right: Megan, Zach, Kim, Heather, Michael

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Now that Thanksgiving is past, we can still be thankful for all our blessings. Gratitude is the rare jewel that graces our lives with a warm glow, signifying our appreciation for the gifts we receive daily. Gratitude does not come easy, and it takes a conscious effort to be able to see the good in bad situations.

While saying Thank You is one of the easiest ways to show your gratitude, another is writing down what you are thankful for daily, which can force you to pay attention to all the good things in your life. Research has also shown that when a person expresses gratitude, it can lead to increased happiness and reduced stress.

In 1999 I was involved in a bad accident, and I was upset with everything and at everyone. I had the on-staff pastor come to my room every day for a few weeks and I would tell him I wasn't interested in visiting. One day he stopped and didn't give me time to say anything as he proceeded to let me know that I could be angry all I wanted but I needed to look at my situation differently. Instead of being angry at what had happened, I needed to be thankful that I was still alive and my outlook on life needed to change. If he hadn't taken the time to tell me that, I don't know where I would be today. I took a look at my life and realized I had a lot to be thankful for. And again today, I look at my life and am thankful for my family, friends, and career with LGE.

As we continue into the Christmas season, the time of giving and practicing gratitude can really be a good way to challenge yourself to find all the things that you can be thankful for. By practicing gratitude, we can shift our focus from what we lack to all that we have. It doesn't mean that life is perfect, but it does help us see some goodness in our life.

Sioux Falls Office Annual Chili Cookoff

Recently, our Sioux Falls office hosted our Annual Chili Cookoff, as a fundraiser for a local nonprofit. The competition heated up this year with an array of mouthwatering recipes vying for the number one spot. But there could only be one winner.

And that winner was Liz McCarty, for the third straight year!

Thank you to everyone who participated - chili from Reed, Rick, Travis, Wendy and sides from other office team members - and made this event so delicious. Liz has graciously shared the recipe she used. If you would like a copy of this recipe, send us an email at info@lgeverist.com.



Happy Birthday

Mark Redlin - December 06

Sioux Falls

Dale Barnhart - December 06

Dell Rapids West

Larry Holzman - December 06

West Sioux

Rick Everist III - December 08

Sioux Falls

John McMillin - December 09

Myrl & Roy's

Amber Overbey - December 10

West Farm Shop

James Reel - December 11

Ace Ready Mix

Mike Dahler - December 11

East Sioux Quarry

Nick Hoffman - December 11

Sioux Falls

Gregory Gerber - December 11

Ortonville

Brian Ulrich - December 11

Ortonville

Jose Pena Martin - December 11

Ragsdale

Jeff Darner - December 12

Sioux Falls



Talent Spotlight

This month, we're excited to shine a spotlight on the talent of Bob Hoffman!

Bob recently contributed a stunning painting of a farmscape on an old barn door to an auction. The attention to detail in the pheasants, bushes, and fences are truly admirable. We are proud of Bob's professional achievements and the value he brings to our team, and are equally proud of his artistic abilities.

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