

Overcoming Adversity: Turning Challenges into Triumphs

By: Lance Pollman, Engineering Manager

Adversity is an inevitable part of life. Whether in personal or professional realms, everyone encounters challenges that test their resolve. Overcoming these hurdles not only builds character but also leads to personal growth and success.

Adversity comes in many forms—financial struggles, health issues, or career setbacks. Recognizing these challenges is the first step toward overcoming them. Understanding that adversity is a universal experience helps in accepting and addressing it constructively.

The following are proven strategies to overcome adversity:

- **Maintain a Positive Mindset:** Cultivating optimism is crucial. A positive attitude helps in viewing challenges as opportunities rather than insurmountable problems.
- **Set Realistic Goals:** Breaking down larger problems into manageable tasks can make overcoming adversity seem less daunting.
- **Seek Support:** Lean on friends, family, or mentors for advice and encouragement. Sharing burdens can lighten the load.
- **Embrace Failure:** Accept that failure is a part of the journey. Each setback is a learning opportunity that brings you closer to success.
- **Practice Resilience:** Perseverance is key. Resilience allows you to bounce back from setbacks and keep moving forward.

At LGE, we overcome deadlines, production demands, gradations, specifications, budgets, weather, and numerous other obstacles to be the supplier of choice. Our story exemplifies the power of resilience and determination. Delivering Solutions Since 1876 is not just a mantra; rather it is a culture and philosophy we put into practice every day.

Overcoming adversity is essential for both personal and professional growth and success. Staying positive, developing plans, working together, learning from mistakes, and focusing on the finish line provides stability and a mindset of perseverance. By applying these strategies, you can transform challenges into stepping stones toward a brighter future.



A cracked beam at a plant - one of life's many curve balls



Rail bridge damage- overcoming adversity through creative solutions and teamwork



Nine Mile Park - a challenging project with beautiful results



Challenges to Triumphs
mastering the one-arm selfie
after rotator cuff surgery.

Versión Española

Birthdays

- Kim Rorvick - June 21
Sioux Falls

- Andrew Stewart - June 21
Ace Ready Mix - Harrisburg

- Zachary Kilber - June 23
Dell Rapids East

- Jon Zubko - June 23
Myrl & Roy's

- Levi Gabrielson - June 26
Ortonville

- Lance Williams - June 26
Ortonville

- Rob Everist - June 27
Sioux Falls



SD Safety Council Urges Safe Driving in Work Zones

- Plan Ahead:* Get real-time information about traffic and road conditions at sd511.org
- Slow and Steady:* Slow down and obey speed limits, maintaining extra space
- Move Over:* Give plenty of room to road workers
- Expect Change:* Day-to-day changes can occur, be patient, and plan for delays

Anniversary

June
23

Zachariah Mattson - 10 Years
Washta

QUARRY DAYS TRAIN RIDES

Sunday, June 23rd 11am-3pm

Train Rides load at
Schwebach Insurance
on 4th Street.



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