

# Giving thanks today and throughout the year

Thanksgiving is about people, more than a plate of food – at least that's what it should be about.

It's a time to come together, to break bread (yes), but more important, to say thanks. Look around at all you have, not what you don't have or wish you had. Life isn't about keeping score. It's not about the best wine served with dinner, the biggest bird, the most number of pies. It's not even about the biggest celebration. And it certainly isn't about football.



For those of us in Tahoe it's not about the bountiful harvest (though one could make the argument the snowfall is our harvest).

What if it's not a good snow year or the people don't come? What would you be thankful for then?

We tend to forget that happiness is not measured by what is in one's bank account. Truly rich people have an abundance of friends. That, friend, is something to be thankful for.

Thanksgiving is that day we in the United States tend to overindulge. Maybe it's really a metaphor for how we live our lives. Most take it for granted and celebrate having a four-day weekend. Yes, that is something to be thankful for. But if it's that big of a deal to have time off from work to spend with family and friends, perhaps re-evaluating your priorities is in order.

Take a moment to look around today. Who are you choosing to spend it with – alone, with family, with friends? Think about

those who don't have a choice – shut-ins, hospitalized, no longer able to travel.

Yes, it's been a tough couple of years for most people. But we're here. We've survived. That, alone, is worth being thankful for.

For some, there will be an empty chair at the Thanksgiving dinner table. But that is no reason not to be thankful. Be thankful for the time that special person was in your life and for the memories that will always be there.

Be thankful today – and carry that sentiment forward for the next 364 days until we all gather again.

Happy Thanksgiving from *Lake Tahoe News*.