



the DIGGER



October Birthdays

Jimmy Francis, 1st
 Omer Ibrahim, 1st
 AJ Johns, 8th
 Chuck Sadler, 10th
 Phillip Nipper, 12th
 Alan Howard, 17th
 Steven Moore, 19th
 Bruce Brannen, 23rd
 Mike Browning, 23rd
 Johnnie Markham, 28th

October Anniversaries

Roy Carter, 24 yrs
 Mark Johns, 28 yrs
 Ted Miller, 6 yrs
 Orosco Neoh, 6 yrs

HALLOWEEN

It's that time again when children enjoy dressing up and roaming the neighborhoods in search of their favorite candy. Here are some things we can do to help make this Halloween safer for everyone:

Lighting:

Make sure the pathway to your home is well lit. If you are using candles to light the way, make sure they are a safe distance from the walkway. If you are going to use the "dark" affect, make sure there are no tripping hazards in the way.

Clothing:

Use a costume that allows

others to see your child from a safe distance. Avoid using paper costumes.



Candy:

Talk with your children about eating candy before they get home. Make sure you inspect the candy before they eat it.

Groups:

Make sure your child walks or rides around with other children and "never" alone. Children should be told under no circumstance are they to go up to any "vehicle" or stranger. Use the word vehicle because some children will think its o.k. to go up to a van or bus if you tell them to stay away from all "cars".

There are many ways you can provide a night of great entertainment without going out. You could have a scavenger hunt, pumpkin carving contest, costume contest or a haunted house and stay safe at home.

Congratulations Are In Order

A J Johns, Inc. is rapidly approaching a monumental milestone in the history of the company. At the end of September we will accomplish something that few companies in our industry can claim. We will achieve *5 years without a lost time accident* on September 28, 2010. Let's compare it to accomplishments in other fields of endeavors.

In baseball:

Cy Young had 511 wins and won 21 or more games 15 times.

The closest to breaking his win record is Walter Johnson who won 417 games.

Joe DiMaggio had hits in 56 straight games

In basketball:

Wilt Chamberlin had a 100 point game

The Boston Celtics won an astounding 8 straight NBA titles

UCLA Bruins won 7 straight national college championships

Most sports fans know some of those accomplishments. Hardly anyone will notice when A J Johns, Inc. passes the 5 year mark. But you will, because you all have been a part of making that possible. People too numerous to mention here by name own a piece of the record. We can all stand proud in our accomplishment knowing that it was possible only through hard work and looking out for the other guy. Let's keep the good work up so we can brag about 6 years.

Around Town

10/2 UCANF Fishing Tournament, Mike Francis and Ray Miller to represent AJJI

10/3 Colts vs Jaguars

10/9 Shrine Circus @ Morocco Temple

10/10 Shrine Circus @ Morocco Temple

10/11 Columbus Day – Bank Holiday

10/18 Titans vs Jacksonville Jaquars

10/21-10/24 Southern Women's Show @ The Prime Osborne Convention Center

10/30 Florida - Georgia Game

10/31 Halloween

11/2 General Election

Look for holiday recipes in next issue

Practice Happiness

Are you tired of waiting around for happiness to find you?

Do you know how to be happy? Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate. Start discovering how to be happy.

The bulk of what determines happiness is your personality and — more modifiable — your thoughts and behaviors. So, yes, you can learn how to be happy — or at least happier.

Although you may have thought, as many people do, that happiness comes from being born rich or beautiful or living a stress-free life, the reality is that those things don't provide lasting happiness. Indeed, how to be happy can't be boiled down to one thing. Happiness is the sum of your life choices. People who are happy seem to intuitively know this, and their lives are built on the following pillars:

- Devoting time to family and friends
- Appreciating what they have
- Maintaining an optimistic outlook
- Feeling a sense of purpose
- Living in the moment

How to be happy: Practice, practice, practice

The good news is that your choices, thoughts and actions can influence your level of happiness. It's not as easy as flipping a switch, but you can turn up your happiness level. Here's how to get started on the path to creating a happier you.

Invest in relationships

Surround yourself with happy people. Being around people who are content lifts your own mood. And by being happy yourself, you give something back to those around you.

Friends and family help you celebrate life's successes and support you in difficult times. Although it's easy to take friends and family for granted, these relationships need nurturing. Build up your emotional account with kind words and actions. Be careful and gracious with critique. Let people know that you appreciate what they do for you or even just that you're glad they're part of your life.

Express gratitude

Gratitude is more than saying thank you. It's a sense of wonder, appreciation and, yes, thankfulness for life. It's easy to go through life without recognizing your good fortune. Often, it takes a serious illness or other tragic event to jolt people into appreciating the good things in their lives. Don't wait for something like that to happen to you.

Make a commitment to practice gratitude. Each day identify at least one thing that enriches your life. When you find yourself thinking an ungrateful thought, try substituting a grateful one. For example, replace "my sister forgot my birthday" with "my sister has always been there for me in tough times." Let gratitude be the last thought before you go off to sleep. Let gratitude also be your first thought when you wake up in the morning.

Cultivate optimism

Develop the habit of seeing the positive side of things. You needn't become a Pollyanna — after all, bad things do happen, and it would be silly to pretend otherwise. But you don't have to let the negatives color your whole outlook on life. Remember that what is right about you almost always trumps what is wrong about you.

If you're not an optimistic person by nature, it may take time for you to change your pessimistic thinking. Start by recognizing negative thoughts as you have them. Then take a step back and ask yourself these key questions:

- Is the situation really as bad as I think?
- Is there another way to look at the situa-

tion?

What can I learn from this experience that I can use in the future?

Find your purpose

People who strive to meet a goal or fulfill a mission — whether it's growing a garden, caring for children or finding one's spirituality — are happier than those who don't have such aspirations. Having a goal provides a sense of purpose, bolsters self-esteem and brings people together. What your goal is doesn't matter as much as whether the process of working toward it is meaningful to you. Try to align your daily activities with the long-term meaning and purpose of your life. Research studies suggest that relationships provide the strongest meaning and purpose to your life. So cultivate meaningful relationships.

Are you engaged in something you love? If not, ask yourself these questions to discover how you can find your purpose:

What excites and energizes me?

What are my proudest achievements?

How do I want others to remember me?

Live in the moment

Don't postpone joy waiting for a day when your life is less busy or less stressful. That day may never come. Instead, look for opportunities to savor the small pleasures of everyday life. Focus on the positives in the present moment. Don't spend your time rehashing the past or worrying about the future. Take time to stop and smell the flowers.

