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## Be thankful...

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Find a way to be thankful for your troubles and they can become your blessings.



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## *Congratulations Lauren!*

### *Miss Cinderella 2013*

*Lauren is the daughter of Steve & Connie Walls.  
She is a sophomore at Springs Valley.*

# First Aid

What would you do if a co-worker called and said someone was injured? Have you taken first aid training so you would KNOW what to do? The construction industry is a leader in accidents and the injury rates continue to be high, so knowing basic first aid is a must.

Always call the posted emergency phone number so outside professional help is on the way. The following is a list of helpful hints when first aid is needed.

1. Act promptly but not hastily - look for breathing and airway obstructions, and check for bleeding and/or broken bones.
2. Start mouth to mouth resuscitation if necessary, and don't forget to use a one way mask.
3. Stop the bleeding - a snug bandage or a pressure dressing will usually stop the bleeding. Use direct pressure, not a tourniquet. Avoid direct contact with blood - USE GLOVES!!
4. Look for shock - skin cold and moist, weak pulse, face drained of color and fainting. Wrap the victim in blankets, have them lay down and try to calm them.
5. Caution, handle with care - a

person with a suspected neck or back injury should not be moved until professional rescue personnel are on the scene. Assist them if requested.

6. Splint broken bones - a splint can be made from any firm object that is long enough to reach beyond the broken bone. Immobilize the joints above and below the break.
7. Never give liquids to an unconscious victim.
8. Bandage wounds to help protect against infection - the wound should be covered with a sterile dressing before the bandage is applied.
9. Remember to wear universal precaution protective equipment.

# Important Dates

November 3



At 2:00 AM

November 5



November 11



November 28



**Lindsey's Construction will be closed  
Thursday, November 28th  
in observance of Thanksgiving**

# Project Updates

## Lost River Rural Fire Dept.

We have everything we need to get this building closed up and ready for interior finishes. Hopefully the weather will cooperate.



## Floyds Knobs "Booster Station"

Should have new roof on by week of Oct. 28th if Wednesday & Thursday are not rain out days.

## Galloway Home

Frank Andrews should finish laying foundation this week. I hope to pour cmu & start floor joist week of Nov. 4th.

## "New" Springs Valley Bank & Trust

Started machine curbs and roofing on Monday, Oct. 28th. The project is really starting to take shape. The rain this week is really going to hurt this job as well. I would like to see as many employees as possible work Saturday's from now until the end of the year.

**I would like to hear from anyone wanting to work by the Friday before.**



## Upcoming Bids

**French Lick Amphitheater - Nov. 12**

**Princeton Theatre - Nov. 18**

**Mackin Home Renovation**

"Quality means doing it right when no one is looking."

-- Henry Ford

## Birthdays

9 - Steve Watts

28 - Cory Lindsey

