SAVE THOSE POP CAN TABS

Randolph Southern Elementary School is collecting pop can tops for Help the Animals Shelter. Diana Fahl (Nursing) has asked our assistance in helping their collection grow. You can help by saving your tabs and sending them to Diana, or give her a call at x213 and she will gladly stop by your office and pick them up.

KEEP OFFICE SUPPLY COSTS IN LINE

These days every workplace is looking for ways to save money. Office supplies can be a good place to start. Try some of these strategies for keeping supply costs down:

• Order supplies on a schedule. Post a supply request form and let people know when you place orders. Ordering just one or two boxes at a time throughout the month will increase your costs.

• Buy generics. Unless there’s a clear need for a name-brand item, purchase the generic equivalent instead.

• Keep an eye on supply levels. Don’t get caught by a sudden shortage of paper clips. Ask co-workers to let you know when they’re taking the last box of something (or put it on the request form) so you don’t have to make a last-minute order that costs more.

GOT YOUR BACK?

You don’t have to be a dockworker or furniture mover to worry about back injuries. Lifting even a moderate weight can strain your back and cause a painful injury unless you’re careful. Here’s some advice for safe lifting:

Check the load before lifting. Give the package or box a light push to test its weight. Make sure the contents are packed securely so they don’t shift while you’re carrying it.

Know where you’re going. Don’t carry a heavy box blindly. You might trip over an unseen obstacle or run into someone who’s not paying attention. Map out the safest route in your mind ahead of time to save time and avoid accidents.

Warm up a little. Stretch your legs and back before trying to move anything heavy.

Lift with care. Don’t jerk the package up—lift it slowly and smoothly. Face the object, squat, and use your legs to bring it up. Keep it close to your body—reaching forward to pick it up can cause injury. And be sure you have sufficient space to make a safe lift.

Carry with care. Don’t rush, and look around as you walk to avoid obstacles. Carry the load between your waist and shoulders for less strain on your back muscles. Turn with your whole body—don’t twist at your waist.

Ask for help. Don’t try to prove how tough or strong you are. When something is too heavy to carry on your own, ask someone else for help.

Accomplishing the impossible means only that the boss will add it to your regular duties.

~ Doug Larson

OCTOBER BIRTHDAYS

6 Vicki Colley
11 Carla Bowen
30 Carol Dance
   David Quinter
THE HAUNTED CLOSET

One of my friends at a former place of employment told me a story about moving into a new house with his family. As they were moving their belongings into the new home, his young daughter asked who the boy was at the top of the stairs. He looked and didn’t see anyone. A few days later she told her Dad the she couldn’t open her closet door. He went into her room and the closet door was open, but he couldn't close it.

Deciding to do a little research on the house, he found out that a young boy had died in that closet years ago. The young ghost only showed himself those two times, but they did have problems with the closet door all the time they lived there.

Marcia Sloan, Library

THE HOUSE OF MARCUM

My husband and I were staying in ‘the guest house’ on family property where the home we actually purchased was located next door. This arrangement was perfect as we could remodel our home and not have to live in the mess. The guest house was previously occupied by my husband’s great aunt, Helen, who passed away in that house two months prior. Her furniture and belongings were still in the home which again made it perfect for us to use during this transitional time.

While cleaning one Saturday I noticed a small light on the bookcase lit. It was one which looked like a candle, small 7 watt bulb with the off/on switch on the cord. I knew I did not turn on the light but nevertheless I turned it off. When I cam back through the room, the light was on again. Hmmm. Before I turned it off, I checked to see if the bulb was loose in the socket, had wiggled and made connection resulting in the light on. Nope; bulb was in tight. I turned off the light again and went to take a hot bath after cleaning the house.

While soaking and relaxing, the bathroom door opened. I waited to see who was there and then called out, “Yes?” No answer. “Mike? Erin?”...nothing. After a few seconds, the door firmly closed. When I got out of the tub, dressed and went out into the family room, Erin, our daughter, was watching TV.

“What did you want when I was in the bathroom?” I continued.

“Mom, I just got home. I’ve been right here,” Erin announced.

When I told her what happened her eyes got wide and she exclaimed, “Helen! It’s Helen! She doesn’t want us here using her things!” While I cannot say that Erin’s prediction is correct, I will have to say that something was going on in the house. Lights would come on unexpectedly, rooms would be unusually cold and our cat Lucy would howl and jump at things that were not there. When we finally moved into our own home, the cat was calm again and the lights didn’t come on unless we used the switch.

Pam Marcum, Connersville Campus

THE HAUNTING OF HAYES HALL

Hayes Hall definitely has a ghost! There are some figurines in a glass cabinet in the Library. One day they noticed that all of the figurines were facing forward except one, which was turned sideways, so they turned it back to the correct placement. The next day it was turned back sideways. They did this over and over and it kept being turned sideways—in a closed glass cabinet.
The cleaning crew was in a classroom in the basement in the middle of the night and saw someone walk down the hallway. When they went down to check who might be there in the middle of the night—there was no one there.

One morning Sandy Baldwin was washing dishes in the kitchen and the refrigerator opened and closed. She immediately turned to see who it was, but there was no one else in the kitchen. We checked the refrigerator and it pulls hard to open, so it just wasn’t opened and the wind or a draft shut it. She was adamant that she heard it open and then close. Sandy and I both would feel someone watching us every time we washed the dishes in the kitchen.

One night very late, Greg Braxton-Brown was working in his office when out of the corner of his eye he could see something in the hallway. He glanced up and saw it again. For quite some time, it would come and go. He felt very distracted by it so he ordered it to leave him alone.

Back in the day when Sandy did not work on Fridays, I would be on the second floor by myself. Around 3:00 or so, the police would come up and lock the doors and turn off the lights so the hallway I would walk down would be dark. One Friday as I was leaving, I started down the hallway to go out the south door and something stopped me dead in my tracks. It was almost like an arm, but not. It’s hard to explain, but I instantly felt I should not go down that hallway. Now I have walked down that hallway for years on my way to my car so I started down that hallway again thinking “This is silly.” This time it felt stronger and a more definite DO NOT GO DOWN THAT HALLWAY. So I turned around and went out the front door. As I walked on the front sidewalk by the offices that are in that hallway, I felt I was being watched, so much so that I could not look up at the building. To this day I do not know why I wasn’t supposed to go down that hallway, but I feel the ghost protected me from something. I walk down that hallway every day on my way home and have not felt that again.

I absolutely do not fear this ghost, but since Sandy Baldwin has retired, I have not felt that the ghost is here anymore. Maybe since she has been ill he has gone to protect her.

Diana Fahl, Nursing

MY GHOST GUARD

I have always heard that an animal can sense things that humans can’t. Several years ago I had a 100 lb. pet Boxer, Jake, who was more like one of our children than just a dog. He thought so, too. One day I was getting ready for a quiet evening curled up in a corner of the sofa with a good murder mystery to read. As I got out of the shower upstairs, Jake came creeping cautiously up to the bathroom door, a low growl coming from his throat. As he always enjoyed playing with a wet towel, I thought that was what he wanted to do. As I tried to get him to play, he continued to stare at the bathroom window, the hair on his back standing on end. I glanced over my shoulder and noticed my reflection in the window. “Silly dog,” I scolded. “It’s just me.” He ignored the towel and continued to stare and growl. I hurried and dressed and headed out of the bathroom. As I straightened up the bedroom before heading downstairs, I noticed Jake had not budged from his “attack” position in the bathroom doorway. Beginning to feel a little eerie, I returned to the bathroom hoping to calm him. He would not let me enter the bathroom, but continued his low growl and solid stare at the window. I finally headed downstairs. Once my feet hit the living room floor, Jake slowly came down, looking back up the stairs and growling with every other step. As I curled up on the sofa, Jake laid across the bottom of the stairs, determined not to let me go back up. He had calmed a little, but occasionally raised his head to look upstairs giving a low growl. As he seemed to settle somewhat, I picked up my book, took one look at it, and set it back down. There was no way I was going to begin reading a murder mystery that night!

Judy Ford, Area 9 Agency