

Lagniappe



Monthly Employee News

January 2010



Driving Safely in Cold and Wet Weather

From: Fred Mingo, Director of Safety

For your safety and peace of mind, become acquainted with the following tips for safe driving. It would be well worth your while to prepare yourself and your automobile for bad conditions.

Reduce your speed and allow yourself four seconds stopping distance between you and the car ahead. The rain reduces the traction between the tires and the road's surface. The street is extra slippery when light rain mixes with oil and dirt on the surface of the road. Be very cautious in light rain or mist.

The cold weather brings out the worst in automobiles. These measures of caution are suggested, because one often will not see danger until it is too late:

- ◆ Check the antifreeze
- ◆ Check the wipers and fill the washer fluid
- ◆ Check the headlights
- ◆ Check the heater & defroster
- ◆ Check all hoses, belts and tires
- ◆ Tune up the engine
- ◆ Check the battery & alternator
- ◆ Make sure you have a jack, lug wrench, and good spare tire
- ◆ Keep blankets in your vehicle
- ◆ Keep a flashlight in your vehicle and check the batteries regularly
- ◆ Keep a small first aid kit in your vehicle
- ◆ Keep jumper cables in your vehicle
- ◆ Keep a few feet of tow rope in your vehicle

We cannot predict how bad the weather will be, but by driving smart and preparing your vehicle for cold weather, you will have reliable transportation when "Old Man Winter" drops in.

Quick Response!

Lofton Baton Rouge

On Monday, November 2nd, a 31 year old contractor was sitting in one of our client's break areas, when suddenly, he grabbed his chest and collapsed on a bench. **Jenkins Knighten** noticed the contractor grabbing his chest, rushed over, caught him and helped him into a seated position. Jenkins then notified the proper personnel who immediately dispatched for EMS. The contractor was rushed to the hospital by ambulance where it was determined that he was having a massive heart attack. Jenkins quick response minimized the severity of the heart attack! Great job, Jenkins!

Lofton LaPlace

Officer **Albert Noble** was working the tank terminal at a client site when he spotted a fire near the railroad tracks west of the gas pumps. Officer Noble went beyond the call of duty by extinguishing the flames using rain water. The incident was isolated but could have resulted in a much worse scenario had he not responded quickly. It's believed to have been started by fireworks. Quick thinking, Albert!

Lofton Lake Charles

On Sunday, 12/20/09, Officer **Ben Shipp** observed a resident who was acting strange. He appeared to stagger as he walked and had to stop and steady himself by holding onto a fence. Ben checked the resident and discovered that he had not taken his blood pressure medication for two weeks. Ben realized the resident was very ill and needed immediate medical treatment. Ben contacted his supervisor and the resident was transported to a local hospital for emergency treatment. Ben's alertness possibly saved the resident from a stroke or heart attack. Nice save, Ben!

Happy
New Year!

2010

Have a safe and
prosperous New Year,
from everyone at Lofton
Staffing & Security
Services!

It's W2 Time!

Take a moment to review your paycheck this week to make sure the following are correct:

- ▶ your address
- ▶ state and federal withholdings
- ▶ your social security number

If you worked for more than one department, i.e. Security, Clerical and Industrial, you will receive a W-2 for each. If you need to make any changes, you can log into your account through the employee login on the Lofton website, or contact your local payroll department *immediately*. Changes must be called into the payroll department by the 15th. Your W-2 will be mailed no later than the last day in January.

If you have any questions, please contact your local payroll department.



Follow us on **Twitter** for relevant business news for employers and job seekers!

www.twitter.com/LoftonStaffing

Live and Learn in 2010

By: Glenda G. Lofton, Ph.D.

Traditionally the new year is a time for reflecting on the past and planning for the future, and I find myself doing a little of both. When I was a teenager, my dad attempted to save money by spray painting our old maroon Studebaker car a bright red. As I recall, the garage turned out redder than the car, and the car, with its varying shades of red and maroon, fit in well with the psychedelic images of the '50's. After a somewhat heated discussion concerning the appearance of our only vehicle, my mom and dad concluded "live and learn." (Later, we even decided that the paint job on the car looked rather nice when viewed from the top of the state capitol.)

While the expression "live and learn" has frequently been associated with negative situations in our lives, I have come to understand after many years of studying the teaching/learning process that "living is learning." The brain's structure and capacity to learn is modified and adapted by interactions with the environment and other people. It has been determined that we learn 10% of what we read; 20% of what we hear; 30% of what we see; 50% of what we see and hear; 70% of what we discuss with others; 80% of what we experience personally; and 95% of what we teach others. The most meaningful learning occurs when knowledge and skills are embedded in real life activities, such as those we encounter daily at home or in the workplace. We learn best from hands-on experience, dialogue with others, and expressing our ideas orally and in writing. Particularly noteworthy is an underlying principle on which Lofton Staffing is based—that we help ourselves when we help others to learn.

Because learning involves conscious and unconscious processes, learning is enhanced if we take time to reflect and think about **what** we learn, or have learned in the past, and **how** we



I have come to understand after many years of studying the teaching/learning process that "living is learning".

learn. This was made very real to me by a former employer who would call me at the end of each work day and ask, "What did you learn today?" To assist you in maximizing your life and your learning during 2010, please take some time to reflect on the following questions:

- (1) What have I learned in the past—knowledge, beliefs, attitudes—that I want to hold on to in the future?
- (2) What did I learn today?
- (3) Am I having fun and getting better? (another of those Lofton Staffing principles)
- (4) Do I keep abreast of new knowledge

- and skills that will make me more effective?
- (5) Do I think of new and better ways of getting the job done?
- (6) Do I share ideas and team with others so that we grow stronger together?
- (7) Do others view me as someone to whom they can go for help or suggestions?
- (8) Do I seek feedback from others on how I'm doing?
- (9) Do I learn from my mistakes?
- (10) Do I compliment others on what they do well?
- (11) What is one new thing I'd like to learn or accomplish in 2010? (Be sure to write it down so you can see it every-day.)

As we reflect on the past and anticipate the future, Shel Silverstein, one of my favorite poets for children (and adults), offers us words of wisdom in his poem, "Listen to the Mustn'ts":

Listen to the MUSTN'TS, child,
Listen to the DON'TS
Listen to the SHOULDN'TS
The IMPOSSIBLES, the WONT'S
Listen to the NEVER HAVES
Then listen close to me—
Anything can happen, child,
ANYTHING can be.

Have a Happy and Productive New Year remembering, as we have all learned from Tommy Lofton, that we won't get it back!

30 Years of Service Lofton Gonzales



L to R: Tommy Lofton, Owner & Founder; David Norton; Willie Little; Bart Lofton, Co-President.

Willie Little started with Lofton in 1979 on a special assignment and has been with us ever since. "Willie was given ownership of a warehouse with weak inventory control systems, high stock outs, and a poor image across the site. Through his vision and leadership, the warehouse now boasts world class inventory accuracy, low stock outs, and an image viewed as impeccable," says his supervisor at the site. His accomplishments are a result of his vast knowledge of warehouse operations, high motivation, and deep sense of pride in all that he does.

David Norton also started with Lofton in 1979 and has been working at the same site where he was originally placed. "David has always been a dependable worker and leader. His 30 years of service has made each of our transitions easier, knowing that the warehouse is in capable hands," said David's supervisor at the client site. "David is joy to work with, and valued member of our team."

Congratulations to Willie and David for 30 years of service and being valued members of our Lofton family.