

LAGNIAPPE



Monthly Employee News

February 2010



Lofton
Security
Service

Super Bowl Safety From: Fred Mingo, Director of Safety

It's time to cheer for the New Orleans Saints! To get into the spirit of the game, many fans have tailgate parties. The following are some tips to help you have a good, safe time:

- Plan to arrive early and be prepared to stay after the game.
- Park next to a grassy area or at the end of the parking row to get more tailgating space.
- Decorate your tailgate site with your team's pennants.
- Plan a menu and make a list of the items you want to take along a couple of days before the game.
- Pack perishable foods in several inches of ice.
- Double pack meat in plastic bags.
- Don't store coolers in direct sunlight.
- Eat before drinking alcohol.
- Drink plenty of water while drinking alcohol, to stay hydrated.
- Know your limit when drinking alcohol.
- Keep alcohol out of minor's reach.
- Don't drink and drive.
- When you finish tailgating, leave your area clean.

It's important to have fun, but also important to stay safe while enjoying your favorite sporting event. Stay cool, remember these tips and **Geaux Saints!**

February is National Heart Month

February is National Heart Month, when good nutrition is truly at the "heart" of the matter. A healthy heart is the result of good genes, the right food choices, plenty of physical activity and knowing how to deal with stress.

While you can't do much about your genes, regular physical activity, making the right food choices, and dealing with stress are lifestyle behaviors you *can* control. When it comes to heart-healthy eating, one key is monitoring the type and amount of fat you consume.

Limit foods high in saturated fat, which can increase LDL or "bad" cholesterol levels. Instead, eat more plant proteins, fish, poultry and low-fat dairy foods. Cook with moderate amounts of olive or canola oil, instead of butter, margarine or shortening.

Maintain or improve your weight. The more excess body fat you have, the greater your risk for heart disease. If you're overweight, losing weight can help you lower LDL ("bad") cholesterol, which is especially important if you have high triglycerides and/or low

HDL cholesterol and carry excess abdominal fat. Those who carry a "spare tire" around their abdomen have a higher cardiac risk than those with extra padding around their hips and thighs.

Get active! Physical activity offers many rewards, from heart health to strong bones and stress relief. Regular, moderate activity helps keep your blood cholesterol levels normal. It helps lower blood pressure, helps your body control stress, and helps control body weight as you burn calories. More vigorous exercise actually gives your heart muscle a workout, too, which ultimately helps your whole cardiovascular system work more efficiently.

Unless you have a health problem, you probably can start moving more now. Talk to your health-care provider if you have ongoing health issues like heart disease, high blood pressure, diabetes, osteoporosis, arthritis or obesity.

For more information on heart-healthy eating, visit www.eatright.org/healthyheart.

What's Happening this month

Groundhog Day

February 2

Super Bowl XLIV

February 7

Lincoln's Birthday

February 12

St. Valentine's Day

February 14

President's Day

February 16

Mardi Gras

February 16

Ash Wednesday

February 17

Washington's Birthday

February 22

Geaux Saints!

Lofton Staffing & Security Services would like to congratulate the New Orleans Saints for over 40 years in the making. We never lost faith! Good luck in Super Bowl XLIV!!

Who Dat? We Dat!

Look out Miami....here come da Saints!



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It's Different When You Get the Power

By: Glenda G. Lofton, Ph.D.

For several years, Tommy Lofton was a national consultant in industry. Typically, he was called in to help companies become more productive. Because I also served as a consultant to help schools become more productive, and because many of the concepts and principles apply to any organization, I would often sit in on the sessions he did. One of my favorites was a session he called "Great Expectations." At the beginning of the session, he would pose the question, "What do you expect from your boss?"

The response from participants was immediate and enthusiastic. A long list of lofty expectations was soon generated. Typically, the list included the following: (1) communication—explains things; (2) helps me—knows when I need help; (3) understands my problems; (4) doesn't treat me just as a cog in a machine; (4) trustworthy—I can trust him/her; (5) shows confidence in me; (6) understands my mistakes and teaches me; (7) is competent; (8) doesn't ask more of me than of himself/herself; (9) does what he/she says; (10) treats me as an equal—doesn't treat me like a child; etc. etc. After reading back through the list, Tommy would pause for a moment, and he would ask, "What do your workers or co-workers expect from you?"

Watching the faces of the group as they realized the same expectations applied to them as well, I was always reminded of a student that had participated in a research study I did in Georgia—a tall, robust, articulate young man whose role model was his uncle, an outspoken political activist. When the student council president of the school tried to enact a new policy in the school, this student circulated a petition, had the presi-

dent impeached, had himself elected as president, and then enacted the same policy himself. When I questioned him as to how he could enact what he had the former president impeached for, he looked me straight in the eye and said, "You know, Dr. Lofton, it's different when you get the power!"

Recently, a weekly newspaper in Lafayette interviewed 23 leading people in Lafayette about issues or concerns they have as they anticipate 2010. Bret's pastor, Mike Walker, noted that "people today worship the unholy trinity—me, myself, and I" and that this "self focus leads to delusion, disappointment, and destruction." He expresses the need for leaders and a populace who will put others before themselves, serve others, and practice selflessness, noting that "true greatness is not measured by what we obtain but by what we give..."

Mike Walker's comments are consistent with an article that Bret sent me this week by Robert Tamsay, vice president for Leader's Legacy, a non-profit organization in Georgia. In the article, Tamsay contrasts the tendency today to define success and happiness in terms of *what we want* with a statement by Albert Schweitzer, the German-French philosopher and physician who established a hospital in Africa in the early 1900s: "I don't know what your destiny will be," Dr. Schweitzer stated, "but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve." Some, Tamsay writes, might dismiss this as foolish idealism, not rele-

vant to the demanding work environment where most of us spend our working hours. However, he asks us to recall times in our own lives that have been enhanced by the selflessness of others: "a coworker that voluntarily offered assistance, even when it is not required, or a boss who invested time and energy to guide us, helping us become more skilled and productive, ultimately more valuable to the company."

When Tommy Lofton began the Lofton Corporation back in 1979, his goal was to build on what he had learned in industry and life to create a work environment where people treat others the way they want to be treated, where they become the kind of leader and coworker that they want others to be, where people study, train and work not only to serve clients but to serve each other, understanding that if they help others to improve, they have already helped themselves—a place where people do what they do for the joy of it. In such an environment, most leaders are not at the top. Servant leaders lead not from positions of power but from who they are and what they do.

The history books and current headlines are filled with examples of the abuse of power in government and in business and its negative impact on the lives of others. On a smaller scale, how are we using the power entrusted to us? What do you expect of your co-workers? What do your co-workers expect of you? Is it different when you get the power?

LSU College of Education

In 1960, the LSU College of Education honored LSU's Centennial by holding a reception themed "One Hundred Years of Education in Louisiana." To capture this event, a few College of Education students posed for a photo wearing vintage costumes, including our own Glenda Gaar Lofton (pictured 3rd from left in Photo 1). In 2009, Glenda Lofton (pictured center in Photo 2) and two of the original alumni returned to recreate the photograph on the Faculty Club stairs. Lifelong friends, they have enjoyed varied careers in education. Glenda Lofton continues to inspire others by writing a monthly article for our employee newsletter (above). We appreciate her dedication to the education of children and others through her words, actions and deeds. Thank you, Mrs. Glenda!



Shirley Piper, Carolyn Johnson, Glenda Gaar, and Pat Lamonda



Shirley Piper Lichtenstein, Glenda Gaar Lofton, and Pat Fletcher Williams