



Monthly Employee News

Celebrating 30 Years of Service



Back to School Safety

From: Fred Mingo, Director of Safety

The kids are heading back to school and drivers must be watchful for children and other vehicles. In a rush to work and school, the early morning roads are again crowded with pedestrians, bikes, and cars. Here are some tips for students to stay safe this year:

1. Choose a quick and safe route to school. Stay away from places where there aren't many people.
2. Don't walk by yourself. Walk with a friend, brother, sister, or neighbor.
3. Kids should know their phone number, parents' work number, address and how to use 911 for emergencies.
4. Never accept rides or talk to strangers. A stranger is anyone you or your parents don't know.
5. Call your parents or friends if you plan to stay late after school.
6. Check in with your parents or a neighbor as soon as you walk in the door, if you're at home alone after school.
7. If you ride a bike to school, wear your helmet and lock them up whenever you leave them.
8. Tell your parents, a teacher, or another trusted adult if you see anyone that makes you uneasy.

Children will frequently run into traffic, many times from between parked cars. Expect the unexpected, if you're driving in and around school zones. Have a safe year!

Perfect Safety Record!

Lofton Lake Charles

Lofton would like to congratulate our employees at Shaw for 0 incidents since December 2008! Our drivers and laborers work very hard at what they do and in tough conditions, so it is with a lot of pride that we recognize them with Lofton's Safety Award. Keep up the great work!



Lora Stricker (Shaw), Lori Barnett, Nic Sheppard (Lofton), Mike Pinder, Shelton Cormier, Joseph Williams, Dustin Morgan, Nevin Sheppard, Eric O'Brien, Bryant Vidrine, Shawna Allen, Chad Lyons, Donald LeBleau, Cody Landry (Shaw), and Fred Mingo (Lofton).

Back to School Tips

By: Julie East, Marketing & Recruiting

Summer time is almost over, and school is about to start for thousands of kids. Are you ready to tackle early morning bus struggles, homework headaches and after school snack fights? Below is some helpful advice from Answers.com on back to school survival.

Be prepared. Getting out the door in the morning can really be chaotic. In the rush to catch the school bus, lunchboxes, homework and even socks end up getting left behind at home. Keep logistical nightmares to a minimum by readying backpacks and lunches the night before.

Don't skip breakfast. Kids and teens, like adults, need a good blend of protein and carbohydrates (like high-fiber cereal with milk) to help jump-start their day and keep them going until lunchtime. Not only will it help them cut back on junk food, but this energy boost can help keep them focused and alert in class, too.



After school. Kids may need another energy pick-me-up snack after school. If you're afraid they won't have any appetite left over for dinner, offer a light snack (such as peanut butter on celery with raisins, cereal and milk, fruit, popcorn or veggie sticks) and consider having dinner at a slightly later hour.

Help out with homework. Homework reinforces and practices skills already taught in school, and you can help, even if you've forgotten your algebra theorems. To help your students complete their homework with ease, be sure to have the following in place: 1. **Study Spot.** Choose a quiet study spot with no distractions, i.e. radio, television, cell phones, etc. 2. **A Schedule.** Figure out what is the best time for your child. Do they need to run around after school to release pent-up energy or are they able to settle down right away to have the evenings free. Find the right balance, it will make homework less stressful. 3. **Focus!** Turn off the TV and establish rules about using the phone and Internet during homework time. Doing two things at the same time (like texting friends) actually divides one's attention, making learning less effective.

Keeping Up With The Joneses

By: Glenda G. Lofton, Ph.D.

Most of us have heard the expression, “*Keeping up with the Joneses*”. Traditionally it means “living beyond our means, giving the appearance of wealth, in order to keep up with our neighbors or the ‘well-to-do’.” The expression originated in 1913 with a comic strip by that name that ran for 20 years and detailed the lives of the McGinis family who were envious of their neighbors, the Jones. By the mid-20’s, the phrase was in common use and became the subject of a book, musical comedy, and movie. Often the expression is used in a derogatory manner, implying the foolishness of chasing after possessions and status just for the sake of “keeping up”; however, recently, I found it described more positively as “*our desire to maintain pace with others who might be outshining us a bit.*”

With the latter, more positive meaning in mind, I would like to issue each of us the challenge of “keeping up with the Joneses”—my mother and her three sisters who just might be outshining us a bit. My mom and her three sisters, “the Jones girls” as they came to be known, grew up literally in the back woods of Winn Parish. In 1927 the girls were only 7, 5, 3, and 3 months old, when their dad, an ambitious young man who owned the first Model T car in the area and who was clearing his land to build a new house, injured his leg and died of blood poisoning—something that a simple shot of penicillin would cure today. Life was not easy for a young mother and her four girls. As my Aunt LaVerne, the baby of the family, often reminds me, “You didn’t get any poorer than we were, but we all learned to read,” and fortunately faith, integrity, perseverance, work ethic, caring, and sense of humor are “priceless”.

Most recently I was inspired to “keep up with the Joneses” by my Aunt Elois, the oldest of the Jones girls. She was only seven when her dad died, and he told her, on his



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death bed, to be a big girl, to take care of her mama and sisters, and not to cry—a directive she took quite seriously. When she finished Gaar’s Mill High School, her Great Uncle John, despite the objections of some and having only limited resources, drove her to Baylor’s Nursing School in Dallas, Texas to pursue her dream of becoming a nurse. On August 10, Aunt Elois, also a mother and grandmother, will celebrate her 89th birthday, and she is still a school nurse in one of the largest middle schools in Dallas! Her own experiences as a child helped her identify with the needs of the children, she

goes beyond what is required, and she looks for opportunities to make a difference. This year the principal has asked her to be the head nurse. When the central office was notified of the principal’s choice, they said she would have to attend computer training this summer on the district’s new record management system. When my aunt said she would be unable to attend the training, the principal said, “I’m going to recommend you for the position anyway. Anyone can work a computer. I want someone who cares about kids.” (In an interesting but not surprising side note, doctors say she should be ready for the first day of school despite her recent broken hip.)

In the workplace and in life, “others won’t care how much we know until they know how much we care” (Swindoll, 1996), and the person you are is as important as what you know. In selecting employees, Lofton Staffing is guided by three questions: Can I trust you? Do you want to be better? And...do you care? My Aunt Elois and the rest of the Jones girls, all now in their 80’s, continue to model a key principle on which Lofton Staffing was founded—we are all called to serve. As servant leaders we lead not from positions of power but from who we are and what we do; we treat others the way we want to be treated; help others grow; inspire others to action (sometimes by outshining them just a bit); and help others to be better. Are you “keeping up with the Joneses”—the Jones girls that is? Do you care?

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