

LOFTON LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Choosing Slip-Resistant Footwear



Choosing the right footwear has to take into account a number of factors in addition to slip resistance, such as comfort, durability and any other safety features required, such as toe protection. The final choice on your footwear may have to be a compromise. Consider these when choosing slip-resistant shoes:

- The more channels, the better. Tread tunnels channel water or oil away from the shoe. When you step in a liquid, it will choose the path of least resistance. If the tread has lots of channels or pathways to facilitate flow, it will provide a safer step.
- Circular grips help prevent hydroplaning better than square or triangular-shaped grips.
- Tread patterns can become clogged with waste or debris. Soles should be cleaned regularly. If your soles clog up frequently, look for an alternative design of tread with a wider space between the cleats and a deeper tread pattern.

- Generally, a softer sole and close-packed tread pattern work well with fluid contaminants and indoor environments. A more open pattern works better outdoors or with solid contaminants.
- A label of 'Oil-resistant' on a shoe does not mean 'slip-resistant'. Oil-resistant is just a statement that the soles will not be damaged by oil.
- Super-deep treads or patterns with a lot of voids can feel unstable. Choose a shoe with a grip that hits the ground firmly.

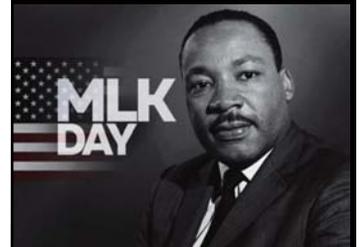
No shoe is slip-proof. Just like safety earplugs, glasses, gloves and other PPE, slip-resistant shoes help to reduce hazards and improve safety. And like those other PPEs, shoes don't last forever. Safety footwear should be replaced from time to time. Establishing a regular change-out schedule helps ensure that shoes aren't worn past their prime.

JANUARY 2022

JANUARY 1
New Year's Day



JANUARY 17
Martin Luther King Day



*"Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness."
- Martin Luther King, Jr.*

New Benefit Coming!



We are pleased to announce a new edition to the Lofton Lifestyle brand! In February, we will introduce a new wellness tool that will be rewarding to

your health as well as your pockets. Pay close attention to your email and employee portals for additional information.

Stay Active in 2022!

Not getting calls from Lofton? Mark Yourself Available. Click the "Availability" icon in your online file to mark yourself as "Active" for database searches. Many open positions may never be posted to our job board, so you don't want to miss out. Be sure to mark yourself available each week you are looking for employment to stay on the search list. Applying for positions on the job board puts your name into the active review list for that particular job. Be sure to do BOTH as often as possible.

Year End W-2s

It's that time of year again - W-2's! It's important to review your paystubs this month to make sure the following are correct:

- Your address
- State and federal withholdings
- Your social security number

If you worked for more than one division, i.e. Security, Staffing, Industrial, Energy or Medical, you will receive a W-2 for each. If you need to make any changes (address, etc.), log into your account through the employee login on the Lofton website; answer yes to automatically update the **Check Mailing Address** as well when prompted, or contact your local office immediately. **Changes must be submitted to Lofton by January 10th.**

W-2(s) will be mailed no later than the last day in January. W-2's can also be printed from your Lofton online account (employee paystubs link) around mid-January.





It Seems Like Only Yesterday

By: Glenda Lofton, Ph.D.

Longevity is a common characteristic in my mother's family. My mother, who was known for her sense of humor as well as her longevity, once said to me, "I've got some good news and some bad news about our family. The good news is that we live a long time...and just give orders to everybody." At the time, my mom and her three sisters were trying to satisfy their mother (my grandmother) and her brother and sister (my great aunt and great uncle), all of sound mind and body and all in their 90's. All three had lived together for most of their lives, all had taken care of their invalid father (my great grandfather) who lived to be 96. All three had helped rear my mother and her three sisters when their dad died of blood poisoning in his early 30's, leaving behind four girls aged four months to six years. Theirs was a story of love and sacrifice. My great aunt and great uncle had never married, abandoning their own goals, to care for the farm and their father after he broke his neck in a wagon accident, and to help rear their four nieces.

As the oldest grandchild, I had the opportunity to get to know all of them well, including my great grandfather who had lived through the Civil War. One of my favorite pastimes as a child was to sit beside each one and say, "Tell me about when you were a boy/girl," and they always had a story to tell.

When my Great Uncle Ira, born in 1889, was in his mid-nineties and I was grown, I sat down once again and said, "Ira, tell me about when you were a boy." He sat there, with that same thoughtful expression I had learned to love as a child, and told me with a twinkle in his eye about playing baseball and basketball not long after the turn of the century. Then all of a sudden he stopped talking, tears trickled down his cheeks, and he said, "It seems like only yesterday."



What would you do differently if you lived like you were dying?

"Ira," I said, "I know you never really wanted to be a farmer. You were away at business college when your dad was injured, yet you came back to manage the farm. Any regrets?" I asked. "Oh, no," he said. "I've had a good life. And before he died, Pa said to me, 'Ira, you've done a good job running the farm.'"

Even if we live into our 90's, life indeed is short. The brevity of life is compounded by the uncertainties we face each day. After an injury that ended his senior season of foot-

ball at LSU, Ben Wilkerson, All American center, said it well: "In football, as in life, you never know when your last play is going to be your last play."

Throughout recorded time, philosophers and artists have offered suggestions for making the most of the time we have. In his hit single and top selling album by the same name, country music star Tim McGraw, inspired by the death of his father, challenges us to live like you were dying. In the song a man in his early forties who has been told that he is dying is asked, "When it sank in that this might really be the end...Man, what'd you do?" And the man said, "I went sky diving... I went rocky mountain climbing...And I loved deeper and I spoke sweeter, and I gave forgiveness I'd been denying...I was finally the husband that most the time I wasn't And I became a friend a friend would like to have...and I finally read the Good Book, and I took a good look At what I'd do if I could do it all again..." And he concludes, "...one day I hope you get a chance To live like you were dying...Like tomorrow was a gift And you've got eternity to think of what you did with it..." (Nichols & Wiseman, 2004)

Tommy Lofton conveyed a similar message when he reminded us that life is a temporary assignment and challenged us each day to have fun and get better. "Have a good day," he often stated, "because you won't get it back." Traditionally, the new year is a time for reflecting on the past and planning for the future. As we begin 2022, what would you do differently if you lived like you were dying?

What NOT To Wear

By: Julie East, Corp. Marketing & Recruiting

With the workplace becoming more casual these days, a lot of employees see this as an open call to wear anything they want, but there really are limits.

The first impression you make on a potential employer is the most important one. The first judgment an interviewer makes is going to be based on how you look and what you are wearing. According to research, 55% of another person's perception of you is based on how you look. That's why it's always important to dress professionally for a job interview, even if the work environment is casual.

What's the appropriate dress code for an interview? You'll want that first impression to be not just a good one, but a great one! The candidate dressed in a suit and tie is going to make a much better impression than the candidate dressed in scruffy jeans and a t-shirt.



WHAT NOT TO WEAR:

- Flip-flops, slides or sneakers.
- Shoes that are visibly worn, or torn.
- Crop tops, tank tops, spaghetti strap, or backless tops. Be sure underwear does not show, even if your bra straps match your top.
- Blouses that are too low-cut or too short. Don't show your cleavage or your belly.
- Shorts, workout pants, leggings, or jeans.
- Pajamas.
- T-shirts or hoodies.
- Shirts or outerwear with graphics.
- Skirts that are too short.
- Pants that are too low-rise. Pants should fit at the waist. Underwear should NEVER be seen.
- Clothing that is too tight. Make sure you can sit in the outfit comfortably.
- Excessive jewelry (too many rings, bracelets, necklaces, etc.)
- Wrinkled, stained or holes in clothing.



MEN'S ATTIRE:

- Suit (solid color - navy, black or dark grey)
- Long sleeve shirt (white or coordinated with the suit)
- Belt & Tie (coordinated with the shirt)
- Dark socks, conservative leather shoes
- Little or no jewelry
- Neat, professional hairstyle
- Neatly shaven or trimmed
- Trimmed nails



WOMEN'S ATTIRE:

- Suit (solid color - navy, black or dark grey)
- Suit skirt should be long enough so you can sit down comfortably
- Coordinated blouse
- Conservative shoes (no flip flops)
- Limited jewelry (no dangling earrings or arms full of bracelets)
- Neat, professional hairstyle
- Light make-up and perfume
- Neatly manicured nails