

LOFTON LAGNIAPPE MONTHLY EMPLOYEE NEWS



Storm Preparedness By: Steve Ham, Lofton Safety Services

With life slowly getting back to normal, it's hard to think about another potential disaster. However, hurricane season is upon us, running from June 1st to November 30th, so it's time to get prepared. While hurricanes pose the greatest threat to life and property, tropical storms and depressions also can be devastating, causing flooding from heavy rains. Severe weather, such as tornadoes, can cause extensive damage and loss of life. The primary hazards are storm surge flooding, inland flooding from heavy rains, destructive winds, tornadoes, and high surf and rip currents.

Storm surge can travel several miles inland, especially along bays, rivers, and estuaries. Flooding from heavy rains is the second leading cause of fatalities from land-falling tropical cyclones. Widespread torrential rains associated with these storms often cause flooding hundreds of miles inland, which can persist for several days after a storm has dissipated.

Now is the time to check your supplies from the pandemic to add those essential items you may need due to a hurricane. Here are a few things to help prepare for a possible hurricane:

- Prepare the interior of your home.
- Prepare the exterior of your home.
- Bring in light-weight objects, such as garbage cans,

garden tools, toys and lawn furniture.

- Bring pets inside.
- If you have a trampoline, turn over (tarp facing the ground) and secure with deep stakes.
- Avoid low-lying areas.
- Prepare a supply kit, including batteries, candles, flashlights, first aid kit, portable radio, non-perishable food, and several days' water supply as power may be affected.
- Pick-up or refill prescription medications.
- Have plenty of cash on hand.
- Plan an evacuation route in advance, and have an alternate place to go if told local shelters are not available.
- Ensure everyone in the household has a face mask in case you need to relocate or evacuate.
- Re-fuel all vehicles.

After the hurricane or tropical storm is over, keep listening to the radio or television for instructions. No one knows where the next hurricane may form or hit, but being prepared is a good defense.

To stay prepared, you can log onto the National Hurricane Center's website at www.nhc.noaa.gov and download the Tropical Cyclone Preparedness Guide.

Tips to Boost Your Mental Health! From: Mary Dixon, Benefits Coordinator

1. **Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
2. **Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness.
3. **Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
4. **Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
5. **Work some omega-3 fatty acids into your diet.** They are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseed or walnuts also helps build healthy gut bacteria.
6. **"Anyone who has never made a mistake has never tried anything new." -Albert Einstein.** Try something outside of your comfort zone to make room for adventure and excitement in your life.

JUNE 2021

JUNE 14

Flag Day



JUNE 19

Juneteenth



JUNE 20

Father's Day



JUNE 20

First Day of Summer





“Keeping up With the Jones Girls - Revisited Again!”

By: Glenda Lofton, Ph.D.

In 2001, not long after I started writing monthly articles for **Lagniappe**, I wrote an article about the "four Jones Girls" as they came to be known, who grew up literally in the backwoods of Winn Parish: Elois, now 100; my mom, Hazel, who the others are still mad at because she died at 91; Eileen 96, and LaVerne, 94. In 1927 when the girls were only 7, 5, 3, and 3 months, their dad, an ambitious young man who owned the first Model T car in the area, was clearing his land to build a new house when he hit his leg on the plow, and died from blood poisoning. A simple shot of penicillin – something we all take for granted today – would have cured him. Life was not easy for the Jones Girls, but as the youngest, my Aunt LaVerne, often reminds me, "You didn't get any poorer than we were, but we all learned to read." Fortunately, faith in God, integrity, perseverance, work ethic, caring and a sense of humor are priceless! Their wooden house, like most back then, had no electricity or running water, and had an outdoor toilet. There was a country store within walking distance, as well as a school, a few neighbors, and a church that passed on to them the same deep, abiding faith in God that was passed on to me, and my children, Bret and Bart.

Despite a tough life growing up, Elois graduated from high school, and thanks to two uncles who drove her there, she attended Baylor Nursing

School in Dallas. She married one of her first patients – who also overcame a poor background to become Assistant Secretary of the Dr. Pepper Industry – and worked as a school nurse until her mid-nineties. My mom, Hazel, and my dad married right out of high school, and Dad, despite a severe head injury in



Elois, Eileen, Cindy and Glenda Lofton.



Cindy, Michelle, Elois, Eileen, and Cindy.

WWII, attended Northwestern College in Natchitoches to become a teacher and coach. Eileen attended business school in

Shreveport, helped take care of me in WWII, and married a man from Sarepta, LA. He had also served in the war and started a service station, store, and washateria after they married. And LaVerne, the youngest Jones girl, also attended Northwestern in Natchitoches and was one of the most popular girls on campus. Later she, like her sister, Elois, would move to Dallas, marry an attorney who had served in WWII, and later move to Denver. Sadly, all of the husbands have since passed away, and my mom, Hazel, passed away at 91. (Her sisters are still mad at her! She was too young to act like that!) And sadly, my two daughters-in-law, Michelle and Cindy, no longer have family living other than siblings. Because we had all been invited to Aunt Elois' 100th birthday which had to be called off because of the pandemic, Michelle had the idea for the three of us to travel to Dallas to visit Aunt Elois, her family, and some of Aunt LaVerne's children who still live there. We picked up Aunt Eileen, who still lives in Sarepta, and spent a memorable day with lots of love and delicious food provided by all!

Even in their 90's the Jones Girls and their descendants 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"?



Officer Kudos

Shout-out to **Officer Aneatra Stirgus**, Baton Rouge, for going above and beyond on a temporary post. Officer Stirgus was covering a post for another officer on leave, she has worked extra hours, made security recommendations and even pointed out a few site repairs that were needed. This is the type of Officer that makes the difference! Going the extra mile for a temporary post! Congratulations, Officer Stirgus! Keep up the excellent work!

Big shout-out to our many officers in Lake Charles and Baton Rouge who were called out during the recent flooding...again! It's one thing to go above and beyond during a normal shift, but to be called out to serve when it affects you as well is a true calling! Thank you to each and every Officer who put aside their personal struggles to serve others!

Father's Day Song: *Watching You*, by Rodney Atkins

Driving through town just my boy and me, with a happy meal in his booster seat, knowing that he couldn't have the toy 'till his nuggets were gone. Green traffic light turned straight to red; I hit my brakes and mumbled under my breath. His fries went a flying and his orange drink covered his lap. Well, then my four year old said a four letter word that started with "s" and I was concerned. So I said, Son, now where did you learn to talk like that?

He said, I've been watching you dad, ain't that cool? I'm your buckaroo; I wanna be like you, eat all my food and grow as tall as you are. We got cowboy boots and camo pants; yeah we're just alike, hey, ain't we dad? I wanna do everything you do, so I've been watching you.

We got back home and I went to the barn. I bowed my head and I prayed real hard. Said, Lord please help me; help my stupid self. Then this side of bedtime later that night, turning on my son's Scooby Doo nightlight, he crawled

out of bed and he got down on his knees. He closed his little eyes, folded his little hands and spoke to God like he was talking to a friend. I said, Son, now where'd you learn to pray like that?

He said, I've been watching you dad, ain't that cool? I'm your buckaroo; I wanna be like you, eat all my food and grow as tall as you are. We got cowboy boots and camo pants; yeah we're just alike, hey, ain't we dad? I wanna do everything you do, so I've been watching you.

With tears in my eyes, I wrapped him in a hug, said, My little bear is growing up. He said, But when I'm big, I'll still know what to do...

Cause, I've been watching you dad, ain't that cool? I'm your buckaroo; I wanna be like you, eat all my food and grow as tall as you are. We got cowboy boots and camo pants; yeah we're just alike, hey, ain't we dad? I wanna do everything you do, so I've been watching you.