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LOFTON SECURITY SERVICE INC.

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ENERGY SERVICES MEDICAL SERVICES SAFETY SERVICES

Monthly Employee News

April 2018

Gardening Without the Pain

By: Steve Ham, Lofton Safety Services



It's springtime which means many of us will be in the yard and garden to spruce up after a long winter of inactivity. The downside of gardening, besides the extreme southern heat, is the risk of straining or injuring your back. Consider gardening as any sport — your first time out for the season shouldn't exceed a few hours. Lifting and digging can put stress on your back and other muscles, and the morning after a day filled with planting will activate muscles you likely haven't used all winter. Keep these basic rules in mind to ensure you stay safe throughout spring gardening season:

- Take advantage of electric gardening tools which take the effort and strain out of edging and trimming.
- Use garden stools or benches for planting and weeding, as they reduce the need for squatting down.
- Use cushioned kneelers with handles to help minimize pressure on your knees and make it easier to stand up.
- Invest in larger or curved-handled tools if you have arthritis in your hands.
- Long-reach claws can be very handy in the yard and garden. They can be very useful in the garden for removing fallen branches and twigs and relocating small rocks and debris without bending over.
- When kneeling, try kneeling with one knee on the ground and the other up, and switch knees as needed to alleviate back pressure.
- Take frequent breaks and stay hydrated.
- Listen to your body! It will let you know if you are overworking it. Significantly increasing pain indicates that you need to modify your activity or movement.

- Warm up your muscles with a quick jog-in-place and some muscle-loosening stretches.
- Use good posture. Keep your back in a straight, comfortable, neutral position, and avoid slouching, twisting and excessive leaning or reaching.
- When lifting, use your legs, or even better, avoid heavy lifting by using a wheel barrow or garden cart. Squat and bend your knees so you are using more powerful thigh muscles rather than back muscles.
- Vary your tasks to avoid repetitive motion injuries and back strain.

Gardening reconnects us to the cycles of nature and the wonders of the outdoors. When we spend time in the garden, we learn to slow down and forget our daily worries. Enjoy your gardening this season with as little strain as possible.

What's Happening This Month

April 1

Easter
April Fool's Day

April 17

Tax Day

April 21

Be a HeartStarter 2018

8:00AM—12:30PM
Blackham Coliseum
2330 Johnston St. Lafayette

FREE bystander CPR training event. Register today!
337-291-4824

April 22

Earth Day

April 25

Administrative Professionals' Day



Outstanding Officers

I wanted to share another example of how some of our officers have a drive that you don't always hear about anymore. **Officer Johnny Smith**, Little Rock, works part-time, weekend nights. Recently, his house and its contents became a total loss to a fire. Officer Smith never called off. He was present and on duty at his assigned times. Amazingly, he was in uniform and performed his duties each night without fail. The Little Rock office has started a small campaign for

donations to aid Officer Smith. We all know that no amount of aid can replace items that have more than monetary value, so please keep Johnny in your thoughts and prayers during this challenging time. If you would like to donate to Officer Johnny's campaign, please contact the Little Rock office.

Shout-out to **Officer John Zummo**, Beaumont. Our client made sure to reach out to Lofton to let us know what an amazing job Officer Zummo is doing. "I personally wanted to let you know how good of a job John is doing. He is doing great. He makes sure he is being seen,

he walks the parking lot and watches all of our vehicles. He is the best we have ever had! Thank You." GREAT job, John! Keep it up!

Another shout-out to **Officer Gregory Coy**, Lafayette. Officer Coy displayed the type of customer service we strive for at Lofton. Officer Coy escorted a guest through campus while engaging in friendly conversation. "I wanted to let you know that your employees are extremely great at what they do. They have exemplified the fact that we can provide a safe and inviting atmosphere." Keep up the outstanding customer service, Gregory!



Growing Stronger Together: Learning From Pro Football Player

By: Glenda G. Lofton, Ph.D.

Each year my Delta Kappa Gamma Education Sorority chooses a book to read and discuss that will help us, and our students, grow stronger together--as a school, a community, and a nation. This year's selection Under Our Skin: Getting Real about Race--and Getting Free From the Fears and Frustrations that Divide Us (Tyndale House Publishers, Inc., 2015) written by Benjamin Watson with Ken Petersen takes "a challenging and honest look at race, bias and justice in the world today ...and appeals to the power and possibility of faith (that to me Benjamin and his family personify) as a step toward healing."

The lead author, Benjamin Watson, is familiar to many of us. A star football player and graduate of the University of Georgia (where I received my Ph.D.), in 2004, he was drafted by the New England Patriots where he won a Super Bowl Ring in his rookie season and played from 2004 to 2009. Most of us know him

best, however, when he played for the New Orleans Saints from 2013 to 2015. In 2015, he was a 2015 Walter Payton Man of the Year finalist. He currently plays for the Baltimore Ravens, and he and his wife, Kirsten, have five children.

Benjamin's book was motivated by the well-known shooting and killing in 2014 of an unarmed black teenager, Michael Brown, by Darren Wilson a white police officer, in Ferguson, Missouri, and the decision by the Grand Jury three months later to not indict Officer Wilson. Protests, following the shooting and the verdict, against police brutality, coupled with looting and civil unrest, prompted Benjamin to write his heartfelt feelings at the time and post them on Facebook, and these feelings became the chapter headings for his book:

I'M ANGRY because the stories of injustice that have been passed down for generations seem to be continuing before our very eyes.

I'M INTROSPECTIVE because sometimes I want to take "our" side without looking at the facts in

situations like these ...

I'M EMBARRASSED because the looting, violent protests, and law breaking only confirm, and in the minds of many, validate, the stereotypes and thus the inferior treatment.

I'M FRUSTRATED because pop culture, music, and movies glorify these types of police-citizen altercations...

I'M FEARFUL because in the back of my mind I know that although I'm a law-abiding citizen I could still be looked upon as a "threat" to those who don't know me. So I will continue to have to go the extra mile to earn the benefit of the doubt.

I'M CONFUSED because I don't know why it's so hard to obey a policeman. You will not win!!! And I don't know why some policemen abuse their power. Power is a responsibility, not a weapon to brandish and lord over the populace .

to happen. I'm not surprised, and at some point my little children are going to inherit the weight of being a minority and all that it entails.

I'M HOPEFUL because I know that while we still have race issues in America, we enjoy a much different normal than those of our parents and grandparents. I see it in my personal relationships with teammates, friends, and mentors. And, it's a beautiful thing.

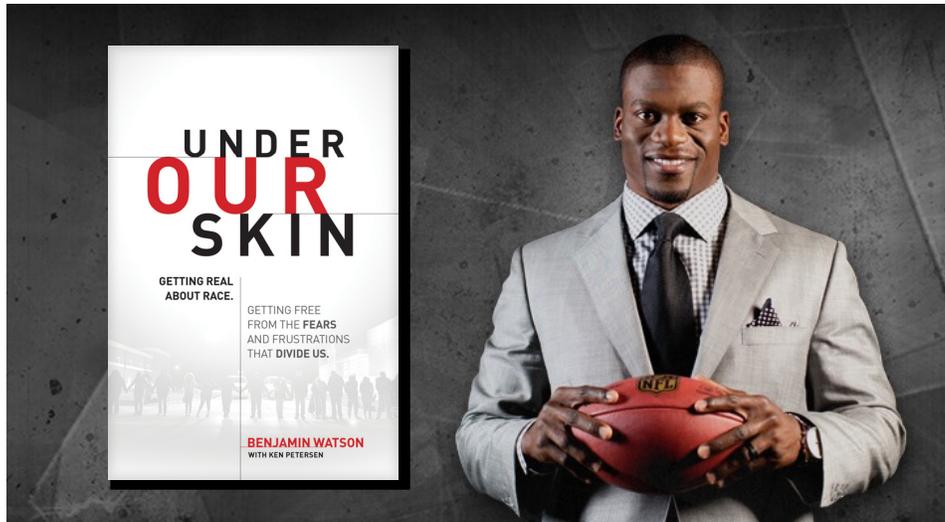
I'M ENCOURAGED because ultimately the problem is not a SKIN problem, it is a SIN problem. SIN is the reason we rebel against authority. SIN is the reason we abuse our authority. SIN is why we are racist and prejudiced and why we lie to cover for our own. SIN is the reason we riot, loot, and burn. But **I'M ENCOURAGED** because God has provided a solution for sin through his son, Jesus, and with it, a transformed heart and mind.

One that's capable of looking past the outward and seeing what's truly important in every human being. The cure for the Michael Brown, Trayvon Martin, Tamir Rice, and Eric Garner tragedies is not education or exposure. It's the gospel. So finally, **I'M ENCOURAGED** because the gospel gives mankind hope.

I'M EMPOWERED. (In the book, Benjamin adds a final feeling and chapter to his list.) In the aftermath of Ferguson

and Charleston and Baltimore and so many other incidents and tragedies, I feel **EMPOWERED** to act out my faith in ways that can bridge the racial divide.

And in the final chapter of the book, Benjamin challenges all of us to bridge the racial divide by first, acknowledging our own sin, repenting and experiencing God's grace in our own lives. "We won't change the world around us unless God has changed the world within us...individually we may feel as if there's not much we can do. But maybe we underestimate what God can do through us." He concludes by urging us to pray for God's healing hand on America, to "be strong and take heart, all you who hope in the Lord" (Psalm 31:24,NIV). I conclude by urging each of you to get the book and read the rest of the story spanning five generations of his family since 1860. The book reinforces the System of Beliefs on which Lofton Staffing was founded—that we are all called to serve, and we grow stronger together.



I'M SAD because another young life was lost from his family; the racial divide has widened; a community is in shambles; accusations, insensitivity, hurt, and hatred are boiling over, and we may never know the truth about what happened that day.

I'M SYMPATHETIC because I wasn't there so I don't know exactly what happened. Maybe Darren Wilson acted within his rights and duty as an officer of the law and killed Michael Brown in self-defense like any of us would in the circumstance. Now he has to fear the backlash against himself and his loved ones when he was only doing his job. What a horrible thing to endure. Or maybe he provoked Michael and ignited the series of events that led to his eventually murdering the young man to prove a point.

I'M OFFENDED because of the insulting comments I've seen that are not only insensitive but dismissive to the painful experiences of others.

I'M HOPELESS because I've lived long enough to expect things like this to continue