

# LOFTON LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Summer Hazards

By: Steve Ham, Lofton Safety Services

Summer is upon us and so are the dangers that come with the outdoors. Know what to do if you encounter one of the following common summertime hazards.

**Heatstroke.** Heatstroke happens when the body temperature rises to 104 F or higher. Symptoms include: altered mental state, nausea or vomiting, flushed skin, rapid breathing, racing heart beat or headaches. Take action immediately! Cool the person with whatever means available - a cool shower, spray with a garden hose, sponge with cool water, or place ice packs or cold, wet towels on the head, neck, armpits and groin.

**Jellyfish stings or sunburns.** If you find yourself stung by a jellyfish, apply vinegar to the area and seek medical attention for severe reactions. Sunburns can be easily avoided by applying and reapplying SPF 30 or more. Drink plenty of water, limit alcohol and have a shade source available when you have prolonged exposure to heat and sun.

**Poison ivy and oak.** Learn what these look like. Avoiding them is best, but if exposed, you should clean the area thoroughly with over-the-counter products for poison plants, or soap and water.

**Mosquitoes.** They are hard to avoid, but by applying repellent, wearing full cover light clothing and using fans around your activity, you will reduce bites. Avoid being outside when they are most active at dawn and dusk.

**Bee stings.** Most bee and wasp stings are mild, but some have serious allergic reactions requiring medical care. A bee's stinger will remain and continue to inject venom so it should be removed with caution by scraping it off with a credit card or driver's license.

**Snake bites.** Snake bites become more common this time of year, and with heavy rains, they may migrate to more populated areas. Seek medical attention immediately if you suspect envenomation by a poisonous snake like the cottonmouth/water moccasin, copperhead or rattlesnake.

**Spider bites.** Bites from black widow or brown recluse spiders should be evaluated immediately by a healthcare professional.



### Officer Kudos

Another GREAT shout-out from a satisfied client. **Officer Vennie Ward**, Baton Rouge did such outstanding service, our client had to let the office know!

*"I wanted to share that Officer Ward did a great job! He parked in the back to ward off potential dumpster divers and he patrolled the front of the property as well."*

Outstanding Officer Ward! You MAKE the difference.

### Tips to Rehydrate Quickly!

From: Mary Dixon, Benefits Coordinator

It's important to rehydrate after any activity that causes heavy sweating, such as an intense workout, or hot yoga class. Rehydrating is also crucial for preventing the damaging effects of dehydration if you have the stomach flu or are recovering from a night of drinking. Whether you're looking for post-workout replenishment or trying to keep your body hydrated, these options will help you feel better.

- Water
- Electrolyte-Infused Water
- Fruit-Infused Water
- Pedialyte
- Gatorade
- Skim and Low Fat
- Herbal Tea
- Coffee
- Fruit & Vegetable Juices
- Fruits & Vegetables high in water content
- Oral Hydration Solutions

On the other end of the spectrum you'll find drinks that can actually make you more dehydrated. Namely, drinks with caffeine or alcohol. As for alcoholic beverages, keep this in mind: the higher the alcohol concentration, the more dehydrating the drink.

JULY 2021

JULY 4

Independence Day



Lofton offices will be closed Monday, July 5th in observance of Independence Day.

*When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.*

*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.*





## "Becoming a Champion"

By: Glenda Lofton, Ph.D.

As I watched Coach Mainieri and the LSU baseball team lose their game in the super regional against Tennessee recently, I was reminded of a sermon that Bret Lofton's pastor, Mike Walker at The Bayou Church in Lafayette, had preached back in 2003 after LSU won the National Championship in football. It was titled, "Becoming a Champion." In the sermon, Brother Mike discussed five proven principles for being a champion in life as well as in sports. The principles are consistent with and are reinforced by the writings of Rick Warren in his highly successful book *The Purpose Driven Life* (2002): I believe they are also consistent with the faith and accomplishments of Paul Mainieri in his 39 year career as a baseball coach and 15 seasons at LSU.

My belief was reinforced by an article in the October 2009 issue of the *National Catholic Register*, "Coaching, On and Off the Field." In 2009, Coach Mainieri had just guided LSU to a NCAA Championship. LSU started and ended the baseball season ranked No. 1, and Coach Mainieri, and Tiger fans, were happy about that! However, in the interview Coach Mainieri noted that win-loss records, rankings and trophies can be fun..., but what is most rewarding for him is trying to be the man God wants him to be...a great husband, father, Catholic, and coach.

Not all of us can be champions in sports, but as Brother Mike and Rick Warren point out, we can all be champions in life if we follow five proven principles:

**1. Character counts.** Rick Warren in 2002 defined character as the "sum of your habits...how you habitually act" and emphasizes that we become what we are committed to. Success in sports and in life are dependent on the attitudes and ethical values by which



we live. In 1 Samuel 16, the Lord said to Samuel, "Do not consider his appearance or his height. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."

**2. Persistence pays off.** Adversity and problems can be character-building opportunities. They can make us "better" or "bitter." They

can make us "give up" or "grow up" (Warren, 2002). Proverbs 24:16 states "For though a righteous man falls seven times, he rises again, but the wicked are brought down by calamity."

**3. Little things matter.** Winners in sports and in life are committed to **discipline, focus, and execution.** If you practice something over time, you get good at it, BUT it requires hard work, perseverance, and attention to detail in practice, in each play of the game, and during the "off season" strengthening and conditioning program. It also confirms the Biblical principle: "He that is faithful in that which is least is faithful also in much."

**4. Teamwork and trust make a difference.** Successful teams believe in themselves and each other. They share a common goal of growing stronger together in sports and in life.

**5. Success is a journey, not a destination.** Regardless of the outcomes, and whatever stage of life we are in, we all must press on to take the next step, continuing to grow physically and spiritually. The Bible in 2 Chronicles 16:9 tells us why: "For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him."

Thank you, Coach Mainieri, for modeling for all of us these proven principles for becoming a champion in baseball and in life. May God bless you and your family as you have blessed us!

## Independence Day Facts

By: Julie East, Corp. Marketing & Recruiting

I am an avid fan of history. When the opportunity comes available to enlighten my readers with a little history, I am quick to oblige.

**The 2nd** Continental Congress formed a committee on June 11, 1776 to draft a formal statement justifying the break with Great Britain.

**The committee** members consisted of Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York.

**Thomas Jefferson** alone penned the Declaration in under three weeks, but requested corrections specifically from Dr. Franklin and Mr. Adams before submitting to the committee. The revisions by congress deleted and revised one-fifth of the original text.

**The Fourth** of July commemorates the adoption of the Declaration of Independence. It was



initially approved by Congress on July 2, 1776, but revised and the final version was adopted two days later.

**John Hancock** and Charles Thomson signed early copies of the Declaration to be given to military officers and various political committees, but the bulk of the 54 congressmen signed an official copy on August 2, 1776 with others following at a later date. Hancock (boldly) signed his name again on the updated version.

**The original** signed copy of the Declaration of Independence is on display at the National Archives in Washington D.C.

**John Adams** has insisted that the true celebration date should be July 2nd.

**The first** Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.

**Every 4th** of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

**Benjamin Franklin** proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

**Three U.S.** presidents have died on July 4th: John Adams, Thomas Jefferson and James Monroe.

**The stars** on the original American flag were in a circle so all the Colonies would appear equal.