

LOFTON LAGNIAPPE MONTHLY EMPLOYEE NEWS



Preventing Heatstroke

By: Steve Ham, Lofton Safety Services

Hot weather causes an average of 702 deaths nationwide each year, according to a new report released by the CDC (based on data from 2004 - 2018). Most of the deaths (90 percent) occurred from May to September, and about 70 percent of the victims were men. When the body is unable to cool itself and begins to overheat, heat stroke becomes a likely outcome.

What are the symptoms?

- High body temperature
- Nausea/vomiting
- Flushed or red, dry skin
- Rapid, shallow breathing
- Headache or dizziness
- Seizures
- Loss of consciousness
- Muscle weakness/cramps

With back-to-school, athletes are more susceptible to heatstroke. They can protect themselves by gradually increasing their exposure to a hot environment, taking frequent water breaks, and limiting the amount of heavy protective equipment they're wearing. One of the easiest ways to lower your risk of heat stroke is to drink plenty of fluids prior to activity. Just because you're not thirsty doesn't mean you don't need fluid. Thirst is one of the earliest signs of dehydration. As little as a 2 to 3 percent loss of fluid can increase your risk of heat illness.

Reacting to heat stroke: It's imperative to have a good emergency plan to deal with heat illness, including calling 911, when you suspect someone is suffering a heat stroke. There are other actions you can take immediately to aid a heat stroke victim.

- Move the person to a cool area
- Remove equipment and excess clothing
- Immerse in ice water bath within 30 minutes.
- If ice bath is not available, try to cool the person's body temperature by fanning air, while wetting his or her skin. Apply ice packs to the armpits, groin, neck, and back.
- Monitor and maintain athlete's airway, breathing and circulation.



Officer Kudos

BIG shout-outs to **Ltn. Monica Underwood** and **Sgt. Donna Landry**, in Gonzales, LA. While scanning CCTV cameras, they noticed a suspicious vehicle entering the client site which proceeded to go through each lane of cars as if searching for something. The officers continued to monitor the vehicle (via cameras) when it stopped and a female exited the vehicle and proceeded to open a vehicle's gas tank and poured a liquid substance into the gas tank.

Ltn. Underwood proceeded to the parking lot and questioned the subject while Sgt. Landry had the subject in view via cameras and called local authorities to investigate. Ltn. Underwood kept the subject engaged in conversation until authorities arrived. The owner of the vehicle was contacted and the subject was arrested for destruction of private property.

Way to go! Not only did they keep calm, but they worked in concert with each other to defuse the situation while the authorities arrived. Keep up the OUTSTANDING work!

Another shout-out to **Officer Mary Ray**, in Houma, LA. She has made such a difference at her post that the employees surprised her with a beautiful boutique of flowers and a Diet Coke for always being professional and having a great attitude.



It's not always about spotting a problem. Mary's shining smile and positive attitude can Make a Difference in how people feel. Thank you Mary! Keep up that beautiful smile!

AUGUST 2021

Back to School

Back to school means school buses on the roads. If you are driving behind a bus, allow a greater following distance than behind a car. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children. Here are the rules of the road when it comes to buses:

TWO-LANE ROADWAY:

When school bus stops for passengers, **ALL** traffic from **BOTH** directions must **STOP**.

TWO-LANE ROADWAY WITH A CENTER TURN LANE:

When school bus stops for passengers, **ALL** traffic from **BOTH** directions must **STOP**.

FOUR-LANE ROADWAY W/O A MEDIAN SEPARATION:

When school bus stops for passengers, **ALL** traffic from **BOTH** directions must **STOP**.

DIVIDED HIGHWAY OF FOUR OR MORE LANES WITH A MEDIAN SEPARATION:

When school bus stops for passengers, only traffic **FOLLOWING** the bus must **STOP**.

Open Enrollment Coming Soon!

Be on the look-out for enrollment material in the next couple of weeks. Don't miss out! Make sure your contact information on record is correct.





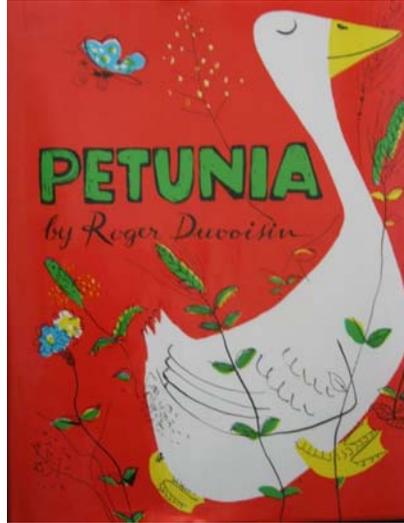
"It's Not Enough to Carry Wisdom Under Your Wing"

By: Glenda Lofton, Ph.D.

As many of you know, I have a Ph.D. in Reading, but I love to read children's books, particularly those with characters who come alive. One of my favorites is *Petunia* written and illustrated by Roger Duvoisin (1950). I was introduced to *Petunia*, a silly goose, by my brother's first grade teacher, Pat Evans, when she made the popular book into a play with a cast of first graders including my brother. (For those too young to remember, Pat Evans later became known for her popular children's show, *Rumpus Room*, which appeared on one of the local TV stations.) When I became a teacher, I not only read the book to my second graders, but joined with three other teachers and a cast of 120 second graders in turning the book into a play for the school, family, and invited guests. We even wrote the author, and he wrote back: "I am happy that *Petunia* has behaved so well with you, and I want to thank the children for their adorable letters." Sadly, he died ten years later, but his wisdom lives on through *Petunia* and his other books.

Petunia's story begins early one morning when *Petunia*, the silly goose, "went strolling"... and discovered something she had never seen before in the meadow "...a Book." She recalled hearing Mr. Pumpkin (the farmer) telling his son, Bill, that Books are very precious. "He who owns Books and loves them is wise." She repeated the words to herself, and thought as hard and as long as she could. "Well, then," she said at last, "if I take this Book with me, and love it, I will be wise, too. And no one will call

me a silly goose ever again..." So *Petunia* picked up the Book, and off she went with it. She slept with it, and swam with it. And knowing that she was so wise, *Petunia* also became proud, and prouder, and prouder, so proud that her neck stretched out several notches. King, the rooster, was the first to notice the change in *Petunia*. "He said, 'Maybe she is not so silly after all. She has a Book. And she looks so wise that she must be



so.' And the other animals began to believe in *Petunia's* wisdom, too. They asked her for advice and opinions, and *Petunia* was glad to help—even when she was not asked..." Before long, as you might predict, "All the barnyard was in trouble...and all because of *Petunia*." When *Petunia* mistook a box of fireworks for candy, her friends all suffered and "*Petunia's* pride and wisdom...exploded with the firecrackers...But suddenly *Petunia* spied the Book. The firecrackers had blown it open...and she saw that there was something written inside...which she could not read. So she sat down and thought and thought and thought until at last she sighed, 'Now I un-

derstand. It was not enough to carry wisdom under my wing. I must put it in my mind and in my heart.'...At once she began to work so that, one day, she could be truly wise. Then she would help make her friends happy."

The world's current health and economic conditions remind us that wisdom is not always synonymous with job titles, college degrees, fame, prestige, wealth, outward appearances or good intentions. Webster's Dictionary implies wisdom's complexity when it defines it as a combination of knowledge, insight, and judgement. The definition also refers to wisdom as the teachings of ancient wise men which led me to another favorite book of mine that falls into the category of "e books" (books for everybody) the Bible, particularly the book of Proverbs. In Proverbs King Solomon, who pleased God by asking for wisdom rather than riches, passed on to us words for helping us do "what is right and just and fair" (Prov. 1:2,3). He begins with, "The fear of the Lord is the beginning of knowledge." (Prov. 1:7). The Proverbs, many just two lines in length, are recorded in 31 chapters. It has been suggested that "reading a chapter a day can keep foolishness away!"

While the school my oldest grandchildren, Megan and Samuel, attended years ago did not introduce them to *Petunia*, their teachers taught and modeled the Biblical principles about wisdom. When problems arose, students were asked to evaluate themselves, "Was your behavior wise or foolish?" One day when Samuel was very young, Bret and Cindy heard him crying. "What's the matter?" they asked. "I'm crying," he said, "because Megan is always wise, and I am always foolish." "Not so foolish," I thought. He has learned, at *Petunia* did, that knowing what you know and don't know is the first step in growing.

August - The Hottest Month of the Year

By: Julie East, Corp. Marketing & Recruiting

Everyone knows August is the hottest month of the year. But why? The days are shorter in August than in June and the sun is lower in the sky, but yet it's still hotter!

On June 21st the sun is located in the Tropic of Cancer - the circle of latitude on the Earth that marks the position at which the sun appears directly overhead. On this day, the northern hemisphere absorbs the most sunlight, in contrast to the southern hemisphere which absorbs the least. As a result, June 21st is the longest day of the year in the northern hemisphere. So if June 21st has the most sunlight absorbed, why isn't June the hottest month of the year?



The biggest factor is the Earth's natural heat capacity. When the sun warms the Earth, it radiates off heat in the form of electromagnetic radiation at longer wavelengths than that absorbed. This process is time-consuming, and the difference usually takes up to 4-6 weeks, taking it into August.

Another reason has to do with precipitation, in any of its forms. Rain, and the wind that comes with it, naturally cools down the air and brings down the overall temperature. June is usually slightly wetter than July & August (except lately), and hence cooler in those months. Let's hope with that extra rain in July, August won't be as HOT!