



# LAGNIAPPE

## MONTHLY EMPLOYEE NEWS

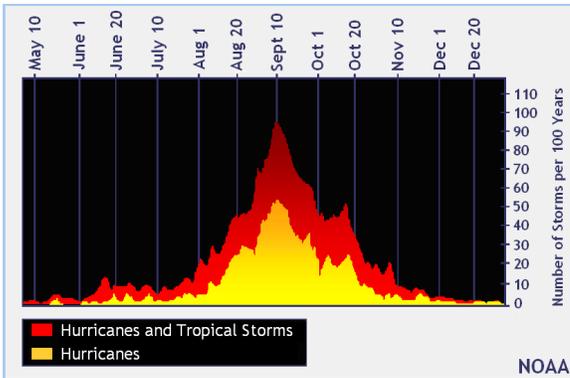


### September is Peak Hurricane Month

By: Jeremy Olivier, Lofton Safety Services

Although hurricane season runs from June 1 to November 30, nearly all tropical storm activity in the Atlantic occurs between August and October. September 10 is statistically the most likely date to find a tropical storm somewhere in the Atlantic.

September has seen more Category 5 hurricanes than any other month, with 21 different storms achieving the highest measure on the Saffir-Simpson hurricane wind scale. August comes in at a distant second place, with seven Category 5 storms recorded. Around 50% of all Atlantic hurricanes since satellite tracking in 1966 have had at least one hurricane traveling across the region on September 10th.



According to AccuWeather, it's the perfect combination of wind and water. Wind shear is the variation of the wind's speed or direction over a short distance within the atmosphere. By late August, wind shear reaches a minimum, which is bad, because wind shear can prevent weather systems from organizing into a tropical cyclone. Then there is the temperature of the water in the ocean. The water temperature in the deep tropics rises as summer goes on. Warmer ocean temperatures drive greater storm activity.

With the chances of a tropical storm greater in September, it's important to not let your guard down in your storm preparations. Go to the National Weather Service for tips, emergency alerts, shelter information, and current forecast models.

### Can You Wear White After Labor Day?

By: Julie East, Corp. Marketing & Recruiting

Have you heard this before? "You can't wear white after labor day." Why? What is the big deal about wearing white after Labor Day? Being an avid fan of history, I had to find out.

Turns out, there are a couple of theories on the origin. During the late 19th century, ladies of society had a secret battle between old money vs new money. The ladies of old distinguished themselves from the newly rich by making wearing white after labor day a fashion faux pas. It was a way to snub the other ladies from society by breaking a secret rule.



However, some etiquette authorities reject this theory attributing the rumor to sheer snobbery. These experts say the reason is much simpler. Since Labor Day became a federal holiday in 1894, it came to represent the official end of summer. This is also why school started after Labor Day, which is no longer in practice. Since white linens are a favorite during the summer heat, those items would be packed away in favor of heavier, earth-tone clothing. So wearing vacation attire in the fall would be considered a fashion no-no, like wearing flip-flops in winter now.

Regardless of its origin, it's funny how this moniker still comes up even though it's no longer a fashion rule. Wear whatever color you like...if you're happy, that's all that matters.

### SEPTEMBER 2023

SEPTEMBER 4

Labor Day



SEPTEMBER 10

Grandparents Day



SEPTEMBER 11

Patriot Day



SEPTEMBER 23

First Day of Autumn





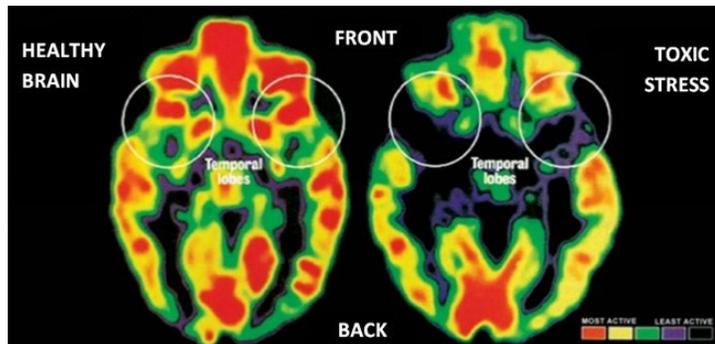
## Creating a Brain-Friendly Work Environment

By: Glenda Lofton, Ph.D.

The human brain is a remarkable organ. Even at birth, the brain's capacity is greater than any computer. Understanding the brain and its processes has enormous potential for maximizing learning and productivity in school and work. Technological advances, such as the MRI (magnetic resonance imaging), allows researchers to observe brain activity in real time, while individuals carry out certain tasks. MRI studies show, for example, that when a person is given a task that is challenging and interesting, many parts of the brain light up. Persistently insult that person, however,

and the "lights literally go out." The brain, primarily a survival system, deals with emotional threats easily; it turns off. Psychologists refer to the phenomenon as downshifting. Optimal performance does not mean the absence of stress, which is considered inevitable in genuine learning and work. Performance is maximized by low levels of pressure or stress, a condition referred to as "relaxed alertness."

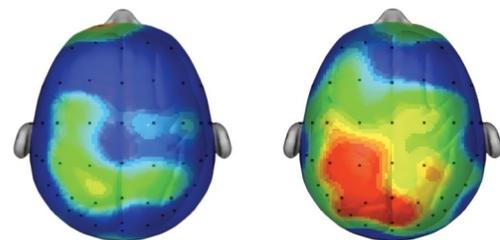
The implications for the work environment are somewhat obvious: (1) individuals respond to tasks that are challenging and interesting; and (2) emotions are powerful influences on motivation and productivity. In many instances such as this, the brain research supports what effective leaders have discovered already. Successful organizations consider the people and the task. Tommy Lofton, founder of Lofton Staffing Services, confirmed the validity of these findings when he challenged employees to "have fun and be better." "We can't be perfect," he would say, "but we can get better." Before MRI's he had discovered, "Put pressure on; take thinking off." Challenging, meaningful work and an emotional climate characterized by mutual respect, support, and risk-taking are essential for continued growth and development.



## De-stress Work Tips

By: Julie East, Corp. Marketing & Recruiting

As Glenda Lofton's article states, stress at work can cause mental and physical problems. If you find yourself having a stressful work day, try these de-stressing tips to help you get back to being your best self.



After 20 minutes of sitting quietly

After 20 minutes of walking

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

**Walk Away.** Get up and take a walk for a few minutes. If you are in an office, walk around the halls or up and down the stairs. Studies show that a quick 20-minute walk improves brain function.

**Stretch.** Stress causes tension which causes muscles to stiffen. Stand up and stretch out your arms, back and legs. A quick 15-minute stretch can make a world of difference.

**Listen to Music.** Grab your AirPods or headphones and listen to your favorite playlist. Music improves mood and helps your brain de-stress so you can re-focus on the task.

**Go to Lunch.** We have all done it. Eating through lunch to get through that assignment. Go! Get up and get away from the office/warehouse/building. Even if you are sitting in your car, take that time for you!

**Organize Your Workspace.** Take a few minutes to throw away garbage, file documents or put away materials/tools/office supplies in your area. Keeping everything in its place minimizes distractions and may help you feel less stressed and more motivated.

**Connect with a Co-worker.** Making connections at work is vital for mental health. Take a few minutes and talk with a co-worker. Don't complain about your job - talk about something other than work. The whole point is to de-stress, not make it worse.

**Ask for Help.** There is nothing wrong with asking for help. Asking for help can foster a collaborative work environment by sharing skills between co-workers, not to mention strengthen those work relationships.

## What Causes Seasons?

By: Julie East, Corp. Marketing & Recruiting

It's Fall Y'all! It's that time of year in the South where we get a small taste of fall. But what causes the seasons and why does the South not get much of that?

Most people think the seasons are caused by how close the Earth is to the sun, but that is not the case. The Earth's orbit around the Sun has very little effect over the seasons. In fact, the Earth is farthest from the sun around July and closest to the sun around January. Instead, it's the tilt of Earth's rotational axis that creates seasons.

towards the sun. So it is summer south of the equator and winter north of the equator. Since Southern states are closer to the equator, they experience warmer winters (less snow - if any).



Image source: srh.noaa.gov

In December, the sun shines directly on the Southern Hemisphere and indirectly on the Northern Hemisphere. The South Pole is tilted

In March, the sun shines equally on the Southern and Northern Hemispheres. So it is fall south of the equator and spring north of

the equator.

In June, the sun shines directly on the Northern Hemisphere and indirectly on the Southern Hemisphere. The North Pole is tilted towards the sun. So it is winter south of the equator and summer north of the equator. The Southern states are closer to the equator, so they experience hotter temperatures.

In September, the sun shines equally on the Southern and Northern Hemispheres. So it is spring south of the equator, and fall north of the equator.

Basically, when the North Pole tilts towards the sun, it's summer for us. When the South Pole tilts towards the sun, it's winter, unless you live in Louisiana, Texas, or Mississippi. Arkansas, you guys get a taste of snow.