



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Proper Hydration By: Jeremy Olivier, Lofton Safety Services

Water is the principal component of our bodies, and we depend on it to survive. It is essential for proper organ function, regulating body temperature, lubricating joints, and removing various wastes generated throughout the body. But every day, we naturally lose water through perspiration, urination, bowel movements, and even normal breathing. Thus, it is necessary to have a practical plan in place for water replacement.

Most people remember the old advice to drink 8 glasses of water a day. This is no longer valid. Modern nutritionists have updated this guidance and now recommend that women need to consume about 2.7 liters of water per day. Men need about 3.7 liters. It is estimated that about 20% of this water comes from food and other drinks consumed throughout the day. The remainder needs to come from liquids. Fruits and vegetables are great at contributing to water intake. Recommendations on which beverages support hydration have changed as well. Though water is still preferred by a large margin, drinks like herbal teas, juice and milk are also considered to be beneficial. Coffee, sodas, and sports drinks can contribute to your daily intake as well. Just stay away from those containing a lot of added sugar. Whatever combination of liquids you choose, be sure to drink slowly & evenly throughout the day. This will provide maximum absorption and decrease frequency of restroom visits as opposed to chugging.



In some situations, water loss can be more rapid, and an individual would want to drink more than the recommended daily amount. People who exercise regularly lose more water through perspiration and that needs to be accounted for. People who are sick also need to increase their intake, especially if they are experiencing vomiting or diarrhea which are both dehydrating conditions. Women who are pregnant or nursing need additional fluids as well. As we approach the hottest

months of the year it is important to recognize that this accelerates the rate of water loss. And this will compound with any of the situations discussed here.

The options for tracking water intake today are numerous. Retail stores offer a plethora of graduated bottles that are perfect for maintaining an accurate measure of consumption. Many options are available to fit a variety of personal tastes and budgets. Smart

phones and watches have many apps available as well. Some even contain advanced features like alarms and daily/weekly goals. A tried-and-true method to monitor your hydration is to pay attention to the color of your urine. If it is clear or a pale yellow, you are sufficiently hydrated. If darker yellow or any shade of brown, you need to begin drinking water immediately. It is also easier to remain hydrated than to "catch up" from being dehydrated. So, make it a point to begin drinking water early in the day, so you can stay ahead.

End of Watch - James Foster

James R. Foster III was a beloved member of the Baton Rouge Security family. He was a gentle giant, who had a servant's heart and always wore a smile on his face. Starting as an officer working the LSU home football games, he moved into the role of an on-site supervisor, also filling in wherever he was needed. James was faithful and kind to the end, and we will miss his generosity and humble spirit.

Enter your rest, James. We'll take it from here. End of Watch: June 28, 2024.



August 2024

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 WITHOUT 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**.





Building Your Child's Brain Power

By: Glenda Lofton, Ph.D.

It seems the summers are getting shorter, and the sun is setting earlier, reminding us that it's back to school time. If you are a parent or anticipate being one, these days might be a good time to think about ways that you can help your child grow and develop outside of the normal school walls.

Research confirms that children learn best by hands-on experiences through touching, reading, doing and moving. The brain, like a giant computer, interprets, retrieves and stores information to help us predict and understand the world around us. You can help your child build their brain power by:

Reading. Children are never too young or old to read or be read to. From small children's books to series novels, reading is essential in brain growth. Help them see connections between what was read and what they comprehend. What was the story about? How do they think the character felt? What do they think will happen next?

Provide Your Child with Real Life Experiences.

Let your child help with...anything. Mowing the lawn, fixing a fence, cooking dinner, changing a tire, washing laundry...every task (no matter how mundane) is a learning experience. Some tasks teach other skills like reading a recipe, or measuring ingredients, reading a tape measure or learning safety protocols like wearing protective eye equipment when cutting wood. You would be surprised how many college graduates do not know basic skills like how to wash their clothes or cook a meal.

Talk to Your Child. Talk with your child about current events, nature, sports, hobbies, ma-

chines, school, family life, emotions – anything that interests them. Not only will it build your relationship with them but may give you clues to their interests in a possible career path or hobby.

Let Your Child Have Fun! Letting children let loose and have fun on their own builds confidence, character and (again) helps nurture their interests. Play in the mud, build sandcastles, catch lightning bugs, play in the rain, build Legos, or go star gazing. The



Every task can be a learning experience.

natural environment ignites creativity and curiosity. Fun can lead to conversations and learning.

Watch a Movie with Your Child. Yes, too much television can lead to brain-based disorders, so it's important to get in quality

screen time. Instead of a SpongeBob marathon, watch a movie together that can be entertaining and engaging. Movies like Pay it Forward, Fly Away Home, Rudy, October Sky, Hidden Figures...not only lets them enjoy good content, but helps the brain follow a story line, connect with characters and (hopefully) may teach some historical events. Like reading, help them see the connections between what they have watched and what they comprehend.

Play Games. Children LOVE to spend time with their parents. Whether it's outside games like basketball, baseball, or football; or indoor games like card games, board games, or video games, kids want to interact with their parents. Play teaches children patience, problem solving, social skills, creativity, and sportsmanship.

Famous People Reports. This may be a new concept for some parents. One of Lofton's creative employees created a game for her kids to pass time during the summer. Fill a bowl with different names of famous people – from inventors, government leaders, television or movies personalities to religious figures. Have the child do some basic research online then ask engaging questions about their famous person. When were they born? What are they famous for? Are they still living or deceased? Are there any videos of the person that we can watch together? This not only teaches your child how to research information and communicate those findings with others but expands their knowledge of famous people who have shaped our history. You would be surprised how many young people don't know who Jackie Robinson, Amelia Earhart, Winston Churchill, Maya Angelou, Neil Armstrong, or even Bob Hope are.

Remember that the greatest gift you can give your child is the gift of your time. So read, play, talk, and relax with your child and help build that brain power.

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!