



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Holiday Travel Safety By: Jeremy Olivier, Lofton Safety Services

This month ushers in the beginning of the holiday season which inevitably leads to increased travelling. Many will choose to fly, but many still will opt to drive to their chosen destination. I'd like to share some safety tips for those deciding to brave the road.

Preparation is key to ensuring travel is as worry-free as possible. Make your arrangements as early as possible so that you have plenty of time to deal with any changes that may present themselves. Plan your route in advance. Identify convenient spots for stops to refuel, rest, eat, etc. If you are traveling long distances, it is a good idea to define "checkpoints" along the way and contact someone at the destination when you reach these. This will let them know that you are alright and keep them abreast of your progress on the road.

It is also important to make sure that your vehicle is prepared prior to making the trip. Change oil and other fluids, if necessary. Top off any low fluids. Check tires for wear and proper inflation. Inspect all lights, including hazard lights. If your vehicle is equipped with a spare tire, verify it is in good condition as well. While you're at it, locate the jack, because those are often removed and misplaced. An electric air pump



and road flares are great to have in the event you need to change a tire on the side of a road. If you are travelling to a colder region of the country be wary of severe winter weather possibilities. All-wheel drive vehicles tend to perform better in those environments. Consider renting one if your vehicle is not thus equipped. Tire chains may be a necessity so have a plan to acquire those. It is always a good idea to have at least a little water, a few snacks, and blankets available for the possibility that you get stranded roadside.

Make sure you get adequate sleep before your journey. When you do get on the road, drive defensively, and make extra effort to look out

for other drivers. The holidays, while joyous, are a time of high anxiety for most. Many who have failed to plan properly are behind schedule and eager to make up lost time. Emotions can also be high and tempers short. These can lead to people making more aggressive moves or unsafe choices while on the road. Do your best to distance yourself from or let these aggressive drivers by. Drive at a safe, consistent speed. Even on long trips, the small amount of time speeding will save you does not outweigh the increased risk.

You've Been Caught

Special shout-out to **Officer Gabrielle Handy**, Baton Rouge for her attention to detail. During her night shift, Gabrielle notice smoke and a loud popping sound coming from some equipment left on property for an upcoming event. Her quick response to call it in saved the equipment from becoming a potential hazard.

GREAT job Gabrielle! We need more officers like you!

Another shout-out to **Jaran Sonnier, Security Supervisor**. Jaran not only works full-time in the Lafayette/Lake Charles markets, but assists in large



events for the Baton Rouge office. A National Media Crew, wrote into Lofton..."Jaran always provides special attention to detail with your officers on duty. I know it was a very hot day and one of your officers got overheated and Jaran handled it like a pro. He let me know what was happening and provided coverage where it was needed. First and foremost, the health and wellbeing of your officers are most important. Thank you, again, for all that you do and thank you for making your house a home for our crew!"

Thank you, Jaran, for putting people first! Mr. Tommy would be very proud!

November 2024

November 1
All Saints' Day

November 3
Daylight Saving Time Ends

November 5
Election Day



November 11
Veterans Day

Thank You!
Veterans

November 28
Happy Thanksgiving

LOFTON OFFICES CLOSED
Thurs 28th & Fri 29th





Gratitude is Attitude

By: Glenda Lofton, Ph.D.

November, and Thanksgiving specifically, is typically a time set aside for reflection and gratitude. Webster's Dictionary, however, defines gratitude as a state of being grateful, implying that gratitude is not a one-time event but an ongoing process. The Bible tells us in 1 Thessalonians 5:18, "Give thanks in everything, for this is God's will for you in Christ Jesus." Is that possible? Is it possible to give thanks in everything, in every situation, in every circumstance in life...even in times of difficulty and hardship?

Oprah Winfrey once captured this state of gratitude in an issue of Q: The Oprah Magazine. There, she challenged readers to develop an attitude of gratitude. "Being thankful," she stated, "is an art to be cultivated and practiced moment to moment...Accept with an open heart whatever is going on in your life right now...and make each day a holiday of thankfulness."

Lynn Carnes wrote an insightful piece for Creative Spirits Unleashed, titled *Gratitude Amid the Flood: A Lake Lure Story of Survival and Community*, in which he reflects on the devas-

tating flood that ripped through many areas across North Carolina and his gratefulness. "A disaster like this strips away all the stuff that doesn't matter. Our values became so clear in the face of the disruption of the things we take for granted in everyday living. We reminded ourselves to take things one day, one hour, one minute at a time."

Experts, along with my own experiences and those of my students and family, suggest focusing on the positive elements of your



life rather than dwelling on what you lack. While this can be challenging, here are some practical tips to assist you:

- Write down or illustrate five things you are grateful for. It could be as simple as good health, or a clear sky. Share one at the dinner table on Thanksgiving Day. (My family often rolls their eyes but kind-

ly indulges me each year with this tradition.)

- List five qualities you appreciate about someone else and give them the list. (My former students recall receiving such a list from their classmates as a life-changing event for them. Try it with a colleague or a family member.)
- Write about a cherished memory and the people you shared it with. Reach out to one of them to reminisce. (I do this quite often.)
- Create your own method to "remember and be grateful." As you do, don't forget a favorite quote of Oprah's: "Silent gratitude isn't much use to anyone."

As Lofton approaches the festive season, let us all commit to giving thanks in everything and reaffirm the core values on which Lofton Staffing was founded: We are all called to serve. When we help others, we also help ourselves. Relationships are built... one on one. People should feel better when they leave than when they came. Problems are possibilities—opportunities to build relationships and trust. Why we do what we do... for the joy of it!

Thank you, each and every one of you, for your ongoing commitment and support. You make it easy to feel grateful.

Dress For Success

By: Julie East, Corporate Marketing

When preparing for a job interview, your outfit is very important in making a lasting first impression. The right attire not only shows professionalism and that you care, your wardrobe also boosts your confidence. Here's a quick guide to help you dress for success in any interview setting.

UNDERSTANDING THE BASICS

First Impressions Matter: Your interview attire is often the first thing a potential employer notices. It should convey respect for the opportunity and the company, as well as your seriousness about the position.

Company Culture and Industry Standards: Before selecting your outfit, research the company's dress code and the norms of your industry. For example, a tech startup might have a more relaxed dress code compared to a corporate law firm.

GENERAL TIPS FOR EVERYONE

Fit and Comfort: Your clothes should fit well and allow you to move comfortably. Avoid anything too tight or too loose.

Clean and Pressed: Make sure your outfit is clean, pressed and free of stains or wrinkles.

Personal Hygiene: Maintain fresh breath, use deodorant, and avoid strong perfumes or colognes.

Attention to Detail: Check for missing buttons, loose threads, and ensure your shoes are not marked or scuffed.

INTERVIEW ATTIRE FOR MEN

Suit Up if Appropriate: Opt for a well-fitted suit in classic colors like navy, black or gray. The suit should be tailored to fit you well, avoiding any baggy or too-tight appearances.

Shirt and Tie: A crisp, white or light-colored dress shirt is a safe bet, paired with a classic tie. Avoid overly bright or flashy patterns.



Shoes: Polished leather dress shoes in black or brown complement your suit. Make sure they are clean

and in good condition.

Accessories: Keep it simple. A professional watch and minimal jewelry are ideal. Avoid anything too flashy or distracting.

Grooming: Pay attention to personal grooming. Ensure your hair is neat, facial hair is trimmed, and nails are clean. No heavy cologne.

INTERVIEW ATTIRE FOR WOMEN

Professional Attire: Choose a tailored suit or a conservative dress in neutral colors like black, navy or camel. A skirt suit or pantsuit are both appropriate.

Blouse: Pair your suit with a simple blouse in a complementary color. Avoid overly bright or patterned tops.

Shoes: Closed-toe heels or flats in neutral shades are appropriate. Ensure they are polished and in good condition.

Accessories: Opt for minimal jewelry and an appropriate handbag.

Grooming: Ensure your hair is neatly styled, makeup is subtle, and nails are clean and well-maintained. No heavy perfume.