



# LAGNIAPPE

## MONTHLY EMPLOYEE NEWS



### Food Safety

By: Jeremy Olivier, Lofton Safety Services

SAFE MINIMUM INTERNAL TEMPERATURES <small>as measured with a food thermometer</small>	
Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

August 2017

FDA U.S. FOOD & DRUG ADMINISTRATION

Roughly 48 million cases of foodborne illness are reported in the United States annually. These cases result in an estimated 128,000 hospitalizations and 3,000 deaths. Because of this, the FDA has released the following guidelines for safe food handling. Observing them can help lower your chance of contracting one of these illnesses.

#### WASH hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Promptly dispose of paper towels used to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
- With canned goods, clean lids before opening.

#### SEPARATE raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bag, and refrigerator.

- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.

#### COOK to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria. A table for safe internal temperatures can be found at: <https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
- Bring sauces, soups, and gravy to a boil when reheating.

#### REFRIGERATE foods promptly

- Ensure refrigerator temperature is consistently 40° F or below and freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the countertop. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

### Year-End W2's. It's important to review your paystubs to make sure the following are correct:

Your name as it appears on your social security card/Your address / Your social security number. If you worked for more than one Lofton division, i.e. Security, Staffing, Energy or Medical, you will receive a W-2 for EACH corporation. If you need to make any changes (address, etc.), log into your account through the employee login on the Lofton website, or contact your local Lofton office immediately. W-2(s) will not be mailed, but will be available on the Lofton employee portal for download no later than the last day in January.

### January 2026

January 1  
New Year's Day



LOFTON OFFICES  
WILL BE  
CLOSED  
THURS 1<sup>st</sup>

January 19  
Martin Luther King Day

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."* - Martin Luther King, Jr.

More than a half century after his death, Martin Luther King Jr.'s legacy and written words continue to inspire people around the world.

STAY CONNECTED



LEAVE A REVIEW





## God is in His Heaven – All's Right in the World

By: Glenda Lofton, Ph.D.

As I sit here, I find myself thinking about transitions - the turning of one year into another, the continuous cycle of endings and beginnings that defines our lives. With 2026 comes that familiar mixture of hope and uncertainty that accompanies every new year. It's a blank page, an unopened gift, a fresh start. The calendar turns, and we're given permission to begin again - to set new goals, to break old habits, to become better versions of ourselves.

I think back to my days as one of the original Golden Girls at LSU, never realizing what it would mean to be part of such history. We were just young women doing our best, working hard, and enjoying the moment. Looking back now, I'm grateful we didn't let the weight of legacy intimidate us. We simply showed up and did what was asked of us.

That's what the new year is calling us to do: show up and do what's asked of us. We don't have to solve every problem or heal every division. We just have to be faithful in our small corner of the world - to love our families, serve our communities, encourage our neighbors, and trust that God is still in His heaven, working all things together for good.

As I anticipate the future and this new year ahead, here are some of my thoughts:

**God's in His heaven - All's right with the world.** Yes, I still believe it. For me the quote expresses my faith in God and my optimism about the future. It is also a cornerstone on which America was founded. George Washington once said, *"It is the duty of all nations to acknowledge the providence of Almighty God."* *"Our constitution,"* John Adams stated, *"was made for a moral and religious people."*

And Abraham Lincoln took it a step further when he said, *"My concern is not whether God is on our side. My greatest concern is to be on God's side for God is always right."* And John Kennedy declared, *"The rights of man come not from the generosity of the state but from the hand of God."*



As we enter 2026, this truth remains unchanged. Whatever challenges the new year brings - and there will surely be challenges - we can face them with the confidence that comes from faith.

**America is still a land of hope and opportunity.** In 1630 John Winthrop, governor of the Massachusetts Bay Colony, challenged the early settlers *"to do justly, to love mercy, to walk humbly with our God"* (Micah 6:8). *"We must consider,"* he said, *"that we shall be as a City upon a Hill. The eyes of all people are upon us."* Even today, people around the world still look to America with hope. As one person recently said, *"America is a land of possibility!"*

As we begin a new year, we have the opportunity to recommit ourselves to being that city

upon a hill - a beacon of hope, justice, and opportunity for all.

**Every difference of opinion is not a difference of principle.** My friends remind me of this with a bumper sticker stating, *"God is not a Republican or a Democrat."* Thomas Jefferson spoke these words in his inaugural address in 1801 after a bitter and highly partisan deadlocked election. He was attempting to unite the country.

As political divisions continue to mark our national conversation, we would do well to remember Jefferson's wisdom. We can disagree about methods while sharing common principles. We can debate policies while respecting our neighbors.

The new year offers us a chance to bridge divides, to listen more carefully, to speak more kindly, and to remember that we are all Americans working toward a better future.

**With our rights comes responsibility.** In her book, *A Patriot's Handbook* (2003), Caroline Kennedy reminds us that *"in order for our democracy to thrive, each of us must give something back. We must make a commitment not just to vote, but to be engaged, to understand the sources of our rights and freedoms and the struggles of those who fought and died to preserve them..."* and to teach them to our children.

As we welcome 2026, let us commit to becoming more engaged citizens, actively participating in our communities, and being diligent stewards of the freedoms we've received. Looking forward to our nation's 250th birthday celebration, John F. Kennedy captured this sentiment beautifully in his inaugural address when he stated, *"Let us go forth to lead the land we love, asking His blessing and His help, but knowing that here on earth God's work must truly be our own."*

After all, God's in His heaven - and that means all really is right with the world, even when we can't quite see it yet.

## You've Been Caught!

Lofton would like to give a special shout-out to three outstanding officers at our Gonzales location: **Charlotte Butler, Tony Temple, and Kentasia Morris.** During a major medical emergency, paramedics needed immediate access to the site. Our officers were organized, alert, and fully prepared. They met the paramedics at the road and escorted them to the patient without delay. The client was extremely impressed with their professionalism, teamwork, and quick response. Their actions reflect the highest standards of service and dedication we strive for every day. Thank you, Charlotte, Tony, and Kentasia, for representing Lofton with excellence. Your commitment truly makes a difference and shows why our teams are trusted when it matters most.

Another shout-out to **Amanda Trahan, Lafayette**, who recently received a GLOWING Google review! *"I loved the friendly environment and staff! Amanda Trahan was amazing! I've been job searching for a while now because my family and I are moving back to Louisiana. With Lofton, I found my place in life IMMEDIATELY and I couldn't thank them enough! When Amanda called to tell me I was hired, I had to step outside so I didn't bust out in tears. This experience means so much to me and I'm so glad that I had the opportunity with Lofton to find my way in life. Thank you guys so much for everything!"*



Congratulations, Amanda! This recognition comes as no surprise to us, as we already know how incredible you are. It's wonderful to see that others appreciate it too.

Do you have a story to tell? If Lofton has helped you, please consider leaving a **Google Review.**

You never know who is looking to change their lives and could use some encouraging words.

**Search Lofton Staffing & Security Services** in Google. You never know who's life you'll be changing!

