

Words Will Never Hurt Me!



It's often said that language hurts us only when we let it. We're told that the only power that words have is whatever we give them. It's a matter of choice and willpower. We even sing a little snippet of rhythmic verse to reinforce this assertion: *Sticks and stones may break my bones, but words will never hurt me.*

However, a study published in the journal, *Psychological Science* is shedding new light on the old sticks-and-stones theory. In a set of experiments, participants were asked to relive both socially and physically painful experiences from their past, and then write detailed accounts of the experiences and how they felt. Later, the participants were asked to work on cognitive tasks of differing levels of difficulty after reliving the painful events. The results were clear: Those who relived a socially painful experience reported stronger feeling of pain and relived the experience more intensely than those who were asked to recall a physically hurtful event.

The results show that physical pain is easier to overcome than the pain that is brought about from a mean-spirited verbal assault. In other words, the wounds of physical pain heal and the hurt are soon forgotten, but harsh words are relived over and over again, causing us to reexperience the hurt and continue the suffering.

The next step up from mean-spirited is verbal abuse. It's a form of battery that involves the use of words, rather than blows and punches.

Verbal abuse can be described as stealthy; it leaves wounds that are not visible to the naked eye. As it harms the mind and spirit, it can be more difficult to recognize than physical abuse.

Often, verbally abusive comments are offered as jokes. When the target of the joke is hurt or insulted, the verbal abuser laughs it off and says that the victim is overly sensitive. However, the intent of the verbal abuser is to cause this hurt.



"Words Hit Harder Than a Fist"

Boudreaux's Wisdom



Boudreaux and Thibodaux was workin on a house. Thibodaux was nailin' down sidin' and would reach in his nail pouch, pull out a nail and either toss it over his shoulder or nail it in. Boudreaux kept watchin' an when he couldn't stand it no more, he decided to axe what in da world Thibodaux was doin'. Boudreaux axe "Why you throwing away dem nails for, heh?" Thibodaux say, "Mais, if Ah pull a nail out of my pouch and it's point toward me, Ah throw it away 'cause it's defective. If it's point toward da house, den Ah nail it in!" Boudreaux got really upset an yell, "Mais, you some kind of stupid! Da nails pointed toward you ain't defective! Dey for da udder side of da house!"

THE RELIABLE REPORT

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~Sign Of The Times~



August Anniversaries

“Miz Joycelyn” Newton 38 yrs. 8/1 **RPS**
Rosie Bordelon 4 yrs. 8/1 **LRI**
Wilton Alexander 1 yr. 8/5 **LRI**
Gene Jason 1 yr. 8/6 **RPS**
Brent Pitre 17 yrs. 8/7 **RAC**
Carla Hebert 6 yrs. 8/11 **RAC**
John Helweg 7 yrs. 8/12 **RPS**
Keith Burnitt 3 yrs. 8/15 **RPS**
Madelene Hill 4 yrs. 8/15 **LRI**
Marvin Jackson 2 yrs. 8/20 **LRI**



Reliable Production Service

Reliable Amusement Company



Liberty Resources, Inc.

August Birthdays

Leslie Dixon 8/1 **RPS**
David Tullos 8/4 **RAC**
Glen Parker 8/4 **RPS**
Lena Joseph 8/8 **RPS**
Robert Patin 8/8 **RAC**
Mrs. Rita Dupre 8/10 **RPS**
Oreste Theriot 8/13 **RPS**
Mark Deville 8/14 **RPS**
David Minish 8/14 **RAC**
Wallace Breaux 8/15 **LRI**
Michael Pate 8/15 **RPS**
Michael Dorsey 8/17 **RPS**
“Miz Joycelyn” Newton 8/25 **RPS**
Joe Sampere 8/29 **RAC**
James “Jim” Moore 8/29 **RPS**

RPS – Reliable Production Service

RAC – Reliable Amusement Company

LRI – Liberty Resources, Inc.

"SAFETY FIRST"



Why should we pay attention to housekeeping at work?

Effective housekeeping can eliminate some workplace hazards and help get a job done safely and properly. Poor housekeeping can frequently contribute to accidents by hiding hazards that cause injuries.

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly. It also requires paying attention to important details such as the layout of the whole workplace, aisle marking and the adequacy of storage facilities. Good housekeeping is also a basic part of accident and fire prevention.

Effective housekeeping is an ongoing operation. It is not a hit-and-miss cleanup done occasionally. Periodic "panic" cleanups are costly and ineffective in reducing accidents.

To avoid hazards, a workplace must "maintain" order throughout a workday. Although, this effort requires a great deal of management and planning, the benefits are many.

Maintain the Workplace



The maintenance of buildings and equipment may be the most important element of housekeeping. Maintenance involves keeping buildings, equipment and machinery in safe, efficient working order and in good repair. This includes maintaining sanitary facilities and regularly painting and cleaning walls. Broken windows, damaged doors, defective plumbing and broken floor surfaces can make a workplace look neglected; these conditions can cause accidents and affect work practices. So it is important to replace or fix broken or damaged items as quickly as possible. A good maintenance program provides for the inspection, maintenance, upkeep and repair of tools, equipment, machines and processes.

Benefits of good housekeeping



- ✓ Fewer tripping and slipping accidents in clutter-free and spill-free work areas
- ✓ Better control of tools and materials
- ✓ More effective use of workspace
- ✓ Improved moral for all workers



Catch Me!

We sit in utter amazement as the high flying trapeze act performs nearly 100' above the circus floor. We marvel at the skill and timing needed to produce a flawless routine. Years of training, countless hours of practice are now being applied for the pleasure of the crowd gathered.

All is going well, and then it happens. The thing we feared the most, the unexpected is happening right before our very eyes. High above the circus floor, the newest member of the trapeze team loses her grip and begins the horrific fall downward. Children scream, moms clutch them tightly, covering their little eyes to shield them from this terrifying sight. You can feel the chill running through the onlookers as this young lady falls ever so quickly. Seventy feet, fifty feet, twenty feet, ten, and then it happens. Yes! She falls gently into the safety net that was always there, just in case it was needed.

For many of us, we have so much going on at one time, it seems like our life is a circus. We apply every skill we've learned, schedule our day so as to make the most of our time, yet we still find ourselves falling further and further behind. Still, many others are hurt because someone else did not perform their duties accordingly - husbands and wives not living up to their marriage vows, parents not fulfilling their obligations to their children, employers and employees not respecting each others positions in the workplace, and the list goes on.

Whether you lose your grip or someone else's bad timing causes you to free fall for what seems like an eternity, know that you will survive, and less damage will result if you have a safety net in place. The net won't stop you from falling, but it will ensure that you'll be able to walk away and start all over again. Sure, like the trapeze performer you will suffer some hurt feelings, but you can recover, especially when you have a safety net in place.

I've been told, "It's not how many times you fall, it's how many times you get up that really matters." Getting up is easier when the fall is cushioned by someone who is always there, just in case they're needed. Are you that someone? Do you have that someone?

