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SUMMER SUN SAFETY

It's finally summertime! That means most will opt to celebrate the season outdoors. Soaking in the sun can mean being out by the pool, beach vacations, cookouts, and other outdoor activities. However, when having fun in the sun it should also be second nature to take steps to protect yourself from UV radiation. Whether you've got a vacation coming up or simply spending time outside, we've got you covered! Safeguard yourself and your family this summer and stay healthy with sun safety tips and recommendations from the Cotton Safety Team.

- **Cover up.** Shield your skin from the sun's UV rays by wearing long sleeves, wide-brimmed hats, and breathable pants. All fabrics block UV rays to some degree, but for the most effective protection invest in outdoor clothing that carries an Ultraviolet Protection Factor (UPF) rating. The UPF rating measures how well different fabrics block UV rays. The most effective UPF rating is from 15 to more than 50.
- **Plan around the sun.** It's imperative to limit direct sun exposure during peak sun times between the hours of 10 AM to 4 PM. Plan your outdoor activities during cooler parts of the day when the sun is lower in the sky. If you're going to be outside during this time, take plenty of breaks in the shade to cool off. Take caution not to let your body overheat.
- **Stay hydrated.** Proper hydration is essential for your overall health and the recommended water consumption for the average person is six to eight glasses per day. Drinking enough water is especially important when it's a scorcher outside. When the skin burns, it loses a lot of fluid. With warmer temperatures, consider the additional water your body loses. If you don't replace the water you lose, you will become dehydrated.
- **Protect your eyes.** Sunglasses aren't just a fashion accessory; they can protect your eyes from UV rays. Extended exposure to UV rays from the sun can lead to extensive eye damage and this risk is greater at the beach because of reflection off the sand and water. Wear protective sunglasses that block at least 99% of UV light. The shades you opt for should reduce glare, protect your entire eye area, be comfortable to wear and don't distort color.
- **Don't ignore your sunburn.** Now we know you didn't mean to get sunburned, but if you do it's essential to properly treat it. Practice post "fry-day" by staying hydrated, taking a cool bath, and applying moisturizer regularly. Minimize risk by taking over the counter hydrocortisone and stay out of the sun while your sunburn heals.

Make this summer one to remember and take all the precautions to be mindful of your family staying sun-safe. From all of us at Cotton, where safety is our top priority, we wish you a safe and wonderful summer with your loved ones!



OILFIELD OPERATIONS ON THE RISE

Cotton Logistics Keeps Up with High Shale Activity

Crude oil prices have hit a 4-year high, resulting in the spike of drilling and production activities in the United States. These higher prices have sparked an injection of capital into the Permian and Eagle Ford Shale plays. With this increased activity comes an increased need to provide oilfield services and lodging in surrounding areas. Strategically, Cotton Logistics has a robust presence in both the aforementioned booming areas.

In the Permian Basin, Cotton Logistics boasts 4 full service OneLodge facilities, with a field office strategically positioned in Odessa, Texas to service our West Texas clientele. These are located near wellhead-dense areas, and are convenient to nearby shopping areas and commercial plazas. These man camps range in size – the largest being 400 beds – and can meet the diverse needs of your remote field workers. They feature amenities ranging from fitness rooms to tv lounges to even basketball courts and billiards for recreation. Each camp is equipped with a 24 hour dining facility operated by Cotton Culinary, offering a diverse selection of hot and fresh meals daily.

Our South Texas locations in the heart of the Eagle Ford also feature state-of-the-art lodging facilities, allowing our clients' workforce to rest and recharge after long days under the South Texas sun. Like all OneLodge locations, our two main facilities in Karnes City and Carrizo Springs offer full dining service and a variety of recreational amenities. Our dedicated OneLodge staff work around the clock to alleviate some of the stress your workforce may incur while being away from home.

In addition to our turnkey OneLodge camps, Cotton Logistics provides third party management for existing workforce lodging facilities, ensuring your workers receive the top hospitality and service available in the region. If your company is looking to take advantage of the uptick in oil prices and increase operations, we encourage you to look into Cotton Logistics. Our service solutions ensure that your workforce will not only have an enjoyable experience, but will be ready to perform their work safely and efficiently after a restful stay.



THREE UNIQUE WAYS TO USE LUNCHEON CATERING SERVICES

When you are planning an event during the lunch hour, you have limited time to make a good impression with the meal you provide while also accomplishing your meeting objectives. Many people remember events by the food that was served, and the choices that you offer can mean the difference between a mediocre experience or something that is memorable. Using professional catering services for your event can help you to ensure that everything will go just as planned. Here are some thoughtful ideas to consider when planning your next catered luncheon.

Provide an Interactive Experience

One unique way to make a catered luncheon a success is to offer an interactive experience for your guests. This involves letting your guests choose their own garnishes for their dishes rather than making the same dishes for everyone. For example, you might offer a pasta bar with a variety of meats, vegetables and sauces so your guests can customize their dish. Meals made to order with portable cooking equipment are a popular option to consider.

Ask Your Attendees for Input

One common issue that event planners encounter is trying to choose a menu that everyone will enjoy. Different people may like different things, and you might have some attendees who follow unique diets. A good way for you to plan your menu items at your luncheon is to ask your guests what their preferences are. You can include a questionnaire in the invitation materials for your luncheon where your guests can tell you what they would like when they send their RSVPs. You can pass this information along to your catering services company so they can prepare a meal that satisfies the group.

Offer Networking in A Box

Many companies hope that their events will offer an opportunity for their attendees to network. However, people sometimes have a difficult time stepping outside of their comfort zones and opening up to others whom they don't already have a relationship with. You can encourage your lunch guests to meet new people by offering networking in your catered lunch boxes. Instead of having individual meals packaged for your guests in individual boxes, you might offer lunches for five or six people in large picnic baskets. You can encourage your guests to sit together and share their meals from the baskets, helping them to get to know one another and to encourage conversations.

Contact Cotton Culinary Today

To plan a successful luncheon, it is important for you to choose a professional catering services company that is creative and able to work within your budget. Cotton Culinary is capable of planning a terrific menu to suit groups of any size. Contact Cotton Culinary today to see how the Cotton Team can help make your next event a success.



COTTON'S FINEST - JULY 2018

Meet this month's Cotton's Finest, Blake Hunt the Director of Culinary Operations!

1. What is your role on the Cotton Team? What are 3 words you'd use to describe it?

A: My role at Cotton is to ensure that all culinary operations run smoothly and professionally from start to finish whether it's a plated dinner for 10 VIPs or a huge safety reward lunch for 10,000.

Three words I'd use to describe my role at Cotton would be Leadership, Motivation, and Passion.

2. Where is your favorite place in the world?

A: My favorite place in the world is Tennessee!

3. What does "Cottonunity" mean to you?

A: Cottonunity to me means the way you treat your clients and the way you treat your employees. It's also being able to come together with your coworkers at the drop of a hat to do what most would consider impossible regardless of the situation or circumstance

4. How does Cotton go above and beyond for our clients?

A: Cotton always tries to find a way to say yes with true dedication to service which sets us apart from our competitors. Our Clients call us because they know we will make every attempt to say "yes" and provide them the exact service they need for that occasion.

5. Tell us something about yourself that might surprise us!

A: Even though its rarely documented I actually do smile quite often!