**JULY 2019** 

a monthly insight into PPLLC



Chelsea Castillo Project Manager

### Employed Since: 2014

#### **Education:**

BA in Mechanical Engineering, UNO, 2015

### Birth Place:

New Orleans, LA

#### Raised:

Guanaja, Isla de Bahia, Honduras

### What did you want to be when you grew up? I wanted to be a Marine Biologist but I could not get better

**Favorite Sport:** Soccer, of course.

than a D in Biology.

### Favorite Meal: Rice and beans.

### What is your favorite childhood memory?

As a child I loved to fish. I would fish hours upon hours trying to catch an eel - a green moray eel - just trying to get the eel to take a bite. Finally, one day I got him to bite at my bait (a tiny live fish), hooked him and I fell into the water along with my fishing line. I remember I didn't let go of my fishing line, so my sister pull me out of the water to only realize my line had popped. The reason it is one of my favorite memories of my childhood is because I finally got that eel to take a bite of my bait.

### **EMPLOYEE HIGHLIGHT**

### Employee Highlight—Chelsea Castillo

July is a month when we celebrate our country's freedom, and PPLLC is also celebrating one of our best - *Chelsea Castillo*! Chelsea is a Project Manager for PPLLC and has been employed with the company since 2014.

Born in the United States, Chelsea moved to the tiny island of Guanaja, Honduras when she was 2 months old. After Hurricane Mitch struck the islands hard, Chelsea and her family moved back to the US when she was 10. Chelsea is one of our hardest working employees, who works diligently to always grow and learn more to master her talent.

Besides being passionate about her work, Chelsea's other love is for soccer, which keeps her on the field almost everyday. In addition to playing on various women's and co-ed teams in the city, Chelsea has also coached several teams. All of that soccer playing can keep a girl hungry and this little lady can eat. She often comes to work in the morning with lunch on her mind and might have been caught a few times eating her lunch for breakfast!

PPLLC is still growing and since we are spread across multiple states, we continue our quest to highlight our employees so that we can all get to know each other. We asked Chelsea to answer a series of questions to help us know more about her. Here are the questions Chelsea chose to answer.

### Before working at PPLLC, what was the most unusual or interesting job you have ever had?

I worked as a Personal Care Attendant (PCA) where I took care of a 7 year old with Downs Syndrome. It was really interesting working with a child with special needs. I taught him a lot of things while I cared for him for many years, while he taught me to appreciate anything life throws at me no matter if it is good or bad. He was always a happy kid except when you touched his food. You couldn't mess with his food!!

### How do you balance your career at PPLLC and family?

Just work HARD during work hours (snack a lot while you are doing this for energy), get everything done on time, then you'll have enough time to spend with family and play lots of soccer. A person should always make time for family, and soccer, of course.

### What are 3 words that describe PPLLC.

Independent (by self-performing most of our projects) Driven Teamwork

### What has been your favorite project at PPLLC?

Job 1128 WBV 14e.2 where I learned all about levee building

### What is on your wish list for the next 10 years with PPLLC?

To get Kent Gravois and Matt Booker to finally give me 9's on my annual evaluation within the next 10 years....I'm working on it.

### Best vacation you've been to?

Where I was raised - Guanaja, Isla de Bahia, Honduras.

### How do you define success?

Success means discovering God's will for your life and using that purpose for him, not for one's self. Everything else will fall into place.

Chelsea, thank you for letting us take a closer look into your world. We absolutely adore you and we enjoy working with you every day!







### Mary LeBlanc

Director of Human Resources mary.leblanc@pontchpartners.com



06/01 - QuiJuan Wallace, Laborer

06/03 - Keith Dunlap, Superintendent
Pamela Adams, SSHO
Jesse Bryant, Heavy Equipment Operator
Stanley Verrett, General Laborer

06/10 - Daniel Stewart, SSHO

06/24 - Steven Sprouse, Superintendent



Thank you all for your loyalty and dedication. PPLLC appreciates you and is better because of you.

### 1 Year

7/02 - Derryl Lee

7/30 - Nicky Dufrene Elgin Blanchard Jason Eaton

### 17 Years

7/30 - Shantell Harris



7/21- Chelsea Castillo Kent Gravois





07/05 - Eric Robinson

07/21 - Roland Clement

07/07 - David Bagley

07/24 - Pauline Pellissier

07/13 - Andre' Simmons

07/30 - Wayne Vicks Calvin McGee

07/14 - Guillermo Perez

07/14 - Davon Stegall

07/20 - Darby Loggins

Chris Villeneuve



Pontchartrain Partners, LLC wishes you and your family and very happy and safe
4th of July!



### RECENTLY AWARDED PROJECTS



Contract No. W9127S-19-C-0009 Award Date: 6/14/19 Award Amount: \$350,000.00 Agency: USACE Little Rock District Set-Aside: 8(a) Sole Source

Set-Aside: 8(a) Sole Source
POP: 14 Days from NTP

For more information on this project or any of our other projects visit our website @ www.pontchpartners.com or contact:

### **Brooke Woods**

*Director of Business Development* 504-872-3199

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### **NOLA HAPPENINGS**



This year, ESSENCE celebrates its 25th anniversary with an extraordinary lineup of musicians, special guests, experiences and more. Former First Lady Michelle Obama will headline the festival's commemorative 25th year.

Presented by Coca-Cola, ESSENCE Festival is the largest celebration of African American music, beauty, health, entrepreneurship and more.

Join in celebrating ESSENCE's 25-year milestone, July 4-7 at the <u>Ernest Morial Convention Center</u>, the <u>Mercedes-Benz Superdome</u> and throughout the Crescent City.



### **ESSENCE Fest Music Lineup**

**ESSENCE** Fest is known for hosting some of the best in hiphop, R&B, soul, gospel, and funk to the mainstage and the superlounges throughout the Superdome. This year is no exception. The ESSENCE Festival 25th anniversary mainstage line-up features:

Missy Elliot

Mary J. Blige

NAS

H.E.R

Jermaine Dupri

Pharrell Williams

Teyana Taylor And many more!

Т

his year's superlounge performers include:

Biz Markie

City Girls

Elle Varner

Ginuwine

Mase

Normani

NAO And a host of other performers.

For a complete lineup of performers, click <a href="here">here</a> or go to: <a href="https://www.essence.com/festival/">https://www.essence.com/festival/</a>





# OUFDON

#### **ESSENCE Fest Experiences**

Beyond the all-star music lineup, ES-SENCE Festival is also known for its free panels, workshops and experiences hosted throughout the day. In celebration of its 25th anniversary, ESSENCE will revive its Beauty Carnival! From July 5-9, seize the opportunity to learn from and meet some of your favorite beauty influencers and wellness experts. Beauty Carnival will feature a



Museum of Black Beauty, exclusive ESSENCE Marketplace shops + vendors, meet + greets, glo-up stations and more.

Special guests will include Felicia Walker, Wuzzam Supa, Christina Rice and many others. View the full lineup here.



Stay tuned for more ESSENCE Experiences as they're announced.

#### **ESSENCE Festival Tickets**

Featuring daily experiences and nightly concerts, ESSENCE Festival has something for everyone. Admission to daily convention center activities and panels are free and open to the public. Registration is required and helps navigate your experience. Begin your journey to ESSENCE by registering here.

Concert tickets can be purchased individually by day or by weekend passes. Ticket purchases are valid for all mainstage and superlounge

performances for the day of purchases. Learn more about ticket pricing and packages here.

Credits www.essence.com





### 4th of July Dualing Barges New Orleans, Louisiana

New Orleans is famed as a party destination, and the city shows its best during the 4th of July celebration. The biggest event—Go 4th on the River—takes place on the banks of the Mississippi. Its major highlight is the Dueling Barges show, a stunning fireworks display to the sounds of patriotic music; this show is definitely worth seeing! There are a lot of locations to catch the spectacle along the river. Many people ride on steamboats or take fireworks cruises during the evening to get the best possible views.

### 3rd of July in City Park

New Orleans, Louisiana

July 3, Yes, you can celebrate our great nation on July 4, but you can also show your pride year-round—July 3 included, at City Park in New Orleans. Bring your chairs and blankets to enjoy patriotic music with The Marine Corps Band on the Goldring/Woldenberg Great Lawn and fireworks at the Peristyle. Bring a picnic. A dress code of red, white, and blue is definitely recommended. 6 pm. Free and open to to the public.







Mary LeBlanc
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## Sun Protection Tips For Construction Workers

Constructconnect
Posted on June 28, 2018 by Kendall Jones

or many, the summer months mean vacations at

the beach, lounging by the pool, and spending more time outside in the sun. For construction workers, summer means working long hours in the hot sun. All that time in the sun can lead to an increased risk of sunburn, sun poisoning, and skin cancer.

Skin cancer is the most common type of cancer in the U.S with approximately 1 million people being diagnosed with a form of skin cancer each year. The three main types of skin cancer, basal cell carcinoma, squamous cell carcinoma, and melanoma, are primarily caused by ultraviolet (UV) radiation from exposure to the sun.

Basal cell carcinoma and squamous cell carcinoma are the most common type of skin cancer and tend to remain localized. Melanoma is the least prevalent of the three, but it's also the deadliest of the three. Melanoma is an aggressive form of skin cancer that can spread rapidly to other parts of the body and can be fatal if not treated early enough.

The two types of UV rays that penetrate the earth's atmosphere are UVA and UVB. Both UVA and UVB rays can cause skin cancer, with UVB rays thought to be the primary cause of most skin cancers. UV rays are stronger during the spring and summer months. Construction workers need to take extra precautions to protect themselves when working outdoors to limit their exposure to the sun and UV radiation.

#### Clothing

The clothing a construction worker wears is an important part of protecting your skin from UV rays. Clothing is the best form of sun protection, but not all clothing offers the same level of protection from UV light. Several factors such as material, weave, and color affect the amount of UV radiation a material blocks. Long-sleeved shirts and pants made from closely-knit materials in darker colors offer the best UV protection.



There are also clothing options that

are labeled with an ultraviolet protection factor (UPF) that offers great protection and are typically made of lightweight fabrics and treated with sun protection chemicals or special dyes to block out UV light. Select clothes with a UPF of 50 or higher for the best protection which only allows 1/50<sup>th</sup> of the sun's UV radiation to reach your skin. By comparison, a thin white cotton T-shirt has a UPF around 5.

Wearing a wide-brimmed hat is a great way to protect your face, ears, and neck from the sun. If you are wearing a hard hat most of the day, there are accessories available that can be fitted over or under the hard hat to provide a wide brim or neck protection from the sun.

Sunglasses or safety glasses that offer both UVB and UVA protection should be worn any time you are out in the sun. Be sure to choose a pair that fit comfortably and offer 99 – 100% UV protection.



### **SAFETY MATTERS**

Brian Callaway

**HS&E Director** 

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### Sun Protection Tips For Construction Workers, cont'd.

#### Sunscreen

Wearing sunscreen is an important part of protecting construction workers for UV rays. You want to select a broad-spectrum sunscreen that offers protection from both UVB and UVA radiation. The Sun Protection Factor (SPF) is also important to consider when selecting the right sunscreen to use. The SPF measures the amount of protection from UVB radiation.



Sunscreen with an SPF 30 protects against UVB rays

30 times longer than unprotected skin before starting to turn red. So, if your unprotected skin starts to turn red after 10 minutes, skin covered with sunscreen with an SPF 30 would protect your skin for 300 minutes. The SPF also determines how much UVB is blocked when worn. Sunscreen with SPF 15 blocks 93% of the UVB rays, while SPF 30 blocks 97%.

Construction workers should also consider choosing a sunscreen that is water resistant. Water-resistant sunscreen is rated to last either 40 minutes or 80 minutes. Construction



workers should use a broad-spectrum sunscreen with an SPF of 30 or higher that is water resistant for 80 minutes.

Sunscreen should be applied to all parts of exposed skin at least 20 minutes before going outdoors. Remember to reapply at least every two hours. Reapply more frequently on days with a high UV index. Be sure to follow the manufacturer's recommendations to ensure you are applying enough sunscreen to ade-

quately protect your skin.

#### Shade

Erecting temporary shading is a good way to protect construction workers from sun exposure. Limiting exposure to UV radiation during the strongest parts of the day, 10:00 am to 4:00 pm, isn't always easy depending on the type of work being conducted. At the very least, employers should have a tent or other shady area made available for workers to use during breaks and meals.

Sun exposure is a jobsite hazard that often gets overlooked by employers or gets less attention due to the more fatal hazards present on a jobsite. Making sure construction workers are aware of the dangers of UV radiation and providing training on the various forms of sun protection they should be using can go a long way in preventing painful sunburns and the potential for skin cancer in protecting workers.



### RED WING VOUCHER PROGRAM

Pontchartrain Partners, LLC is offering a Red Wing Voucher of \$125.00 to eligible field employees for the purchase of safety boots. If you have not received your voucher or if you have questions about

eligibility, please email Lola Davis at <u>lola.davis@pontchpartners.com</u> or text her at 972-249-5619.

There are many employees that qualify for this program that did not answer the original text, or had emails bounce back as undeliverable. If you changed your phone number or email address please email or text Lola to see when your eligibility date is and update your information.

