

Business gives back to the employees

Offshore Cleaning systems builds workout- facility on-site



The workout facility at Offshore Cleaning Systems was built for the employees and encourages them to make fitness a priority in their lives.

By Rachel Cherry
Managing Editor

One month past the new year, some people who made New Year's resolutions are still on track while others struggle with the syndrome of "lack of enthusiasm" as the busy world penetrates their well-intentioned, but full schedules.

However, one company is helping in the efforts of its employees to get healthy. Offshore Cleaning Systems recently made their own resolution -- they built a work-out facility for their employees on site.

Owners Ken Desormeaux and Brandon Broussard wanted a way to give back to their employees while promoting good health and fitness in which the 50-plus employees can exercise before work, on their lunch breaks, after work and even on weekends.

"The most important asset of any business is its employees," Jeanine Kelly explained. Kelly coordinated the efforts for the in-house gym.

"We wanted a more positive environment and working out together is proving to be a great team-building experience.

The new facility was created from existing office space within the building that is located on Hwy. 167 north of Abbeville.

"I had a budget of \$10,000 and we actually came in under that," Kelly added.

The facility features three different

cardio machines, a treadmill, a stair-stepper and a stationary bike. In addition there are two all-in-one weight machines to for lifting. Finally there is a set of free weights for the body building enthusiasts.

One employee, Angela Bouillon, is enjoying the convenience of the room. In the three weeks that she has been working out, she sees an improvement in her physique and her energy.

"It is great to be able to burn off the stress of the day after work without leaving the office. Also when we work out together, it improves our moral," Bouillon said.

"The owners wanted to do something to give back to the employees to show them they are important," Kelly stated.

Besides the camaraderie that has been generated by the new facility, there are several factors that have been proven about employees when they focus on fitness.

Physically active employees can mean a healthier company--in more ways than one. Encouraging physical activity can yield concrete gains in the form of lower health-insurance costs and improved employee performance.

Benefits for employers:

- Enhanced employee productivity
- Improved health care costs management
- Decreased rates of illness and injuries
- Reduced employee absenteeism



Jennifer Roy shows her enthusiasm as she starts her workout on the treadmill.

Develops employee leadership skills

Benefits for employees:

- Lower levels of stress
- Increased well-being, self-image and self-esteem
- Improved physical fitness
- Increased stamina
- Potential weight reduction

By having this in-house program the company has also eliminated gym fees from an outside gym with a convenience factor of location.

Another employee, Jennifer Roy who is a runner, said, "it's nice to have a place like this, especially when the weather is bad."

O.J. Simpson seeks dismissal of 6 of 12 charges

LAS VEGAS (AP) — O.J. Simpson wants a judge to bar any mention of the former football star's 1995 acquittal in the slayings of his former wife and her friend when he stands trial on kidnapping and armed robbery charges, his attorney said Friday.

"We don't want the state to be able to bring that up at all," attorney Gabriel Grasso said. "That's not part of this case."

Grasso also filed court papers

seeking the dismissal of half the 12 charges against Simpson, saying prosecutors in Nevada failed to meet legal standards to prosecute him.

"They're charging O.J. with ... the specific intent to commit robbery," Grasso said, citing Nevada law underlying the felony charge of robbery. "He wasn't stealing from somebody else. He was taking back something that was his."

Simpson, 60, is accused of

leading five other men in a gunpoint robbery of two memorabilia dealers who were peddling collectibles associated with Simpson, including the suit he wore the day he was acquitted in the murders of his ex-wife, Nicole Brown Simpson, and her friend Ron Goldman.

Simpson has denied any knowledge of guns being involved in the confrontation. He has said he intended only to retrieve items that had been stolen

from him by a former agent.

"Simpson's indisputable sole intent to retrieve his own property negates the crime of robbery as charged," Grasso said in Thursday's court filing. He also contended that "the crime of kidnapping was not shown to exist to the slight or marginal extent required under Nevada law."

Grasso said Simpson would fight the other six charges against him at his trial, set to begin April 7. Those counts include

burglary, coercion and assault with a deadly weapon.

On Friday, Clark County District Attorney David Roger filed four motions, including a request to be able to tell jurors that Simpson was trying to tamper with a witness when he left a telephone message allegedly asking his former bail bondsman to pass a message to co-defendant Clarence "C.J." Stewart. He declined comment pending a March 7 hearing.