



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Hearing Safety

By: Jeremy Olivier, Lofton Safety Services



This month I would like to discuss hearing protection at home - as it is often overlooked. Most people are extremely proactive about hearing protection in the workplace, but fail to realize that ears do not "clock out" at the end of the day. In fact, they are always working, even while you sleep and are not consciously processing what they receive.

Despite recent medical advancements, **there is presently no cure for noise-induced hearing loss.** To help prevent permanent hearing loss, it is important to identify sources of damaging noise and wear proper hearing protection to prevent it. A few potential sources of noise damage include:

- Power tools - drills, saws, impact wrenches, and lathes
- Appliances - washers, dryers, AC condenser units, vacuums, and blenders
- Motorcycles, go-carts, & ATVs
- Outdoor equipment - Lawn mowers, weed eaters,

edgers, trimmers, chainsaws, and pressure washers

- Audio/Video entertainment equipment in the home, at venues, and in vehicles

Sound level is measured in decibels (dB). The list above can produce noise at levels greater than **85dB**, which will cause hearing damage with prolonged exposure. There are many apps available for smartphones which can measure noise levels. When noise levels reach **80dB or higher** you should wear hearing protection. Earmuffs are good for home use. They are durable, reusable, harder to lose, and offer greater noise reduction than their disposable counterparts. There are many inexpensive, lightweight, quality options available. Products can be found at most hardware and sporting goods stores.

The most overlooked time for hearing safety occurs when we are listening to music or watching movies. This largely relates to the design of the human ear and our perception of sound. While there's a detailed scientific explanation, the gist is that louder sounds seem more appealing, prompting us to increase the volume! Using a sound meter can help you adjust the volume to safer levels.

If you have a passion for live entertainment, investing in "audiophile" quality earplugs are specifically designed to reduce the overall sound level while maintaining sound quality, unlike cheaper foam versions. As a regular concertgoer, I can personally attest to their effectiveness!

I hope that you will download a sound meter app and in the future, take a few moments to identify sound hazards and take steps to mitigate them. Your hearing will be better for it!

You've Been Caught

HUGE shout-out to Security Officer **April McCray** who was recognized on the jumbo-tron during the pre-game for the LSU/SLU game! April assisted an out-of-state fan during the Florida game. She took the time to answer the fan's questions, but when the fan had a question she couldn't answer, instead of saying, "I don't know", April called a Security Supervisor who then had the opportunity to help the fan further.

Congratulations April! This is the level of HELP we ask of our officers and event staff at every home game. You knocked it out of the stadium!

HELP!

CHAMPIONS OF THE GAME

April McCray - Lofton
Matthew Sophia - Victory Team

Recognized for providing excellent service to our guests during the Florida Football game

October 2025

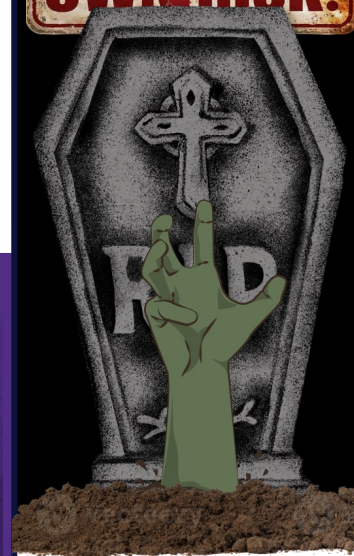
October 13
Columbus Day

October 16
Boss's Day



October 31

Halloween



STAY CONNECTED





Keep Calm and Trust God

By: Glenda Lofton, Ph.D.

In a world often overshadowed by violence and tragedy, it is essential to take a moment to reflect and discover pathways to resilience and hope. Recent incidents, including the assassination of Charlie Kirk and the tragic murder of a Ukrainian girl in Charlotte, North Carolina on a train, have left communities in shock and searching for answers. These occurrences not only demand our attention but also a united effort to grasp the underlying issues and promote healing.

These events illustrate a nation wrestling with its identity and values. The challenges we face are complex, encompassing political division, social injustices, and more. However, amidst these difficulties, the words from "Keep Calm and Trust God" by Jake and Keith Provance resonate deeply. They remind us that, even when life feels like a constant struggle, there are sources of strength and resilience we can rely on.

As suggested in the book, during times of worry, fear, and stress, many find strength in faith and community. The authors highlight the significance of prayer and turning to God for support. This sentiment is echoed by numerous individuals who derive comfort and courage from their beliefs and the connections they share with others. Each challenge is further reinforced by a notable quote from a well-known figure:

1. Anxiety: "The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety." — George Mueller



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." **Proverbs 3:5-6**

2. Worry: "Worry does not empty tomorrow of its sorrow; it empties today of its strength." — Corrie Ten Boom (Holocaust Survivor)

3. Fear: "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." — Nelson Mandela

4. Depression: "Depression is a prison where you are both the suffering prisoner and the cruel jailer." — Dorothy Rowe

5. Pressure: "Lord, when we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." — Peter Marshall

6. Regret: "When one door closes, another opens; but we often look so long and so re-

gretfully upon the closed door that we do not see the one which has opened for us." — Alexander Graham Bell

7. Stress: "If you are stressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." — Marcus Aurelius

8. Frustration: "Our fatigue is often caused not by work, but by worry, frustration, and resentment." — Dale Carnegie

9. Self-Criticism: "Finish each day and be done with it. You have done what you could... Tomorrow is a new day." — Ralph Waldo Emerson

10. Seeking Approval from Others: "No one can make you feel inferior without your consent." — Eleanor Roosevelt

11. Fear of the Future: "The greatest mistake you can make in life is continually fearing that you'll make one." — Elbert Hubbard

12. Unexpected Setbacks: "Obstacles cannot crush me; every obstacle yields to stern resolve; he who is fixed to a star does not change his mind." — Leonardo Da Vinci

While our nation may appear to be fraught with challenges, it is also filled with opportunities for growth and change. By reflecting on recent tragedies and seeking guidance from both spiritual and community resources, we can discover ways to heal and strengthen our social fabric. My hope, along with that of the authors, is to provide encouragement, strength, and inspiration to overcome whatever challenges life may present. Let us work together to create a world where dialogue, compassion, and resilience lead our actions, ensuring that we honor those we have lost by building a brighter future for all! And remember, "God is on your side... He will see you through!"

The Whispers of Volumnia House

By: Julie East, Corp. Marketing

On the outskirts of Houma, Volumnia House sits ominously. Locals recount spine-chilling stories, whispering about the tormented spirits trapped within its corridors. It's said that under a full moon, the house comes alive with murmurs, echoing the cries of the restless dead.

One cold, moonlit evening, driven by an unsettling curiosity, Brynn decided to explore the plantation. With only a flashlight, she made her way down the path toward the menacing structure. The moon cast an eerie glow, illuminating the twisted branches that clawed at the night sky like skeletal fingers.

As Brynn pushed open the creaking door, a chilling gust of wind swept past her, carrying an unearthly whisper, as if the house was hungry for her presence. The air inside was thick with dust, and the floorboards groaned beneath her cautious steps. Shadows twisted and writhed along the walls in the beam of her flashlight, forming grotesque shapes that seemed to reach out for her.

Brynn wandered through the decaying rooms, each more sinister than the last. Faded portraits of grim ancestors lined the walls, their eyes following her with an unsettling intensity. In the grand ballroom, the whispers grew louder, echoing like the twisted laughter of the damned.

Determined to uncover the source of the whispers, Brynn ascended the winding staircase to the second floor. At the end of the dark corridor, she noticed a door slightly open. Her heart pounded as she approached, her flashlight flickering. Upon entering the dimly lit room, she saw an antique mirror at its center, its surface clouded with age and malice. Suddenly, the whispers swirled around her like a violent tornado. Gazing into the mirror, she saw a figure staring back at her. Its eyes glowing, hollow and soulless, and its lips formed silent, desperate words.

A bone-chilling shiver crept down her spine as the air around her turned frigid. The figure reached out toward her with skeletal hands, passing through the glass. Instinctively, she

stumbled backward, her flashlight crashing to the floor with a resounding crash.

In the darkness, the whispers intensified: "Help us... release us..." Brynn's fear transformed into a deep, unsettling empathy. Gathering her strength and courage, she whispered, "How can I help you?"

Abruptly, the room fell silent, and a gentle breeze enveloped Brynn, carrying a bitter-sweet sense of calm and gratitude. The shadows receded, and an unnatural warmth returned to the space. Brynn felt a weight lift as she descended the stairs, the manor now eerily tranquil.

Outside, she glanced back at Volumnia House. The malevolent atmosphere had dissipated, replaced by a haunting, serene stillness. The spirits had found solace, freed by her compassion. Volumnia's whispers would now tell a new, darker tale - one of understanding and release.

