



LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Stay Hydrated By: Jeremy Olivier, Lofton Safety Services



Water is the principal component of our bodies, and we depend on it to survive. It is essential for proper organ function, regulating body temperature, lubricating joints, and removing various wastes generated throughout the body. But every day, we naturally lose water through perspiration, urination, bowel movements, and even normal breathing. Thus, it is necessary to have a practical plan in place for water replacement.

Most people remember the old advice to drink 8 glasses of water a day. This is no longer valid. Modern nutritionists have updated this guidance and now recommend that women need to consume about 2.7 liters of water per day. Men need about 3.7 liters. It is estimated that about 20% of this water comes from food and other drinks consumed throughout the day. The remainder needs to come from liquids. Fruits and vegetables are great at contributing to water intake. Recommendations on which beverages support hydration have changed as well. Though water is still preferred by a large margin, drinks like herbal teas, juice and milk are also considered

to be beneficial. Coffee, sodas, and sports drinks can contribute to your daily intake as well. Just stay away from those containing a lot of added sugar. Whatever combination of liquids you choose, be sure to drink slowly & evenly throughout the day. This will provide maximum absorption and decrease frequency of restroom visits as opposed to chugging.

In some situations, water loss can be more rapid, and an individual would want to drink more than the recommended daily amount. People who exercise regularly lose more water through perspiration and that needs to be accounted for. People who are sick also need to increase their intake, especially if they are experiencing vomiting or diarrhea which are both dehydrating conditions. Women who are pregnant or nursing need additional fluids as well. As we approach the hottest months of the year it is important to recognize that this accelerates the rate of water loss. And this will compound with any of the situations discussed here.

The options for tracking water intake today are numerous. Retail stores offer a plethora of graduated bottles that are perfect for maintaining an accurate measure of consumption. Many options are available to fit a variety of personal tastes and budgets. Smart phones and watches have many apps available as well. Some even contain advanced features like alarms and daily/weekly goals. A tried-and-true method to monitor your hydration is to pay attention to the color of your urine. If it is clear or a pale yellow, you are sufficiently hydrated. If darker yellow or any shade of brown, you need to begin drinking water immediately. It is also easier to remain hydrated than to "catch up" from being dehydrated. So, make it a point to begin drinking water early in the day, so you can stay ahead.

A Father's Day Poem



In the tapestry of life, they stand so tall,
Guiding us through the shadows, never to fall.
With wisdom carved from years gone by,
Fathers teach us to dream and to reach for the sky.

Their hands, calloused from work and care,
Hold us steady through life's wear and tear.
Their voices, a gentle yet firm embrace,
Lead us through challenges with grace.

In the quiet moments, their love shines bright,
A beacon of strength, a guiding light.
They teach us courage, to stand and fight,
To cherish each day and hold it tight.

With laughter and stories, they fill our hearts,
Crafting memories that never depart.
In their eyes, we see our own reflection,
A legacy of love, guiding our direction.

So here's to fathers, with gratitude we sing,
For the wisdom and warmth they always bring.
In every lesson, every comforting nod,
Fathers, our heroes, our gifts from God.

June 2026

June 6
D-Day



June 14
Flag Day

June 19
Juneteenth



June 21
Father's Day
First Day of Summer



STAY CONNECTED





Celebrating Via and the People Who Show Up

By: Glenda Lofton, Ph.D

As I sit here reflecting on recent months, I find my heart full — grateful for the people around me, and for the reminders that keep arriving, quietly and steadily, of what truly matters. Family. Showing up. Doing the hard, faithful, unglamorous work of loving one another well.

I have long believed that the greatest things in life are built slowly, the way a good marriage is built, or a good company — one honest conversation at a time, one act of service stacked upon another. Tommy founded Lofton in 1979 on that exact principle. Not on strategy alone but built on relationships. On the belief that when you genuinely know your people — match their interests and talents to the task — something lasting is built. Family works the same way. Last month, our family had reason to celebrate — and I want to share our celebration with you.

Our granddaughter Via — Olivia, as she was christened, (though no one has called her that since she was about three years old) graduated from the American Academy of Dramatic Arts in New York City. Two years ago, Via left the familiarity of Louisiana and moved to New York City. She was accepted to one of the oldest and most distinguished acting conservatories in the world — an institution whose alumni includes Anne Hathaway, Robert Redford, and Spencer Tracy - have shaped American theatre and film for over a century.

When Via first told us this was the path she was choosing, I had that feeling a grandmother gets when pride and worry arrive at the same instant. You know the one. You smile and say,



"We are behind you," and you mean it with everything you have — and you also lie awake at night with your thoughts running ahead of you. But here is what I know - the worrying was mine to carry. Via's job was to go.

And go she did. She went to a city that does not make anything easy, to study a craft that demands everything you have. She worked. She stretched. She showed up, day after day, and she earned her place. As Philippians 4:13 reminds us, *"I can do all things through Christ who strengthens me."* Via has lived that truth. She did the work, and she graduated.

Our role — as family, and the people who love her — was not to spare her the difficulty. It was to make sure she never forgot she was not alone in it. We called. We FaceTimed. We flew to see performances. We celebrated every small victory as though it were the biggest thing that had ever happened, because when someone you love is building a dream from scratch, every small victory is the biggest thing.

I think of how often that lesson translates to the people we work with here at Lofton. We are, all of us, in the middle of something. Some of you are in the middle of something hard. Some of you are quietly working toward something that others don't know about yet. The question is not whether the work is difficult — it always is. The question is who is standing with you while you do it.

We say here, and we have always meant it, that Lofton is a people-first company. What that means, in practice, is that we strive to be the kind of people who know your name. Who knows what you're working toward and say, sincerely, we're behind you. That is what family does. And at our best, it is what we do.

We couldn't be prouder of Via and the person she has become through the pursuit of her craft. Whatever comes next - the auditions, the waiting, the beautiful and difficult surprises life holds — she knows that her family is here - supporting her every moment with love.

So, whether you are a parent cheering on a child, a friend offering a listening ear, or a colleague lending a helping hand, know that your presence is invaluable. It's the small gestures, the quiet assurances, and the unwavering belief in one another that create a tapestry of love and resilience. I hope there is someone in your life right now who knows you are behind them. And I hope you tell them so — today, not eventually. Life, as we have all learned, is a temporary assignment.

Important Open Enrollment Notice

By: Mary Dixon, Benefits Coordinator



Open enrollment for American Worker will start on Monday June 1st and last through Friday June 12th. All employees are eligible to enroll in mini-medical, dental, vision, life, short-term disability and critical illness. This will be the only time you can enroll or make changes to coverage. Be on the lookout for enrollment details.

AI-Enhanced Resumes

By: Julie East, Corp. Marketing & Recruiting

In today's competitive job market, standing out is crucial. AI-enhanced resumes offer a dynamic way to showcase skills and experiences. Upload your current resume to an AI app like ChatGPT and their AI will suggest keywords to increase the chances of passing applicant tracking systems. AI also optimizes resume layout and design, making them clear and concise, which aids recruiters in assessing candidates quickly. AI can also provide suggestions on improvements like emphasizing leadership roles or quantifying your achievements.

However, it's crucial to recognize the potential dangers of AI adding skills that do not exist. Misrepresenting skills not only jeopardizes your job security but also increases risks for on-the-job mishaps. Maintaining authenticity and integrity in your resume is not just about getting the job—it's about building a career based on trust and genuine capabilities.