LAGNIAPPE

MONTHLY EMPLOYEE NEWS



Carbon Monoxide Hazards

By: Jeremy Olivier, Lofton Safety Services



November brings us right into the heart of autumn. Here in the South, we celebrate the relief (however slight) from the grueling heat of summer. But the falling temperatures can present us with new hazards. This month, I'd like to specifically address the risk of poisoning by carbon monoxide gas (CO).

The CDC estimates at least 420 people die and more than 100,000 people visit the emergency department each year due to accidental CO poisoning.

CO is found in fumes produced by furnaces, kerosene heaters, vehicles running in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

There are symptoms that can help to recognize CO poisoning. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. Here are some CO poisoning prevention tips:

- Check or change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.
- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.
- If you suspect CO poisoning, call 911 or a health care professional right away.

New Office Location

Houston, TX

Big news! Lofton Staffing & Security have taken steps to improve our service to our client partners and employees.

Our Houston office is moving to a new location, effective November 5th. Our new address is **13201 Northwest Freeway, Suite 605, Houston, TX 77040.**

While our location has changed, our team and commitment to providing top talent in Houston remain the same. Our phone, fax, and emails remain the same - just in a better location to serve you!

Check out our Facebook page for photos of our new office. We look forward to welcoming you to our new space!



November 2026

November 1
All Saints' Day
Daylight Saving Time Ends



November 3
Election Day

November 11
Veterans Day



November 26
Thanksgiving Day

Lofton offices will be
CLOSED
Thurs 26th & Fri 27th

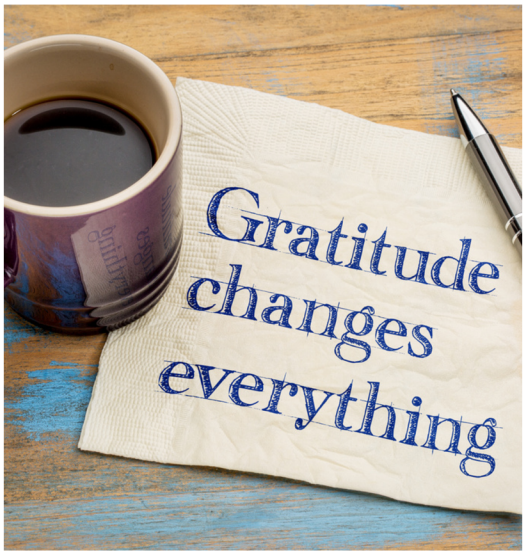
STAY CONNECTED



Making the Most of Time: A Practice in Gratitude

By: Glenda Lofton, Ph.D

As we approach the season of giving thanks, I find myself reflecting on one of life's most precious and underappreciated commodities: time. While we celebrate our blessings during this season, we often overlook the greatest gift of all: the time we've been given and how we choose to invest it.



Throughout history, philosophers and spiritual leaders have recognized time's unique value. Unlike money, which can be earned again, time spent is gone forever. These philosophers believed that appreciating the finite nature of our time was essential to living a meaningful life. Marcus Aurelius reminded us: *"You could leave life right now. Let that determine what you do and say and think."*

Interestingly, research by Dr. Robert Emmons and other leading scientists in the field of positive psychology shows that gratitude and productivity are intrinsically linked. When individuals practice gratitude, they experience: Increased focus and clarity, Greater motivation, Better decision-making, and enhanced relationships. This means that simply being thankful for the time we have actually makes us better at using that time wisely.

Dr. Stephen Covey wrote: *"The key to time management is not speeding up, but rather in deciding what matters most."* When we approach this decision with gratitude, thankful for the opportunity to choose, grateful for the people our choices affect we find clarity.

At Lofton, we understand this deeply. When Tommy founded Lofton, he built the company on the principle that people matter most. That principle extends to how we value time, both our own and that of those around us. He reminds us that, *"Life is a temporary assignment."* When we waste time through poor planning or disrespect for others' schedules, we're not just being inefficient; we're failing to honor the people in our lives.

So how do we marry these two concepts, effective time management and genuine gratitude? Here are practical ways to implement this philosophy:

1. Begin Each Day with Appreciation

Instead of diving into your to-do list, take five minutes to reflect on the gift of a new day. Ask yourself: *"What am I grateful for today? What matters most?"* This simple practice shifts your mindset from scarcity to abundance and helps you prioritize with intention rather than panic.

2. Prioritize Based on What Matters Most

Covey's principle of "putting first things first" becomes more meaningful when we ask: *"Am I spending my time on what I'm truly grateful for?"* If a task doesn't align with your values or the people you care about, it may not deserve your time, no matter how urgent it seems.

3. Practice Present-Moment Gratitude

When you're in a meeting, on a call with a client, or working on a project, bring your full attention and genuine appreciation to that moment. Thank the people around you, silently or aloud, for their collaboration. This presence not only improves the quality of your work but honors the time everyone is investing together.

4. Recognize Time as an Investment in Others

At Lofton, we place temporary workers, we recruit talent, and we build security teams. In every case, we're helping people invest their time in meaningful work. When you remember that your work impacts others' time and livelihoods, you approach it with greater respect and care.

5. Create Space for What You're Grateful For

Time management isn't just about productivity, it's about protection. Protect time for the people and activities you're most grateful for. This might be family dinners, mentoring a colleague, community service, or simply rest. These aren't distractions from "real work"; they're the reason we work in the first place.

At Lofton, we're grateful for the time we spend together, the time we've shared building this company over 45 years, grateful for the opportunities we have to place people in meaningful work and to serve our communities, and we're especially grateful for the time each of you invests in this organization and in each other. As we often say *"Why we do what we do - for the joy of it!"* When you love what you do, time has no bite! In essence, we honor the time we spend with every person we encounter, because time is the most honest measure of what we truly value.

You've Been Caught!

Shout-out to **Officer Jaelen Boulton**, Little Rock for his exceptional work and dedication.

On October 7, 2026, while conducting his rounds, Officer Boulton identified a water leak on the 29th floor and promptly notified building management. His attentiveness, strong work ethic, and attention to detail allowed the issue to be addressed quickly and helped prevent significant water damage to multiple floors throughout the building.

Officer Boulton's actions are an excellent example of the importance of remaining vigilant and proactive while performing our security responsibilities. His quick response and commitment to protecting the property demonstrate the level of professionalism and dedication we expect from our Security team.

Thank you, Officer Boulton, for a job well done. Your efforts are truly appreciated and did not go unnoticed.



HUGE shout-out to our **officers and event staff** who worked the LSU home games.

This achievement is a collaborative effort involving over 130 Lofton personnel from various Lofton offices, all working together to create an effortless game day experience for fans. Whether it was in parking lots, building security, or private parties, each Lofton employee made sure to H.E.L.P.

Thank you! Your actions not only contributed to a memorable experience for fans but also reflect the core values we hold dear at Lofton. You have shown that when we come together with a shared purpose, we can achieve great things and leave a lasting impact.