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Improvement Idea Winner

By Johnathan Rex, Plant Mgr.

Congratulations! Kris Hunsicker, a Heat Treat Supervisor on the "A" Shift, is the Improvement Idea winner for the month of March.



Kris's suggestion is to install the variable frequency drive for the agitators on the outside panel of 620 and 630. This will allow for easier access by the Operators to adjust the speed the agitators are running based on requirements of the shop order.

A total of 6 improvement ideas were submitted in the month of March. Others contributing ideas were **Gregory Smith** with 2 ideas, and **Chuba Blaze, James Forbes,** and **Teugie Askew** with 1 idea each. Thank you, everyone, for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, April 18, at 3:10 PM in the Induction area. Kris will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Come and join us to see what happens. It may be your name that's drawn and you'd have an opportunity to take a spin on the Rex Wheel of Chance.

Do you have some ideas for improvements here at Rex? Then write them down on an Improvement Idea form, or just a piece of paper, and drop them in the box outside of door of the Production office. You could be the one with the winning idea and have your turn at a spin on the Rex Wheel of Chance.

Happy Easter

Free Coffee Day!

To celebrate those employees with Birthdays in April (see Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on April 18th through early AM on April 19th. ENJOY!

HAPPY BIRTHDAY TO ALL!

Monthly Winners

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of February was **Kris Hunsicker**, the Heat Treat Supervisor for the "A" Shift. Kris, along with Chuba Blaze, Cory Hunter, Monserrate "Mike" Santiago, Gregory Smith and Yao Kangni Soukpe, who also put in improvement ideas in February, received a "Thank You" pin and a \$5 lottery ticket.



Kris Hunsicker (right), the Improvement Idea winner, is congratulated by Scott Wagner, Production Mgr.

Since Kris works on another shift and was not available, we had Cory Hunter draw a name for the "Monthly Employee Appreciation" reward, and that lucky winner was **James Brough**, the Heat Treat Supervisor for the "B" Shift. Jim, who also was not available, took his spin the next day and won a reward of \$100. **Kris**, the Improvement Idea winner, also took his spin on a later date and he won a reward of \$200.



Cory Hunter (left) picks a name for the Employee Appreciation reward.

Jim Brough, the Employee Appreciation winner, gets ready to spin the wheel.

We had Chris Constable draw slips from a bucket that contained the names of all the people who work for Rex Heat Treat. Five names were drawn and the winners each received a \$5 instant lottery ticket. Those 5 lucky winners of lottery tickets were **Sharlrey Dubisette, David Brough, Victor Carrasquillo, Bill Attieh,** and **Terry**

Copenhaver.

We had an assortment of cookies, donut holes, fresh oranges, and free hot beverages from the vending machine.



Cory Hunter (left) receives a "Thank You" pin and lottery ticket for submitting an improvement idea.



On hand to receive their Anniversary gifts from Johnathan Rex, Plant Manager, were Mike Sweney (25 yrs), Scott Wagner (16yrs), and Mike Davis (10 yrs). Unable to be there were Vernell Donaldson (4 yrs), Chris Snyder (3 yrs), and Chuba Blaze (3 yrs).

Please join us at next month's spin if you can. Maybe your name will be drawn as the next Employee Appreciation winner and you'll have your opportunity to take a spin the Rex Wheel of Chance.



Dave Brough, Terry Copenhaver, Sharlrey Dubisette, and Victor Carrasquillo were some of the lottery ticket winners.

SINKHOLES . . . *Where'd My House Go?*

One morning in 1981, a woman looked out her window in Winter Park, Florida, and saw her full-grown thirty-foot oak tree get sucked into the ground. Then a car parked on the street vanished before her eyes. Before the sinkhole stopped swallowing things up, her house was gone, as were parts of two neighboring houses, five cars, a camper, and a string of telephone poles. The hole wound up eight stories deep and had swallowed up an area the length and width of a football field. Miraculously, no one was killed.

Movement below the surface of the ground, subterranean springs, or unpredictable geological shifts cause sinkholes. This phenomenon happens suddenly, without warning. In the U.S., the greatest danger from sinkholes occurs in Florida, Texas, Alabama, Missouri, Kentucky, Tennessee, and **Pennsylvania**.



Giant sinkhole in Winter Park, Florida.



House collapses into sinkhole.

In April 2006 a twenty-seven-year-old man in Sacramento, California, was standing in his kitchen when a sinkhole opened up and swallowed him. Three days later his body was retrieved from a thirty-foot-wide by 20-foot-deep abyss.

In a Florida region four miles inland from the Gulf of Mexico and about forty-five miles north of Tampa, at least eighteen sinkholes hit the area each year, almost all on a Thursday. To date, the Sunshine State has had a total of forty-six fatalities and numerous injuries attributed to these events.

During the past thirty years, almost 350 sinkholes have mysteriously appeared in and around Harrisburg, Pennsylvania. That's an average of twelve per year, but the year 2000 broke the record with thirty-two sinkholes reported in the spring alone. Some believe the sinkholes materialize because of mining, although the mines are located fifty miles away.

King Kong-size sinkholes, such as the Winter Park incident above, are the exception. The average sinkhole size is three to four feet across and four to five feet deep, therefore making sinkholes usually fatal to only one unsuspecting person at a time. Since 1930 there have been over 2,500 sinkhole fatalities in the U.S.



Main Street in Hatfield, PA closed since Thursday, March 24, due to sinkhole.

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Hang Up The Phone!

It's well known that "distracted driving" accidents are on the rise thanks to more texting and cell phone use. But as these real-life emergency room reports attest, you don't have to be in your car to have a phone-related episode.

- "Nose bleed: Patient was texting on his phone, not paying attention. Ran into a door."
- "Finger laceration: Patient talking on cell phone while cutting raw chicken."
- "Patient riding horse and text messaging on cell phone at the same time, let go of reins. Horse took off, patient fell off."
- "Bruised sternum: Patient was lifting weights while talking on cell phone. Barbell fell onto chest."
- "Concussion, abrasions, contusion: Patient was sitting on toilet and was trying to answer phone and fell off toilet, hitting head."
- "Patient trying to get a cell phone picture of a squirrel. Squirrel bite to finger".



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Everyone who drives should see these two excellent videos on Distractions and Driving.

This first one is an AT&T Documentary called '**Don't Text While Driving.**' This one is heart wrenching, but if you know a teen driver, they need to see this. Just copy the following link into your browser window to view.

<http://www.youtube.com/watch?v=nmX0EJwNe1g>

The second video is called '**Driven to Distraction.**' Once you copy the link into your browser window and open the page, click on "**Introduction**" to view the video.

<http://ow.ly/4fK8e>



Did You Know?

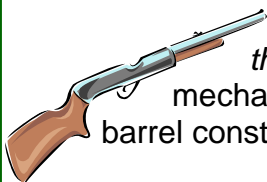


A 'clue' originally meant a ball of thread. This is why one is said to 'unravel' the clues of a mystery.

'Caught red-handed' - For hundreds of years, stealing and butchering another person's livestock was a common crime. But it was hard to prove unless the thief was caught with a dead animal . . . and blood on his hands.



'Lock, Stock and Barrel', meaning the whole thing. Guns: The lock (firing mechanism), stock (wooden mount), and barrel constituted the main parts of an old rifle.



'Slush Fund' - Money put aside to be used to bribe or influence, especially in a political context. In the 18th century, 'slush', or 'slosh', was what maritime cooks called the refuse fat or grease that they skimmed off and put into empty meat barrels whenever they boiled meat on board ship. It was considered a perk for ship's cooks and crew, and they sold the fat that they gathered from cooking meat whenever they reached port. This money became known as a 'slush fund'.



'To the bitter end' - To the limit of one's efforts—to the last extremity. A bitt is a post fastened to the deck of a ship, for fastening cables and ropes. When a rope is played out to the bitter end, it means there is no more rope to be used.

Happy Birthday

Employees celebrating a birthday in **April** are listed below. Let's wish them a happy day.

- 3 Chris Sholly
- 12 Walter Bates
- 17 James Koester
- 17 Adrian Rivera
- 19 Tom Felder
- 28 John Rex

Yearly Work Anniversaries

The following employees are celebrating their Work Anniversaries in **April**

1 to 5 Years

- Greg Smith
- Willie Lott

Over 10 Years

- Michael Jackson (11)

You will receive your annual gift at the monthly spin.

The Rex Riddle - #1 ?

A black dog is sleeping in the middle of a black road that has no streetlights and there is no moon. A car coming down the road with its lights off steers around the dog.

How did the driver know the dog was there?

A LITTLE HUMOR



A gnome is in the garden busily destroying some bushes when a house cat appears. "What are you?" asks the cat.

"A gnome," comes the reply. "I steal food from humans, I kill their plants, I make annoying music at night to drive them crazy, and I love mischief. And what, may I ask, are you?"

The cat replies, "Um, I'm a gnome."



The Rex Riddle is a new feature in the newsletter. Each month there will be a new riddle to challenge you. There is a folder in the rack in the Production Office which will have slips to fill out to make your guess. Just drop your slip in the box outside of the Production Office door. Guesses will be taken until the **15th** of each month.

One name will be drawn from all the correct answers to receive a \$5 scratch off lottery ticket.

Can you figure out the riddle?

Medication Errors!

*The following is a brief excerpt of tips from the chapter on "Deadly Prescriptions" in the book **How Not To Die** by Jan Garavaglia, M.D. (Dr. G from the TV show)*

The FDA reports that about 10 percent of all medication errors are from drug name confusion, and the World Health Organization (WHO) says that this confusion is an urgent worldwide problem. In fact, the Institute of Medicine (IOM) estimated that 1.5 million people are sickened, are injured or die annually as a result of medication error.



Here are some of the best ways to protect yourself and your family:

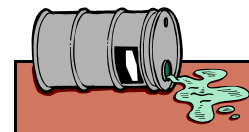
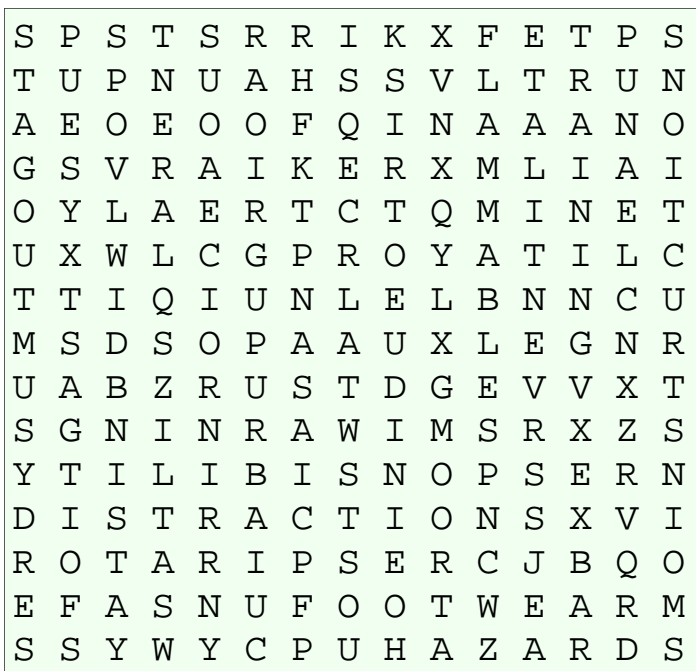
- When you pick up your medicine from the pharmacy or are given medicine in the hospital, ask: Is this the medicine that my doctor prescribed?
- Watch out for look-alike drug names. Is that Ceftin or Cefzil? Prinvil or Proventil? There have been numerous reports of pharmacists (and doctors) confusing the drugs, with patients requiring hospitalization as a result.
- Find a pharmacy you like and stick with it. A pharmacist who knows you may be more likely to notice something unusual about a prescription. Also your medication history will be in the computer system, helping to avoid risky drug interactions.
- Discuss your prescription with your pharmacist if possible, especially if it is a new prescription.
- Know the color and shape of the pills you take regularly. This prevents you from taking the wrong one. Many drugs have their own websites, complete with pictures.
- Examine the actual pills. The name of most brand-name drugs is usually stamped on the tablets. Also, study the bottle's label. If the information doesn't match the doctor's prescription, notify the pharmacist.
- Read the written information that is provided with the prescription. If you don't understand it, ask your pharmacist for clarification before you take any of the drug.
- Check everything before you leave the pharmacy. Lots of people simply pay and run. Pharmacists have been known to put a properly filled bottle in the wrong bag. Or you may accidentally get the wrong bag.
- If you feel ill after taking a drug, report your symptoms immediately to your physician. Don't delay.

This section also included a listing of commonly confused medication along with clinical advice to prevent mistakes.

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SAFETY WORD SEARCH

See if you can find and circle all the words hidden in the puzzle below. Words are spelled forward, backward, horizontally, vertically, and diagonally.



- CLEANUP
- DANGEROUS
- DISTRACTIONS
- EARPLUGS
- EVACUATION
- FLAMMABLES
- FOOTWEAR
- HAZARDS
- INSTRUCTIONS
- LOCKOUT
- MSDS
- OVEREXERTION

- PPE
- RESPIRATOR
- RESPONSIBILITY
- RISK
- SAFETY
- SPILLS
- TAGOUT
- TRAINING
- UNSAFE
- VENTILATE
- WARNINGS

