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Free Coffee Day!

To celebrate those employees with birthdays in July (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, July 24 through early AM Tuesday, July 25.

ENJOY!
HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Chris Kent**, Furnace Operator, first shift, for being the Improvement Idea winner for June. There were eight ideas submitted this month. Besides Chris' winning idea, **Paul Moss**, **Ray Souder**, and **Brian Wingate** submitted two ideas each, and **Chris Hainey** submitted one idea. Thank you all for letting us know your ideas for improvement here at Rex.



Chris's idea is to install a latch to hold the loading cart to the water quench tank. This will secure it and make it much easier to pull loads out of the water quench.

The next Improvement Idea spin will be held on Monday, July 24, at 3:10 pm in the Induction area. Chris will be drawing the name of one employee for the "Monthly Employee Appreciation" spin. Come to the spin to see if your name is chosen. Then you will be the lucky person taking a spin on the Rex Wheel of Chance.

Can you think of an idea for an improvement here at Rex? Just write it down on a piece of paper and drop it into the box outside the Production office door. You could be the next winner taking a spin on the Rex Wheel of Chance.

**DEADLINE FOR JULY IMPROVEMENT IDEAS
WEDNESDAY, JULY 19, 9 A.M.**

Monthly Winners

By Scott Wagner, Plant Manager



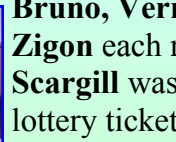
Ray Souder, May's Improvement Idea winner, receives a hardy handshake from Scott Wagner, Plant Manager.

Our Improvement Idea winner for May was Material Handler **Ray Souder**. Ray won \$100 on his spin. There were seven Improvement Ideas submitted in May. Ray submitted six of those ideas and Chris Hainey submitted one idea. They both received a "Good Idea" pin and \$5 lottery ticket.



Jim Koester is congratulated by Scott for being this month's Employee Appreciation winner.

The lucky winner of "Monthly Employee Appreciation" was **Jim Koester** who won a \$75 reward on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Keith Bannon**, **Greg Bruno**, **Vernell Donaldson**, **Brandon Reynolds**, and **Sandy Zigon** each received a \$5 instant lottery ticket. **Theresa Scargill** was the Rex Riddle winner and she, too, received a \$5 lottery ticket. There were no anniversaries celebrated this month.



Lucky lottery ticket winners are congratulated by Scott (top from left): Keith Bannon, Greg Bruno, (bottom from left): Vernell Donaldson, Brandon Reynolds, and Sandy Zigon.

For refreshments, we all enjoyed fruit and cookies along with free coffee. Please come to next month's spin to see if your name is the one picked to be the Monthly Employee Appreciation winner. Then you will have an opportunity to take a spin on the Rex Wheel of Chance.



Theresa Scargill is this month's Rex Riddle winner. Scott presents her with a \$5 Lottery ticket.

Continuous Improvement Keeps Rolling



Inspection area team members meet with Plant Manager Scott Wagner during a planning meeting. From left: Scott Wagner, Sarah Mansuetti, Spencer Freund, and Ryan O'Donnell.

The next phase of the Rex Heat Treat continuous improvement effort was recently launched with two new Continuous Improvement Winning teams.

The "Inspection Department area" team facilitated by Spencer Freund, includes Trevor Levonski, Sarah Mansuetti, Derek McAlarney, and Ryan O'Donnell. Their project goal is to streamline operations in the inspection area by exploring ways to increase efficiencies by saving time, reducing movement, and eliminating clutter.

The second team is focused on continuous improvement for the 100 line. Team facilitator Kris Hunsicker is joined by Keith Bannon, Greg Bruno, Chris Hainey and Chris Kent. Their project's main goal is to create a new 100 line racking station.

Both teams are using Lean Manufacturing tools, such as Plan Do Check Act (PDCA), a method for developing step-by-step strategies and measuring results. The teams are also using Spaghetti diagrams and mapping techniques that provide valuable data crucial to final decisions. "I really like using Lean Manufacturing tools because they enable us to measure everything we do to ensure that it works," says Spencer.

These teams don't operate in a vacuum. Their work includes gathering data and communicating with all the employees who work in and around the areas being examined as well as coordinating their efforts with Maintenance and Production. "We are looking at the 100 line from many different angles so that the decision we make will be good for the entire plant and not just one department," says Kris.

In regular planning meetings, team members discuss next steps and assign each other tasks that will be completed before the next meeting. The cycle of exploration and decision-making may last 6-8 weeks. The whole Lean Manufacturing philosophy is one of continuous improvement – one area at a time.

"It's a great advantage to have team members come from different areas of the company," says Scott Wagner, Plant Manager. "In this way, we get a more diverse, well-round perspective as we go through the continuous improvement process."

Reverse Arch Stretch for Back Health

Whether your job is sitting at a desk or doing physical work – your back needs occasional stretches during the day to relieve stress and renew circulation and joint mobility. The Reverse Arch Stretch is a simple office chair stretch that quickly counters negative spine, shoulder, and wrist strain. It's easy to do.

- Move to the front of your chair and if possible interlace your fingers behind your back. If not, hold the back of the chair.
- Elevate your chest while letting your shoulders and head move slowly backwards. Inhale deeply.
- Now exhale all the air, feeling the front of your body open as you extend backwards. Only stretch back as far as you're comfortable.
- Hold this position for a few deep breaths if it feels comfortable to do so.
- To release the stretch, slowly bring your head back up to ensure that you don't strain your neck.



Over time you may be able to get deeper into this stretch, extending back even further with minimal effort. Doing the Reverse Arch Stretch while standing provides additional opening benefit to the buttock and pelvis as well. Ideally it is best to practice the stretch both while seated in an office chair and while standing.

HAPPY BIRTHDAY!

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

2	Vernell Donaldson
4	Vindon Griffin
14	Greg Smith
16	Sarah Mansuetti
20	Derek McAlarney
22	Robert Feldman

REX RIDDLE #72

My tail is long, my coat is brown.
I like the country and the town.
I can live in a house or in a shed;
I only come out when you're in bed.

What am I?



To submit your guess for The Rex Riddle, take a slip out of the folder in the rack in the Production Office, fill it out, and drop it in the box outside of the Production Office door. Guesses will be taken until the morning of the monthly spin. One name will be drawn from all the correct answers to receive a \$5 instant lottery ticket.

Answer to last month's riddle:

**FIRST YOU SEE ME IN THE GRASS
DRESSED IN YELLOW.
NEXT I AM DAINTY WHITE.
THEN I FLY AWAY.**

What am I?



Answer: Dandelion

Yearly Work Anniversaries

The following employees are celebrating Work anniversaries in July:

1 to 5 Years

Theresa Scargill (5 yrs)

6-10 Years

Over 10 Years

Walter Bates (55 yrs)
Sarah Mansuetti (12 yrs)
Johnathan Rex (27 yrs)
John Sherman (26 yrs)



HAPPY JULY 4

(REX HEAT TREAT IS CLOSED JULY 3 AND 4)

SUMMER WORD SEARCH

UQE Z J Y L A V E X S T F L
N O I T A C A V L G A C Y Q O
Q X D C C T G T T G A K V P L
Z T F U P F S U N F L O W E R
H O Q Q T A C A O X A D Q H X
H E A T C I I Q L T Q U C N Y
B V B D Q C N A E O H A V W F
F A N P D E C S M P E V L U S
G A S K B C I F R B O P A W K
S N V E A R P C E C G O I N O
F S I S B E L J T D F M L D G
U I O T W A K J A X M Q E B F
A I Y S A M L F W I V N A F G
I T A C E O H L N G D B Y V F
T F Z C G K B G O V W N P Y C

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL

We All Scream for Ice Cream (Yum Yum?)

What is summer without enjoying at least one double dipped with sprinkles utterly delicious ice cream cone. This conical delight symbolizes sunny days and relaxing evenings at the beach, on the front porch, or just hanging out with friends.

Did you know that the first ice cream cone was created in 1904 at the St. Louis World's Fair? Syrian immigrant Ernest Hamwi rolled up some of his "zalabia" (a waffle-like pastry) from his pastry cart into cones and gave them to ice cream vendor Arnold Fornachou, who had run out of paper dishes to serve his ice cream. Word spread quickly throughout the Fair and many other vendors began selling ice cream in waffle cones. These edible ice cream cones became so popular that everyone wanted to take credit for the invention and many did.



After the fair, Hamwi joined with fellow businessman J. P. Heckle to form the Cornucopia Waffle Company. Hamwi traveled throughout the United State introducing the World's Fair Cornucopia as a new way of eating ice cream. In 1910, Hamwi opened the Missouri Cone Company and called his container the "ice cream cone" to avoid a conflict with Cornucopia.



In 1920 Hamwi was issued a patent for a pastry cone-making machine. His Missouri Cone Company later became the Western Cone Company as the market for ice cream cones spread and the company grew. By 1924 Americans were consuming upwards of 245 million cones per year. Today high powered machines produce millions of cones every day.

Ice cream itself continues to be one of our most popular desserts. According to the latest statistics, Americans consume about 48 pints of ice cream per person, per year. That's more than any other country. On average, that means each of us consumes 48,000 calories and spends \$144 a year (\$3/pint), just on ice cream.

Here are a few more fun facts about ice cream.

- It takes an average of 50 licks to polish off a single-scoop ice cream cone.
- It takes 12 lbs. of milk to make just one gallon of ice cream. (One quart of milk weighs 2 1/4 lbs).
- All commercial ice cream contains air. Without whipping in the air, ice cream would be a solid block of frozen cream, unable to scoop.
- Harry Burt invented the chocolate covered vanilla ice cream bar on a stick in Youngstown, Ohio in 1920--and Good Humor was born.
- William A. Breyer began hand-cranking pure, all natural Breyers ice cream in Philadelphia in 1866.
- Samuel Isaly, a descendent of a well-known Swiss dairy farm family, began producing what would eventually become America's #1 selling ice cream novelty--the Klondike Bar--in Pittsburgh in 1929.
- In terms of supermarket sales, America's top five favorite individual flavors are vanilla, chocolate, nut/caramel flavors, neapolitan and strawberry.