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Summer Begins on June 21

Free Coffee Day!

To celebrate those employees with Birthdays in June (See Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on June 23rd through early AM on June 24th. ENJOY!

HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner

By Scott Wagner, Plant Mgr.

Congratulations to **Michael Townsend**, a Furnace Operator in the 600 Group on 2nd shift, for being the improvement Idea winner for the month of May.



Mike's idea is to install mirrors at a 45° angle behind 680 and 690 furnaces. This would allow you to see loads coming out of the furnaces and also see the flame curtain pilot flame without standing near the rear door when it opens.

There were a total of 8 improvement ideas submitted in the month of May—so many good ideas that it was difficult to pick a winner! Besides his winning idea, Michael submitted 1 other idea. Others submitting improvement ideas were **Keith Bannon**, with 2 ideas, and **Robert Forbes**, **Chris Kent**, **Trevor Levonski**, and **James Forbes**, with 1 idea each. Thank you all for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, June 23, at 3:10 PM in the Induction area. Michael will be drawing the name of one lucky employee for the "Monthly Employee Appreciation" spin. Come to the spin to see if it could be you! Then you'd be the one taking a spin on the Rex Wheel of Chance.

Perhaps you have an idea for an improvement here at Rex. Write it down and drop it into the box outside of the Production office door. You might be the next winner and have your turn to take a spin on the Rex Wheel of Chance!

Monthly Winners

By Scott Wagner, Plant Mgr.

Our Improvement Idea winner for the month of April was **Robert Feldman**, an Electrician in the Maintenance Department. Bob, along with Sarah Mansuetti, Derek McAlarney, and Gregory Smith, who also put in improvement ideas in April, received a "Thank You" pin and a \$5 lottery ticket.



Robert Feldman (right), the Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

Bob drew a name for the "Monthly Employee Appreciation" reward. That lucky winner was **Joseph Carr**, a Furnace Operator in the 500 Group on 3rd shift. Joseph won a reward of \$100 when he took his spin on a later date.



Joseph Carr (right), the Employee Appreciation winner, is congratulated by Scott Wagner.

Bob drew 5 names from a bucket that contained the names of all Rex employees, and the winners each received a \$5 instant lottery ticket. Those 5 lucky winners were **Theresa Scargill**, **Fred Cherezov**, **Terry Copenhaver**, **Maria Monje**, and **Robert Forbes**.

Out of all the correct guesses submitted for the **Rex Riddle**, one name was drawn for a \$5 lottery ticket. That winner was **Chris Jacobine**.

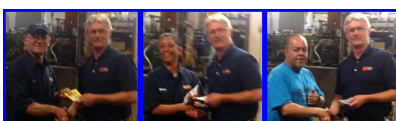


Chris Jacobine (lft) - Riddle winner.



Ron Makos (10 yrs.) receives his anniversary gift from Scott Wagner. Also celebrating an anniversary was Tim Plaugher (24 yrs.).

When **Robert Feldman** took his spin, he won a reward of \$200.



Terry Copenhaver, Maria Monje, and Adrian Rivera each receive \$100 for having perfect attendance in the last quarter. Also having perfect attendance was Keith Bannon.

For refreshments we all enjoyed snacking on an assortment of cookies, mini cupcakes and free hot drinks from the vending machine.

Be at the next spin to see if you'll be picked to be the next Monthly Employee Appreciation winner and have your chance to spin the wheel!



Theresa Scargill, Fred Cherezov, Terry Copenhaver, Maria Monje, and Robert Forbes collect their lottery tickets.

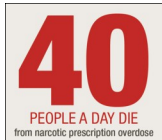


Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. NSM is an annual observance to educate and influence behaviors around the leading causes of preventable injuries and deaths. Each week carries a theme that brings attention to critical safety issues.

www.nsc.org

Week 1 June 1-7

Preventing prescription drug abuse



When used responsibly, prescription drugs can help people lead healthier lives. When abused, however, they can be fatal, causing more deaths in America than car crashes. Since 1999, the number of prescription painkiller deaths has risen by more than 300%. Use prescription painkillers only as directed by your doctor and never share them with others. Store your prescriptions in a secure place and always dispose of them properly.

Week 2 June 8-14

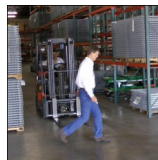
Stop slips, trips, and falls



Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to the emergency department. Falls are the second-leading cause of unintentional death in homes and communities, resulting in more than 25,000 fatalities in 2009. The risk of falling, and fall-related problems, rises with age and is a serious issue in homes and communities. Find and correct the fall hazards in your workplace and home to prevent injuries and keep others safe.

Week 3 June 15-21

Be aware of your surroundings



One of the leading causes of work-related deaths is due to contact with objects, which include being struck against an object; struck by an object; caught in an object or equipment; or caught in collapsing material. Look for potential hazards in your work area—and take steps to make your home safer from contact with objects.

Week 4 June 22-28

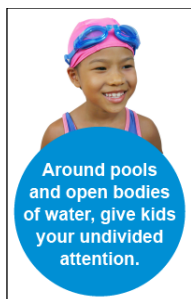
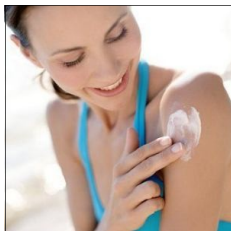
Put an end to distracted driving



Cell phone use while driving has become an unfortunate part of our culture, but it's a very dangerous activity that shouldn't be considered a necessity. Most people know that texting while driving is a dangerous behavior, but many don't fully grasp the idea that just having a cell conversation in the car is also risky. Drivers talking on handheld or hand-free cell phones are **4 TIMES** as likely to be involved in a car crash. Silence your cell phone when you get in the car. Change your voicemail greeting to something like: "Hi, you've reached (name). I'm either away from my phone or I'm driving. Please leave a message." Pull over to check for messages on a long drive. No phone call is worth a life.

Bonus Week

Summer safety



Everyone enjoys summer fun, but it's important to follow safety guidelines while out in the sun, being exposed to excessive heat, or swimming and boating. Wear a sunscreen with an SPF of at least 15 any time you will be outdoors. Skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million skin cancers are diagnosed each year—more than all other cancers combined! Look out for overexertion in hot weather, which accounts for about 3.3 million emergency room visits a year in the US. Take water breaks every 15 minutes, wear a hat, have a shady or air conditioned recovery area. Don't be a heat fatality! Ensure that swimming is as safe as it is fun. Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning ranks fifth among leading causes of unintentional injury death in the US. Actively supervise children around water—give them your undivided attention. Small children can drown in as little as one inch of water!

Each week during the month of June, a tip sheet and quiz for that week will be posted on the plant and office bulletin boards. There will also be booklets and fact sheets available on various topics. Take a moment to look them over. If you would like a copy of any of these to take home, please put in a request through your supervisor.

Do your part to help promote safety at work and at home. Have a fun and safe summer!

Did You Know?

"Bad Hair Day"—A day on which one's hair seems unmanageable. Also extended to mean a day when everything seems to go wrong. Origin: This first came into prominence in the language following its use in the 1992 film *Buffy the Vampire Slayer*. Buffy (Kristy Swanson) to the one-armed vampire Amilyn (Paul Reubens): "I'm fine but you're obviously having a bad hair day." The phrase was already known by that date but not very widely used (1988).



"Acid Test"—A sure test, giving an incontestable result. Origin: Gold prospectors and dealers needed to be able to distinguish gold from base metal. The original acid test was developed in the late 18th century and relied on nitric acid's ability to dissolve other metals more readily than gold. To confirm that a find was gold, it was given 'the acid test'. A test sample was used to mark a touchstone, and the degree to which it dissolved when the acid was added determined whether it was gold. Various other later tests also used acid and these are all called 'acid tests'. A punning variant of the term arose in the 1960s hippy community. Ken Kesey and his Merry Pranksters began holding 'Acid Test' parties in San Francisco in 1965. The attendees were serenaded by The Grateful Dead and given drinks of Kool-Aid spiked with lysergic acid diethylamide. 'Acid' was of course the colloquial name of LSD. It's not clear exactly what was being tested; survival possibly. The 'test' parties were referred to in Jefferson Airplane's 1965 *A Song for All Seasons*: Since the acid test...They say your drummer he's crazy as a loon. Last night they found him baying at the moon.

"Close, But No Cigar"—Fall just short of a successful outcome and get nothing for your efforts. Origin: The phrase, and its variant 'nice try, but no cigar', are of US origin and date from the mid-20th century. Fair-ground stalls gave out cigars as prizes, and this is the most likely source, although there's no definitive evidence to prove that.



"No Dice"—A refusal to accept a proposition—equivalent to 'nothing doing'. Origin: This is a US phrase that originated in the early 20th century. Gambling with dice was illegal in many states and so gamblers went to some pains to hide the dice when challenged by the police. Courts would sometimes throw out cases if the dice weren't offered in evidence. There are several court records where gamblers were alleged to have swallowed dice to avoid arrest.

Yearly Work Anniversaries

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

1 to 5 Years

John Moss

Over 10 Years

Victor Carrasquillo (14)

You will receive your annual gift at the monthly spin.

Happy Birthday

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

| | |
|----|------------------|
| 1 | Kris Hunsicker |
| 4 | Nancy Gardner |
| 7 | Brian Wingate |
| 8 | John Sherman |
| 18 | Don Wiggins |
| 24 | Terry Copenhagen |
| 26 | James Stewart |



Don't forget dad on
Father's Day, June 15!

The Rex Riddle - #35 ?

Sad, sick, or sloppy I'll help you out.
Use me right and I'll cover your snout.

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.

Can you figure out the riddle?

Answer to Last Month's Riddle

What kind of coat can be put on only when wet?

Answer: A coat of paint

A LITTLE HUMOR

Playing golf with his buddies, George had to make a slick 25-foot putt. As he lined it up, he announced, "I have a dollar bill that says I can make this putt. Does anyone want to bet?"

His three friends eagerly agreed to the wager. Too bad, George missed the putt by ten feet, and his friends gathered around to collect their money.

George pulled out a dollar bill on which he had written, 'I can make this putt.'

His pals are still trying to collect on the bet . . . and George is too.





"THE NAVIGATORS"



THE NAVIGATORS

are sponsoring....

A COOK OUT

Friday, June 6th, 2014

***with all the trimmings and typical summer side dishes including sodas ***

It is our way of welcoming Summer

after a long and brutal Winter

ALL SHIFTS will be served

Bring your appetite.



Safety Slogans:



**Play it safe in the water.
Swim in areas with
life guards.**

**Your job provides your pay
check, but safety takes you home.**

Think safety and act safely.

**Why learn the hard way?
Obey safety rules.**



**Safety—it's in your
hands.**

**Personal floatation
devices—don't leave
the dock without them.**



Health & Happiness Tidbits

"Richard Hawk Inc." - www.makesafetyfun.com

- ◆ Schizophrenia used to be treated (unsuccessfully) with kidney dialysis.

- ◆ Smokers call in sick an average of 7.67 days more per year than non-smokers.

- ◆ Another reason to wear hearing protection: Loud noises can double your risk of heart disease.



- ◆ Rip tides kill more people annually than sharks, jellyfish or massive waves combined.

- ◆ A study in West Africa found that female mosquitoes were attracted to the smell of subjects who had downed a liter of beer over those who had not by two to one.



- ◆ The most common cause of death while on vacation: heart attack, and it usually strikes within the first couple days of the vacation.

- ◆ One study in the Journal of Health and Social Behavior found that volunteer work can boost happiness, life satisfaction, self-esteem, mood and physical health.

- ◆ Extensive research has shown that people who exercise even just a little bit tend to live longer than those who don't.



- ◆ In many cases of impulsive suicide, there is a history of sleep deprivation.

- ◆ Each year about 450 men die from breast cancer.

- ◆ According to University of Arizona researchers, the TV remote controls in hospital rooms are worse carriers of bacteria than toilet handles.



- ◆ Farmers are more than twice as likely to die on the job as police officers.

- ◆ How far must you walk to burn off the calories in a Double Whopper with Cheese? 10 miles.



- ◆ Doctors once tested for diabetes by tasting the patient's urine for sweetness.

- ◆ Studies have found that men suffer more frequently and acutely from infectious diseases than women.

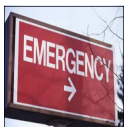
- ◆ By walking an extra 20 minutes ever day, an average person will burn off 7 pounds of body fat per year.



- ◆ On average, 1 in 1,000 people die after getting a case of food poisoning.

- ◆ Sleep experts say that people who sleep on their right side have better digestion.

- ◆ Annually, there are about 60,000 trampoline injuries in the U.S.



- ◆ Certain scents can help you fall asleep. Studies have shown jasmine to be the most effective sleep-inducing aroma.