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Free Coffee Day!

To celebrate those employees with birthdays in March (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, March 25 through early AM Tuesday, March 26.

ENJOY!
HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner

Congratulations to **Ray Souder, Material Handler**, for being the Improvement Idea winner for February. There were nine improvement ideas in February all submitted by Ray. Thank you Ray for letting us know your ideas for improvement here at Rex.



Ray's winning idea is to fix and smooth over the large crack on the back cement ramp. Due to the uneven surface, there is a danger of the material falling off the forklift trucks and rolling down the ramp damaging the material and potentially hurting people or cars in its path.

The next Improvement Idea spin will be held on Monday, March 25 at 3:10 pm in the Vacuum Bay area. Ray 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 MARCH IMPROVEMENT IDEAS
WEDNESDAY, MARCH 20, 9 A.M.**

Monthly Winners

By Johnathan Rex, General Manager



Jacinda Schneider, January Improvement Idea winner, is congratulated by General Manager Johnathan Rex.

Our Improvement Idea winner for January was **Jacinda Schneider, Utility Worker, mid shift**. Jacinda won \$200 on her spin. Andy Hiddemen submitted two ideas and Ray Souder submitted one idea. They all received a "Good Job" pin and \$5 Instant Lottery ticket.



Andy Hiddemen (left) and Ray Souder receive their Good Job pins and Instant Lottery tickets from Johnathan Rex for submitting improvement ideas in January.



The lucky winner of "Monthly Employee Appreciation" was **Nancy Viola**, who won a \$50 reward on her spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Ellis Baptiste, Fred Cherezov, Sharley Dubissette, John Hernandez, and Brandon Reynolds** each received a \$5 Instant Lottery ticket. **Sarah Mansuetti** was the Rex Riddle winner and she, too, received a \$5 lottery ticket. Employees celebrating anniversaries in February received their anniversary gifts from General Manager Johnathan Rex.



Johnathan Rex congratulates employees celebrating anniversaries (from left): Ray Souder (5 yrs) and Sandy Zigon (35 yrs). Others celebrating but not pictured: Ricky Banyai (8 yrs), Mike Evans (7 yrs), Greg Bruno (13 yrs), Jim Koester (24 yrs), and Don Wiggins (23 yrs).



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.



Nancy Viola, this month's Employee Appreciation winner, is congratulated by Johnathan Rex.



Sarah Mansuetti, this month's Rex Riddle winner, receives her Instant Lottery Ticket from Johnathan Rex.



Understanding Blood Pressure Readings



The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested by your doctor. Understanding your results is key to controlling it. The five blood pressure ranges as recognized by the American Heart Association are listed in the chart below.

Your blood pressure is recorded as two numbers:

Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.

However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure. According to recent studies, the risk of death from heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89.

Why blood pressure is measured in mm Hg

The abbreviation **mm Hg** means millimeters of mercury. Mercury was used in the first accurate pressure gauges and is still used in medicine today as the standard unit of measurement for pressure.



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120 and	LESS THAN 80
ELEVATED	120-129 and	LESS THAN 80
HIGH BLOOD PRESSURE (Hypertension) Stage 1	130-139 or	80-89
HIGH BLOOD PRESSURE (Hypertension) Stage 2	140 OR HIGHER or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180 and/or	HIGHER THAN 120

Normal

Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

Elevated

Blood pressure is elevated when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

Hypertension Stage 1

Hypertension Stage 1 is when blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease.

Hypertension Stage 2

Hypertension Stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

Hypertensive crisis

If your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, you require immediate medical attention.



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

- 11 Trevor Levonski
- 12 Chris Hainey
- 16 Folly Agbo
- 18 Brandon Reynolds
- 19 Alex Rutkowski
- 25 Ellis Baptiste
- 26 Chris Constable

REX RIDDLE #92

I have branches, sometimes
a few and other times
hundreds or more, but I have
no fruit, trunk or leaves.

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:
What month has 28 days?

Answer: All of them!

Yearly Work Anniversaries

The following employees are celebrating their Work anniversaries in March:

1 to 5 Years

Shawn Klinger (1 yr)

6-10 Years

Over 10 Years

Vernell Donaldson (12 yrs)
Mike Sweeney (33 yrs)

You will receive your annual gift at the monthly spin.



DAYLIGHT SAVINGS TIME

Spring Ahead

Sunday, March 10, 2019

Goodbye Winter, Hello Spring
Spring is coming,
As winter fades away,
With the melting snow.



Warm winds are coming,
Cold winds are leaving.
The air has this taste,
Of fresh spring air.
All traces of winter's drowsiness
Gone.

SPRING BEGINS MARCH 20. Yay!

Laughter Can Be The Best Medicine

Laughing is a celebration of the good, and it's also how we deal with the bad. Laughing, like crying, is a good way of eliminating toxins from the body. It triggers the release of endorphins, which are hormones that produce a feeling of euphoria. Laughter also strengthens the immune system, reduces pain and lowers stress. Laughter is known to increase oxygen intake and blood flow, improve blood vessel function, and lower blood pressure. We also use an amazing amount of muscles when we laugh. So you see, there is actually more to a hardy belly laugh than just raising our spirits for a few minutes. Here are some prominent benefits of laughter provided by the website CureJoy.com.



1. Stress Reliever

Laughter is an effective anti-stress emotion-filled activity and one of the best muscle relaxants. Laughter dilates blood vessels and supplies more blood to the muscles all over the body. A good laugh also reduces the levels of stress hormones epinephrine and cortisol.

2. Immune System Booster

The immune system is responsible for maintaining good health and preventing infections, allergies, and cancers. Negative emotions like anxiety, depression or anger weaken the immune system and reduce its ability to fight infections. Researchers have found that laughter therapy increases antibodies (such as Immunoglobulin A), which are believed to have a protective capacity against some viruses, bacteria and other microorganisms.

3. Cardiac Health

Laughter is an effective method to control blood pressure by reducing the release of stress-related hormones and promoting relaxation. Experiments have demonstrated that a 10-minute laughter session leads to a reduction of 10-20 mm in blood pressure. Laughter may be the best preventive medicine for those who are at a high risk of developing heart disease as it improves the blood circulation and oxygen supply to the heart muscles.

4. Effective Exercise

The most notable benefit almost everybody derives from laughter is a sense of well-being. A 15-minute laughter session in the morning can keep you alert and fresh throughout the day. The reason for this is that you inhale more oxygen while laughing. Laughter is equivalent to any aerobic exercise, minus the sweating.

5. Respiratory Ailments

Laughter is one of the best exercises for those suffering from asthma and bronchitis. It improves the lung capacity and increases oxygen levels in the blood. Laughter increases the antibody levels in the mucous membranes of the respiratory passages, which helps reduce the frequency of chest infections. Stress is another factor that can cause an asthma attack. By reducing stress, laughter can improve the prognosis of the disease.



6. Mental Health Conditions

The stress and strain caused due to the mechanical modern life adversely affect the mind and body. Mental health conditions such as anxiety, depression, nervous breakdowns, and insomnia are at an all-time high. Laughter has caused positive changes in many people who take anti-depressant pills and tranquillizers. Laughter has helped such patients achieve better sleep and overcome depression.

7. Exercise Facial Muscles

Laughter is an excellent exercise for facial muscles. It tones the muscles of the face and improves facial expressions. Laughter also increases blood supply to the face, which nourishes the facial skin and makes it glow. Laughing makes people look more cheerful and attractive as well as younger and healthier.