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Free Coffee Day!

To celebrate those employees with birthdays in November (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, November 20 through early AM Tuesday, November 21.



ENJOY

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Chris Hainey**, Furnace Operator, third shift for being the Improvement Idea winner for October. There were 11 improvement ideas submitted this month. Chris submitted nine of those ideas. **Keith Bannon** and **Chris Kent** submitted one idea each. Thank you all for your ideas for improvement here at Rex.



Chris's idea is to improve the tooling we use to rack paddles on the 100 line. His idea is to weld the middle bracket that helps them stand up straight to the basket. We would save time and reduce the amount of wire used to set up these loads.

The next Improvement Idea spin will be held on Monday, November 20 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 NOVEMBER IMPROVEMENT IDEAS
WEDNESDAY, NOVEMBER 22, 9 A.M.**

Monthly Winners

By Scott Wagner, Plant Manager



Chris Hainey, Improvement Idea Winner for September, is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for September was **Chris Hainey**, Furnace Operator, third shift. Chris won \$200 on his spin. There were three Improvement Ideas submitted in September and all of them were submitted by Chris. He also received a "Good Idea" pin and \$5 lottery ticket.



Fred Cherezov, Employee Appreciation Winner this month, is congratulated by Scott Wagner.



Scott Wagner presents lottery tickets to winners (top from left): Terry Copenhaver, Mike Evans; (bottom from left): Yao Kangni Soukpe, Derek McAlarney. Sarah Mansuetti also won a ticket but is not pictured.

The lucky winner of "Monthly Employee Appreciation" was **Fred Cherezov** who won \$75 on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Terry Copenhaver, Mike Evans, Yao Kangni Soukpe, Sarah Mansuetti, and Derek McAlarney** each received a \$5 instant lottery ticket. **Frank Rapine** was the Rex Riddle winner and he, too, received a \$5 lottery ticket. Several employees celebrating anniversaries received their anniversary gifts from Scott Wagner, Plant Manager.



Rex Riddle winner Frank Rapine receives his prize lottery ticket from Scott Wagner.

For refreshments, we enjoyed cookies and free coffee. Please come to next month's spin to see if your name is picked as the Monthly Employee Appreciation winner. Then you can spin the Rex Wheel of Chance.



Scott Wagner presents anniversary gifts to (from left): Chris Constable (17 yrs), Yao Kangni Soukpe (11 yrs), Paul Moss (5 yrs). Also celebrating but not pictured: Jim Brough (29 yrs), Bernadette Hoffman (3 yrs), and Kris Hunsicker (23 yrs).

America's First Drive-Thru Bank



Many of us rarely see the inside of a bank anymore. We do most of our financial business at a ATM or via online banking. Many banks these days also provide drive-thru lanes where customers can make deposits and withdrawals without leaving their cars. Now we take all that for granted.

However on Nov. 12, 1946 when the Exchange National Bank of Chicago opened its first drive-in bank, the idea was revolutionary. It was perfect timing as the country was about to be dominated by the automobile.

Tellers at the Exchange National Bank sat behind bullet-proof glass. Customers could deposit or withdraw their money through sliding drawers. They appreciated the new convenience as it was quick and efficient but best of all, they didn't have to get out of their cars. The bank liked the idea, too, because it meant more business for them since customers were more inclined to deposit their money in a place that offered such a convenience. The idea spread and within a few years, drive-through banking was a common sight across the country.

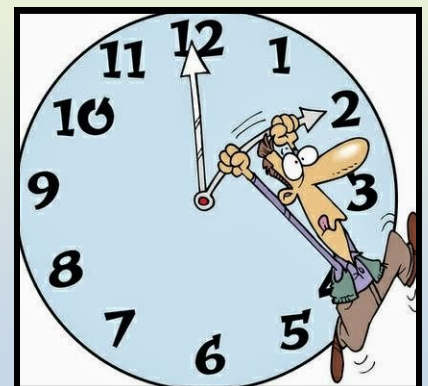
In the years to come, the idea of "drive-in" would expand to include restaurants, gas stations, movie theaters, and drug stores.



Time To Turn Back the Clocks

Daylight Savings Time ends on Sunday, November 5 at 2 a.m. We are reminded to turn back our clocks one hour before going to bed. This time change also begins the waning of daylight hours and the creeping in of darkness. We'll begin driving home from work in the dark, and kids will have less daylight for after school playtime. The clock change also signals that the holidays are just around the corner.

Daylight Saving Time begins in March when the clocks "spring ahead" and ends in November when clocks "fall back." This happens on the second Sunday in March every year and the first Sunday in November. As far as manually changing clocks, this is a task that gets easier by the year as new technology allows the time to change automatically in many clocks. Not many folks today have to worry about changing the time on the clocks in their cars, the clocks on their appliances, and the clocks in their computers.



HAPPY BIRTHDAY!

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

8 Mike Santiago
11 Ron Makos
13 Joe Carr
16 Theresa Scargill
17 Dave Brough

REX RIDDLE #76

A man drove all the way from New York to San Francisco only to discover at the end of the trip that he had a flat tire from the very start. Yet his car was completely unaffected by it?

How is this possible?



To submit your answer to this month's Rex Riddle, complete a Guess Slip and put it in the wooden locked box outside the production office. Guess slips will be picked up until the morning of the monthly spin. The winner, drawn from all the correct answers, will receive a \$5 instant lottery ticket.

Answer to last month's riddle:

WHAT ROOM DO GHOSTS AVOID?

Answer: The "living" room

Yearly Work Anniversaries

The following employees are celebrating Work anniversaries in November:

1 to 5 Years

6-10 Years

Over 10 Years

Derek McAlarney (6 yrs)

Fred Cherezov (10 yrs)
Jim Forbes (20 yrs)
Vindon Griffin (14 yrs)

Happy Thanksgiving

Ways to Give Thanks on Thanksgiving

- Donate to your favorite charity.
- Unplug for the day while spending time with family and friends.
- Help distribute meals at a local shelter.
- Deliver cakes, cookies or other Thanksgiving treats to your local police station and fire house for the first responders who will be working that day.
- Attend a Thanksgiving Day service and reflect on the meaning of gratitude.
- Send a Thanksgiving care package to a family member or friend serving in the armed services who will not be home for the holiday.

Gratitude

is not only
the greatest of virtues,
but the parent of all the others.

- Cicero

What Do You Know About Eating?



In a little booklet entitled *Tests and Teasers* compiled by the editors of Reader's Digest, there's this informative quiz about food. The statements challenge our beliefs about food and how we eat it. Take a few minutes to read each statement then give a TRUE or FALSE reply. This is a fun way to learn more about ways to stay healthy. Answers are reversed on the other side of this page.

- | | | |
|--|---|---|
| 1. Breakfast is your most important meal. | T | F |
| 2. Hot meals warm you. | T | F |
| 3. You should eat less in hot weather. | T | F |
| 4. Some foods are sex stimulants. | T | F |
| 5. We'd be better off if we ate five times daily. | T | F |
| 6. The more you eat, the more you want. | T | F |
| 7. Exercise is a more efficient way to reduce than diet. | T | F |
| 8. Your disposition is worst just before meals. | T | F |
| 9. Food is a good cure for fatigue. | T | F |
| 10. Bedtime snacks cause restless sleep. | T | F |

1. **TRUE.** Doctors and dieticians says that breakfast skippers are more subject to deficiency diseases, make more mistakes at work, and make poorer grades as students.
2. **FALSE.** Only psychologically. Calories are what add body heat. On a zero degree day, the calories in ice cream will warm you as much as hot soup.
3. **FALSE.** If you exercise a lot in summer and sit by the fireside all winter, you'll actually need more food in the hot months.
4. **FALSE.** The only connection between food and sex is that a well-balanced diet stimulates the body in every function. Malnutrition dulls every interest.
5. **TRUE.** Two extra snacks between main meals provide quick energy pick-ups, increase efficiency, and make you less hungry at main meals.
6. **TRUE.** Huge meals stretch your stomach and make you desire more food. Conversely, the less you eat, the less you want. Once used to smaller intake, you may wonder how you could have eaten so much previously.
7. **FALSE.** You'd have to climb 20 flights of stairs to lose the calories in one slice of bread, saw wood for 55 minutes to counteract one chocolate ice cream soda. Such strenuous exercise only makes you hungrier. A healthy balance of diet and exercise is the best route.
8. **TRUE.** Studies show that tempers reach their peak just before breakfast, lunch and dinner. That's one reason not to ask a favor until after a meal.
9. **FALSE.** Fatigue gives you an abnormal appetite. Never eat heavily when you are overtired. Instead of the quick pick-up you desire, the food is likely to lie undigested and cause gastric discomfort.
10. **FALSE.** A light snack or a cup of soup or milk before bedtime makes for a good rest. It draws blood into the digestive organs and away from the brain. Only if you overeat or eat heavy greasy foods are you in for trouble.

**SOME ANSWERS
MAY SURPRISE YOU**