

Inside this issue:

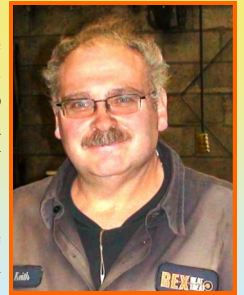
<i>Don't Worry Be Happy</i>	2
<i>Tickle Your Funny Bone</i>	2
<i>October Birthdays and Anniversaries</i>	3
<i>Rex Riddle</i>	3
<i>Happy Halloween</i>	3
<i>Be Prepared for Any Emergency</i>	4

Free Coffee Day!

To celebrate those employees with birthdays in October (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, October 29 through early AM Tuesday, October 30. ENJOY!
HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Keith Bannon**, Maintenance 'A' first shift, for being the September Improvement Idea winner. There were eight Improvement Ideas submitted in September. Besides Keith's winning idea, **Andy Hiddemen** and **Brian Wingate** submitted two ideas each, and **Cole Fitzgerald**, **Frank Rapine** and **Jacinda Schneider** submitted one idea each. Thank you for letting us know your ideas for improvement here at Rex.



Keith's idea is to install arms along the rail or channel where we currently store side plates. The arms will allow for easy storage and retrieval of the loops. Currently the loops are stored on the shop floor. This improvement will get the loops off the floor and allow for easy storage and retrieval when needed. It will also help to inspect them to ensure they are in good condition.

The next Improvement Idea spin will be held on Monday, October 29 at 3:10 pm in the Vacuum Bay area. Keith 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 OCTOBER IMPROVEMENT IDEAS
THURSDAY, OCTOBER 25, 2 P.M.**

Monthly Winners

By Scott Wagner, Plant Manager



Jim Forbes, August Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for August was **Jim Forbes**, Maintenance 'A' first shift. **Jim** won \$100 on his spin. **Chris Kent** also submitted an idea in August. They both received a "Good Idea" pin and \$5 Instant lottery ticket.

The lucky winner of "Monthly Employee Appreciation" was **Derek McAlarney**, who won a \$100 reward on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Greg Bruno**, **Fred Cherezov**, **Kris Hunsicker**, **Sarah Mansuetti**, and **Theresa Scargill** each received a \$5 Instant Lottery ticket. **Frank**

Rapine was the Rex Riddle winner and he, too, received a \$5 lottery ticket.

Employees celebrating anniversaries received their anniversary gifts from Plant Manager Scott Wagner.

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



Employees celebrating anniversaries receive their gifts from Scott. From left: Adrian Rivera (10 yrs), Sid Hefflin (63 yrs), Nancy Viola (12 yrs). Others celebrating but not pictured: Alex Rutkowski (6 yrs) and Mike Townsend (6 yrs).



Scott congratulates Derek McAlarney for being this month's Employee Appreciation winner.



Rex Riddle winner Frank Rapine takes a selfie. He was our photographer this month photographing all the winners.



Scott presents lottery tickets to this month's winners. From left: Sarah Mansuetti, Theresa Scargill. Other winners not pictured: Greg Bruno, Fred Cherezov and Kris Hunsicker.



DON'T WORRY BE HAPPY

In today's busy, fast-paced world, it's easy to lose sight of what makes us happy. Yet it's important for us to know that our happiness can have a sizable impact on our health. Years of research by scores of scientists around the world have shown that happy people have younger hearts, younger arteries, and are often much younger in mind, body and spirit than their actual real age. Happy people recover more quickly from surgery, cope better with pain, have lower blood pressure, and have longer life expectancy than unhappy people.

Studies also suggest that happy people may have stronger immune systems. They're less likely to get colds and flu viruses, and when they do, their symptoms tend to be mild. Not surprisingly, happy people are better at looking after their health, too. When people's happiness levels improve, so do their health behaviors. They exercise more, wear sunscreen, and go for regular checkups.

Vast scientific literature has detailed how negative emotions harm the body. Serious, sustained stress or fear can alter biological systems in a way that, over time, adds up to "wear and tear" and, eventually, to illnesses such as heart disease, stroke, and diabetes. Chronic anger and anxiety can disrupt cardiac function by changing the heart's electrical stability, hastening atherosclerosis, and increasing systemic inflammation.

For example, a 2007 study that followed more than 6,000 men and women aged 25 to 74 for 20 years, showed that emotional vitality—a sense of enthusiasm, of hopefulness, of engagement in life, and the ability to face life's stresses with emotional balance—appears to reduce the risk of coronary heart disease. The protective effect was distinct and measurable, even when taking into account such wholesome behaviors such as not smoking and regular exercise.

It's time for all of us to focus more on what makes us happy. Going to the beach, having a day at the spa, watching a sunset, losing 10 pounds – whatever it is, do more of it. One study suggested that at the end of every day, we write down all the good, positive things that happened in our lives that day. This simple exercise can have a positive effect on our physical and emotional well being.

Portions of this article came from Share.com and HSPH Associates (Harvard School of Public Health)



Tickle Your Funny Bone

Today I got my Happy pills and my Ticked Off pills mixed up. I took one of each so now I'm ticked off but I'm happy about it.

If someone calls you "ugly" - have a good comeback and say, "Excuse me, I am not a mirror."

Two Golden Rules to a happy marriage:

1. *The wife is always right.*
2. *When you feel she's wrong, slap yourself and read Rule 1 again.*

Snarky Humor

- **If you're here, who's running hell?**
- **Would you like to dance? No? You must have misheard me, I said you look fat in those pants.**
- **Don't you dislike people who use big words just to make themselves look perspicacious?**
- **When I see ads on TV featuring smiley people using some new cleaning product, the only thing I want to buy are the meds they are clearly on.**
- **Those of you who think you know it all are really annoying to those of us who do.**

Wife: Our neighbor Mr. Smith kisses his wife every day before he goes to work. How come you never do?

Husband: Honey!? How could I? I don't even know her.

Autumn humor: The squirrels must be gathering nuts. Three of my neighbors have disappeared.

Be crazy, be stupid, be silly, be weird. Life is too short to be nothing but HAPPY.



Employees celebrating October birthdays are listed below. Let's wish them a happy day.

1	Sandy Zigon
2	Mike Townsend
7	Jacinda Schneider
9	Tim Plaughter
15	Johnathan Rex
22	Chris Kent
22	James Stanton
26	Andy Veneziale

REX RIDDLE #87



Which part of a road do ghosts love to travel the most?

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:

If you were in a dark room with a candle, a woodstove, a match. and a gas lamp which do you light first?

Answer: The match

Yearly Work Anniversaries

Work anniversaries in October:

1 to 5 Years

Bernadette Hoffman (4 yrs)

6-10 Years

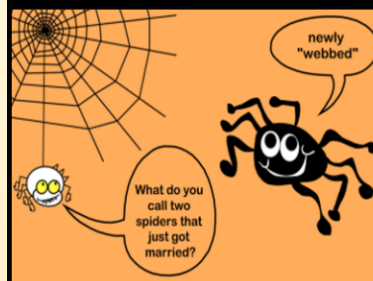
Over 10 Years

Jim Brough (30 yrs)
Chris Constable (18 yrs)
Kris Hunsicker (24 yrs)
Yao Kangni Soukpe (12 yrs)

Employees receive their annual gifts at the monthly spin.



Halloween Jokes



A PUMPKIN GHOST STORY...

And after they hollow you out, they stick a fire inside you!



Be Prepared for Any Emergency



With all the massive storms and other natural disasters happening these days, it makes sense to be prepared should anything untold happen in your own neighborhood.

FEMA (Federal Emergency Management Agency) provides lots of good information on how to respond to emergencies on its site www.ready.gov. It advises three key steps: create an emergency supply kit, a family emergency plan, and stay informed.

The site advises that everyone should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Each person needs to consider where they live and any unique family needs. Some recommended items include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food at least a three day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags with plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Additional items to consider:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as insurance policies, medical cards, ID, and bank account records – all in waterproof container
- Fire extinguisher
- Matches in waterproof container
- Sleeping bag or warm blanket for each person



As the old adage goes: “Better safe than sorry.”