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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 October 26 through early AM on October 27.

ENJOY! HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to Mike Townsend, a Furnace Operator in the 600 Group, second shift, for being the Improvement Idea winner for September. There were four improvement ideas submitted in September. Mike submitted three ideas, and Derek McAlarney submitted one. Thank you for letting us know your ideas for improvement here at Rex.



Mike's idea is to paint with reflective yellow, the edge of the back dock, rear loading dock, and the front receiving loading dock areas. At night or in bad weather it can be difficult to see clearly. This also occurs when coming out of the well lighted building to the darker loading dock area's out back.

The next Improvement Idea spin will be held on Monday, October 26 at 3:10pm in the Induction area. Mike 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 submitting October Improvement Ideas:
Wednesday, October 21 — by 2 p.m.**

Monthly Winners

By Scott Wagner, Plant Manager



Mike Townsend, August Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for August was **Mike Townsend**, a Furnace Operator in the 600 Group, second shift. Mike won a \$250 award on his spin. There were three Improvement Ideas submitted in August. Besides Mike's winning idea, **Tom Felder** and **Nancy Viola** submitted one idea each. They each received a "Thank You" pin and \$5 lottery ticket.



Nancy Viola receives her Thank you pin from Scott Wagner for her August Improvement Idea.

The lucky winner of "Monthly Employee Appreciation" was **Theresa Scargill** who won a \$150 reward on her spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Ricky Banyai**, **Fred Cherezov**, **Jim Forbes**, **Adrian Rivera**, and **Mike Townsend** each received a \$5 Instant lottery ticket. **Chris Kent** was the **Rex Riddle** winner and he, too, received a \$5 lottery ticket. Several employees at the spin were celebrating an anniversary and received an anniversary gift from Scott Wagner, Plant Manager.



Theresa Scargill is congratulated by Scott Wagner for being the monthly Employee Appreciation winner.



Celebrating anniversaries from top left: Sid Hefflin (60 yrs), Nancy Viola (9 yrs). From bottom left: Mike Townsend (3 yrs), Adrian Rivera (7 yrs). Scott Wagner presents each with their anniversary gift.

For refreshments, we all enjoyed snacking on an assortment of cookies and there was free coffee for everyone. 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.



Lottery ticket winners from left: Adrian Rivera, Ricky Banyai, and Fred Cherezov are congratulated by Scott Wagner. Other winners not pictured: Jim Forbes and Mike Townsend.

Greg Bruno Promoted to Production Manager



Greg and Colleen at Crater Lake National Park, Oregon

To Greg Bruno the best thing in the world is hiking a wilderness trail in one of America's beautiful national parks. "I love the idea of being in the middle of nowhere," he says. This love of nature and the outdoors has inspired him since he was 21 years old to visit and hike 20 National Parks across the country. In fact, he proposed to his wife Colleen four years ago while hiking the Blue Ridge Mountains in Shenandoah National Park in Virginia. His goal is to visit every national park in the country.

That ambition, however, has to be put on hold for a while as Greg settles into his new job as Production Manager here at Rex Heat Treat. This position is 10 years in the making. Greg first joined RHT in 2006 as a temporary utility worker second shift on the 600 line.

After just a few weeks on the job, he was asked if he wanted to learn to be a furnace operator. "Of course I said yes," recalls Greg. He trained on the 300 line for about two months when he was hired fulltime. From that point onwards, Greg kept advancing. He learned the 100 line, working second shift for two and a half years, then A shift for another two and a half years, and at his five year mark with the company, he became third shift supervisor. A few years later, he moved to second shift supervisor. All this training and experience prepared him for his recent promotion.

As if work and family weren't enough to keep Greg busy, he will be graduating in October from the Metal Treating Institute Leadership program that he's been attending for the past 10 months. After that he'll return to being a business management major at Temple University where he's in his junior year.

Greg keeps a pretty full schedule, that's for sure. In addition, he's a new dad to four month old Ryan. Greg already bought a baby hiking backpack for his little guy and has taken him on his first hike with Colleen and the family dog Maggie to Arcadia National Forest in Maine. No matter how busy Greg gets, he's determined to always find time to hike and enjoy the outdoors.

Congratulations Greg!

HALLOWEEN SAFETY TIPS



Halloween can be a fun day when kids and adults dress up in crazy costumes, wear wild make-up or masks, and get lots of teeth rotting candy. To ensure that the holiday is a safe experience for the whole family including the pets, the Centers for Disease Control and Prevention offer some wise and easy-to-follow Halloween safety tips.

Trick or Treat

Instruct children not to eat any treats until the contents of their goody bags are examined by a parent or adult at home. It's best to allow only "factory" wrapped treats. Adult supervision is advised for neighborhood trick and treating. It's best to go in the late afternoon or early evening. Stay on well lit streets, carry a flash light, and never go into a stranger's home. Also carry a cell phone. Parents and children alike must observe street safety. Stay on sidewalks, obey traffic signals, and look both ways before crossing the street.

Costume Safety

Wear properly fitted costumes to prevent any tripping or falling hazards. Reflective tape on the costume enables cars to see revelers more clearly. It's advisable to apply make-up rather than masks – as masks can block vision. Never carry any sharp accessories such as swords or knives. Also – be sure your children wear fireproof costumes and instruct them to walk clear of any candle lit Jack O'Lanterns.

Pet Protection

All the doorbell ringing and strange voices yelling "treat or treat" will no doubt scare your dog or cat. Keep them closed in a back room so they don't dart out the door or in the case of dogs, bark and jump at the children. Keep all pets indoors during mischief night and Halloween. This is particularly true if you have a black cat. Some people have weird ideas about black cats and Halloween. It's best not to dress up your pets in costumes as it is so stressful for them. Keep pets clear of lit candles, and never give your dog or cat chocolate – it's very bad for them and sometimes fatal.



HAPPY BIRTHDAY!

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

1	Sandy Zigon
2	Mike Townsend
9	Tim Plaugher
15	Johnathan Rex
22	Chris Kent
26	Andy Veneziale

REX RIDDLE 51?

I can be long, or I can be short.
I can be grown, and I can be cut.
I can be painted, or left bare.
I can be round, or square.

WHAT AM I?

To submit your guess for The Rex Riddle, take a slip out of the Riddle envelope, fill it out, and drop it in the box outside of the Production Office door. Entries 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:

You have no control over me.
I am not real, though sometimes
you believe me.
I appear in the night, and am
often forgotten,
Sometimes I tell of things yet to come.
Sometimes, experiencing me, you do things
you've never done.
I rarely ever turn out to be true.
Now I am done with this riddle for you.
What am I?

A Dream

Yearly Work Anniversaries

The following employees are celebrating their Work anniversaries in **October**

1 to 5 Years

Bernadette Hoffman (1 yr)

Paul Moss (3 yrs)

6 to 10 Years

Yao Kangni Soukpe (9 yrs)

Over 10 Years

Bill Attieh (19 yrs)

James Brough (27 yrs)

Chris Constable (15 yrs)

Kris Hunsicker (21 yrs)

Chris Sholly (21 yrs)

You will receive your annual gift at the monthly spin.

DID YOU KNOW...



.... that one of the nation's premier Halloween attractions is right in Philadelphia? The abandoned Eastern State Penitentiary in the Fairmount section of the city is the site of "Terror Behind the Walls," a haunted attraction guaranteed to scare you silly. This year "Terror" runs from September 18 through November 7.

As described by the organizers of the event – Terror Behind the Walls "is a high startle, high intensity event that features strobe lights, fog machines, loud noises, gruesome industrial scenes, and electrical effects that can affect pacemakers, other implanted medical devices and those prone to seizures." Yikes!

Just imagine being inside an 11-acre abandoned prison at night! Willing participants wind their way through six sections of the prison -- The 3-D Experiment, Lock Down, Infirmary, Detritus, Night Watch, and Machine Shop. Most of it is in pitch black with actors in very convincing scary costumes and make-up leaping out at them. Participants can elect to just observe the action or interact with the actors at their own peril.

If it gets too much – guests can alert event staff or security officers and they will be escorted out of the prison. Children under 7 are not permitted on the site and it's suggested that children ages 7-12 visit on special "family nights." Children 18 and under must be accompanied by a parent or guardian and a waiver must be signed by the adult.

More details about the event can be found on the prison website www.easternstate.org/halloween



PONDERING PUMPKINS



It's that time of year when farmers harvest their pumpkin crop. If there was ever a symbol for October – the pumpkin would be it. The big orange globes are plentiful in every supermarket and farmer's market, and pumpkin flavorings pervade many types of foods and beverages. Pumpkin spice lattes, pumpkin pies, pumpkin yogurts, pumpkin spice room fresheners, candles...there are now even pumpkin spice flavored Oreos, M&M's, Pop-Tarts, Pringles, soda, soup and beer! Oy!

For members of the Pennsylvania Giant Pumpkin Grower's Association this is show and tell time as their hefty pumpkins have been putting on pounds since spring. Giant pumpkins aren't your ordinary run of the mill pumpkins. These babies are huge! The 2014 PA Giant Pumpkin winner tipped the scales at 1,821.5 pounds. That weight was up from the 2013 winner's 1,683 pounds. As big as that Pennsylvania pumpkin may be – it pales next to the 2014 World

Champion Giant Pumpkin grown by a Swiss farmer that broke all records weighing 2,323 pounds.



This is the time when artists carve some spectacular Jack O'Lanterns. The hard exterior and soft interior of a pumpkin make it the perfect creative medium. Doctors see more hand injuries around Halloween, however, and advise carvers to cut wisely. Better yet, they are advised to buy a special pumpkin carving kit that includes small, serrated pumpkin saws that work better because they are less likely to get stuck in the thick pumpkin tissue and cause serious deep cuts when pulled free.

There is more to these orange gourds than Halloween and sugary desserts. Pumpkin actually has numerous health benefits. It's rich in fiber which slows digestion keeping us feeling fuller longer. There are seven grams of fiber in a cup of pumpkin. That's more than two slices of whole grain bread. Pumpkins also boast the antioxidant beta-carotene, which may play a role in cancer prevention, according to the National Cancer Institute. Finally, pumpkin is also a low calorie food. It has fewer than 50 calories per serving, and since it's nearly 90 percent water, it keeps us hydrated as well.

