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## Free Coffee Day!

To celebrate those employees with birthdays in September (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, September 24 through early AM Tuesday, September 25. ENJOY!  
**HAPPY BIRTHDAY TO ALL!**

## Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Jim Forbes, Maintenance 'A' first shift**, for being the August Improvement Idea winner. There were two Improvement Ideas submitted in August. Besides Jim's winning idea, **Chris Kent** submitted an idea. Thank you to both for letting us know your ideas for improvement here at Rex.



Jim's idea is to alternate with half soft brick, and half hard brick to the 670 furnace. We would install them on the bottom front row where the door comes down. This has worked well on the 320 furnace and should work well on 670 too. This should last longer and reducing repair time as well as cost of materials.

The next Improvement Idea spin will be held on Monday, September 24 at 3:10 pm in the Vacuum Bay area. Jim 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 SEPTEMBER IMPROVEMENT IDEAS  
THURSDAY, SEPTEMBER 20, 2 P.M.**

## Monthly Winners

By Scott Wagner, Plant Manager



Ray Souder, July Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for July was **Ray Souder**, Material Handler. Ray won \$200 on his spin. **Bob Feldman, Andy Hiddemen, Frank Rapine and Jacinda Schneider** also submitted ideas in July. They all received "Good Idea" pins and \$5 Instant Lottery tickets.

The lucky winner of "Monthly Employee Appreciation" was **Folly Agbo**, who won a \$125 reward on his spin.

Five names were drawn from a bucket that contained the names of all Rex employees. **Sid Heflin, Derek McAlarney, Zoe Rex, Theresa Scargill, and Don Wiggins** each received a \$5 Instant Lottery ticket. **Jim Forbes** was the Rex Riddle winner and he, too, received a \$5 lottery ticket.



Scott presents anniversary gifts to (top L-R): Keith Bannon (24 yrs), Terry Copenhaver (40 yrs); bottom (L-R): Spencer Freund (2 yrs), Brian Wingate (7 yrs). Bob Feldman (7 yrs) also celebrated an anniversary but is not pictured.

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.



Scott presents Instant Lottery tickets and Good Idea pins to employees who submitted Improvement ideas in July. From left: Andy Hiddemen, Frank Rapine, and Jacinda Schneider. Bob Feldman also submitted an idea but is not pictured.



Scott congratulates Jim Forbes for being this month's Rex Riddle winner.



Scott congratulates Folly Agbo for being this month's Employee Appreciation winner.



Scott presents Instant Lottery tickets to this month's winners: (From left): Sid Heflin, Derek McAlarney, Zoe Rex, and Theresa Scargill. Don Wiggins, also a winner, is not pictured.

## SOME TRICKS TO PREVENT TICKS

### Protect Yourself Against Lyme Disease in Spring, Summer, and Fall



It may be hard to wear long pants, long sleeves and a hat in 95 degree weather but that is exactly what is recommended to prevent tick bites while enjoying outdoor activities this summer and fall.

Lyme disease, the most notorious ailment contracted from a tick bite, was recently reported to be epidemic especially in the Northeast. In 2017, Pennsylvania reported 10,001 cases of Lyme disease, effectively raising the state's positive results by 78 percent since 2016. In the United States, an estimated 300,000 infections occur each year.

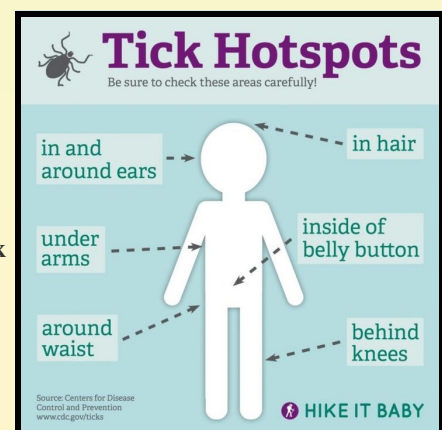
Blacklegged ticks (the ticks that cause Lyme disease) are hard to detect as they are about the size and color of a poppy seed. They live in moist and humid environments, particularly in and near wooded or grassy areas. To avoid them, always walk in the center of trails rather than through tall bushes or other vegetation.

Some precautions to help deter ticks include tucking your pants into your socks, wearing closed toe shoes, a hat, and white or light colored clothing so you can easily detect and brush off ticks before they find your skin. Whatever color of clothing you wear, it's best to lightly spray it with insect repellent to further deter ticks.

Insecticides containing Diethyl-meta-toluamide (DEET) can be used, but the American Academy of Pediatrics has advised against using insect repellents with DEET concentration higher than 30-percent, especially on children. Other insect repellants and some essential oils can provide some protection, but ticks do have a higher tolerance to insecticides than other insects like mosquitoes. The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family.

Check your clothing and body for ticks after being outdoors, even in your own yard. Search your entire body -- under arms, in and around ears and hairline, back of knees, between legs, and around waist. Check your pets, too, because they can carry ticks into the house. If a tick has attached itself to your skin, remove it quickly with fine-tipped tweezers. If the tick has been attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small.

However if you suspect that you didn't find the tick in time, pay close attention over the next couple of days and weeks. A characteristic flat, red ring or bull's eye rash develops in 75% of those who have been bitten by a tick infected with Lyme disease. This rash could appear days to weeks after the bite and spreads outward. There may be other odd rashes and you may run a fever. Immediately see your doctor if you have these signs or symptoms.



**HAPPY  
BIRTHDAY**

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

10 Greg Bruno  
20 Nick Fitzgerald

## REX RIDDLE #86

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

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:

You may praise your good fortune and curse all you hate,  
Yet I rule all your chaos and gamble your fate.  
By some I'm avoided by others I'm game,  
Called by fat or slim, my meanings the same.  
What am I?

Answer: Chance

## Yearly Work Anniversaries

### Work anniversaries in September:

#### 1 to 5 Years

#### 6-10 Years

#### Over 10 Years

Adrian Rivera (10 yrs)  
Alex Rutkowski (6 yrs)  
Mike Townsend (6 yrs)

Sid Heflin (63 yrs)  
Nancy Viola (12 yrs)

*Employees receive their annual gifts at the monthly spin.*

## Words to Motivate and Inspire

You're braver than you believe,  
stronger than you seem, and smarter  
than you think.

A.A. Milne



Every accomplishment starts with a  
decision to try.

Anonymous

Believe you can and you're halfway there.

Theodore Roosevelt

Change your thoughts and change your world.

Norman Vincent Peale

The secret to getting ahead is getting started.

Mark Twain

Feelings are much like waves. We can't stop them from  
coming but we can choose which ones to surf.

Anonymous

Strong people don't put others down —  
they lift them up.

Michael P. Watson



If Plan A fails, remember there are  
25 other letters.

Anonymous

Be happy with what you have  
while working for what you want.

Helen Keller

## National Weather Service Facts and Myths About Lightning Strikes

We've had our share of thunder and lightening storms this summer, and while lightening is fascinating to watch, there is danger. As a recent PECO flier warned: "When thunder roars, get indoors." Below are a few myths and facts about lightening from the National Weather Service.



**Myth: Lightning never strikes the same place twice.**

**Fact:** Lightning often strikes the same place repeatedly, especially if it's a tall, pointy, isolated object. The Empire State Building is hit an average of 23 times a year.

**Myth: If it's not raining or there aren't clouds overhead, you're safe from lightning.**

**Fact:** Lightning often strikes more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud. "Bolts from the blue" can strike 10-15 miles from the thunderstorm.

**Myth: Rubber tires on a car protect you from lightning by insulating you from the ground.**

**Fact:** Most cars are safe from lightning, but it is the metal roof and metal sides that protect you, NOT the rubber tires. Convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning. When lightning strikes a vehicle, it goes through the metal frame into the ground. Don't lean on doors during a thunderstorm.

**Myth: A lightning victim is electrified. If you touch them, you'll be electrocuted.**

**Fact:** The human body does not store electricity. It is perfectly safe to touch a lightning victim to give them first aid. This is the most chilling of lightning myths. Imagine if someone died because people were afraid to give CPR!

**Myth: If outside in a thunderstorm, you should seek shelter under a tree to stay dry.**

**Fact:** Being underneath a tree is the second leading cause of lightning casualties. Better to get wet than fried!

**Myth: If you are in a house, you are 100% safe from lightning.**

**Fact:** A house is a safe place to be during a thunderstorm as long as you avoid anything that conducts electricity. This means staying off corded phones, electrical appliances, wires, TV cables, computers, plumbing, metal doors and windows. Windows are hazardous for two reasons: wind generated during a thunderstorm can blow objects into the window, breaking it and causing glass to shatter and second, in older homes, in rare instances, lightning can come in cracks in the sides of windows.

**Myth: If thunderstorms threaten while you are outside playing a game, it is okay to finish it before seeking shelter.**

**Fact:** Many lightning casualties occur because people do not seek shelter soon enough. No game is worth death or life-long injuries. Seek proper shelter immediately if you hear thunder. Adults are responsible for the safety of children.

**Myth: If trapped outside and lightning is about to strike, I should lie flat on the ground.**

**Fact:** Lying flat increases your chance of being affected by potentially deadly ground current. If you are caught outside in a thunderstorm keep moving toward a safe shelter.