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Free Coffee Day!

To celebrate those employees with birthdays in April (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, April 24 through early AM Tuesday, April 25.

ENJOY!
HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Ray Souder**, Material Handler, mid-shift, for being the Improvement Idea winner for March. There were six ideas submitted this month. In addition to his winning idea, Ray submitted a second idea. **Chris Hainey, Trevor Levonski, Ryan O'Donnell, and Frank Rapine** submitted one idea each. Thank you all for letting us know your ideas for improvement here at Rex.



Ray's winning idea addresses a common problem that when bars are not properly secured on carts, they fall off when moved around. A swivel arm attached to the sides of the carts will ensure there is always something to keep the bars from falling. They will be flat against the sides of the cart so they won't bend or get damaged. They can be raised up when needed or pushed down along the sides when they are not.

The next Improvement Idea spin will be held on Monday, April 24 at 3:10 pm in the Induction 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 APRIL IMPROVEMENT IDEAS
WEDNESDAY, APRIL 19, 9 A.M.**

Monthly Winners

By Scott Wagner, Plant Manager



Jim Forbes is congratulated by Plant Manager Scott Wagner for being the Improvement Idea winner for February.

Our Improvement Idea winner for February was **Jim Forbes, Maintenance 'A', second shift**. Jim won \$100 on his spin. There were two Improvement Ideas submitted in February. Besides Jim's winning idea, **Chris Kent** submitted one idea as well. They both received a "Good Idea" pin and \$5 lottery ticket.



The lucky winner of "Monthly Employee Appreciation" was **Greg Smith**, who won a \$50 reward on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Jim Forbes, Trevor Levonski, Ron Makos, Alex Rutkowski, and Mike Townsend** each received a \$5 instant lottery ticket. **Joe Carr** 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.



Greg Smith, Monthly Employee Appreciation winner, is congratulated by Scott Wagner.

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.

House Numbers Crucial to Emergency Responders

In a recent Lansdale borough flier, there was an interesting mention entitled, "Can We Find You in an Emergency." The information was worth repeating. Below is some of the content of that article.

If house numbers are not prominently displayed on mailboxes, curbs, fronts of houses or garages, if they are missing numbers, not lighted properly, or unreadable in any way, emergency personnel will have trouble rescuing us should that be necessary.



In an emergency, police, fire and rescue workers depend on house numbers to find us as quickly as possible. Highly visible house numbers save emergency responders valuable time in reaching us when we most need them. Here are ways to be sure you are found.

- House numbers should be visible from the street.
- If your front door is not easily seen from the street, place numbers on posts, fence or tree at the driveway entrance.
- If your house number is painted on the curb, it's best to have the number displayed in two places so that if one is obstructed by snow or parked vehicles, responders can see the other.
- Numbers should be placed on a contrasting background with a reflective coating so they are visible at night.
- Repair or replace aging address numbers especially on mailboxes that are a distance from the front of your house.
- Also place house numbers on visible garages or sheds.

THE WACKY WHAT??? QUIZ

Weird and wild questions challenge your trivia knowledge. Have a go...no sweat, though....answers are below.

1. What is the favorite soup in the U.S?
2. What sports-related injury happens most often?
3. What is the most popular beverage in the world after water?
4. What state in the U.S. has 63 lighthouses?
5. What is the average speed of a house fly?
6. What contains more vitamin "C" — oranges or strawberries?
7. In the movie *Finding Nemo*, what kind of fish were Merlin and Nemo?
8. A camel has how many eyelids in one eye?
9. How many time zones are there in the world?
10. What country has the most bicycles per capita?

Answers: 1. Chicken Noodle; 2. Sprained ankle; 3. Tea; 4. Maine; 5. 4.5 mph; 6. Strawberries; 7. Clown Fish; 8. three; 9. 24; 10. China.



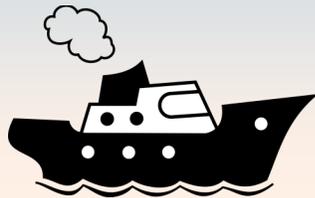


Employees celebrating a birthday in April are listed below. Let's wish them a happy day.

- 6 Paul Moss
- 12 Walter Bates
- 17 Jim Koester
- 17 Adrian Rivera
- 27 Spencer Freund
- 28 John Rex

REX RIDDLE #69

What is the worst vegetable to have on a ship?



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:

How high do you have to count before the letter "A" appears in a number?

Answer: Thousand

Yearly Work Anniversaries

The following employees are celebrating their Work anniversaries in April:

1 to 5 Years

Chris Hainey (1 yr)
Trevor Levonski (4 yrs)

6-10 Years

Greg Smith (10 yrs)

Over 10 Years

Brandon Reynolds (19 yrs)

You will receive your annual gift at the monthly spin.

CELEBRATE SACRED APRIL HOLIDAYS



APRIL 22 - EARTH DAY



Recycling Song

-Sung to "Row Row Row Your Boat"

Save, save, save your papers,
throw them in the bin,
we can help to save the Earth if
we all pitch in.

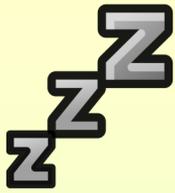
Save, save, save your bottles,
throw them in the bin,
we can help to save the Earth if
we all pitch in.

Save, save, save your cans,
throw them in the bin,
we can help to save the Earth if
we all pitch in.

Save, save, save your plastics,
throw them in the bin,
we can help to save the Earth if
we all pitch in.



Sleep: Important for Maintaining Health



According to the Centers for Disease Control (CDC), one of our nation's health problems is chronic sleep loss. Adults should sleep seven or more hours per night on a regular basis to promote optimal health. However, CDC data shows that about 70 million adults in this country report sleeping six hours or less on average.

A growing body of research has shown that insufficient sleep duration and quality are linked to the increased risk in the development of chronic diseases including diabetes, cardiovascular disorders, obesity, and depression. So if you don't get enough sleep – it's time to improve your sleep habits..

Here are 10 helpful tips:

- Keep a consistent sleep schedule. Get up at the same time every day, even on week-ends or during vacations.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Go to bed when you feel sleepy, even if it's before your bedtime.
- If you don't fall asleep after 20 minutes, get out of bed.
- If worries are keeping you awake, try reading, prayer or journaling to ease your mind.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.

If you have tried all these tips and your sleep problems persist or if they interfere with how you feel or function during the day, seek evaluation and treatment by a physician, preferably one familiar with assessing and treating sleep disorders.



On the other hand: SLEEPING AND DRIVING DON'T MIX

The last place you'll want to take a cat nap is behind the wheel of your car while you're driving. The National Highway Traffic Safety Administration conservatively estimates that each year about 100,000 police-reported crashes are the direct result of driver fatigue. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be the tip of the iceberg, since currently it is difficult to attribute crashes to sleepiness.



Drowsy Driver Awareness Day on April 6 originated in 1999 as a direct result of a "falling asleep at the wheel" car crash that killed the wife of a California Highway Patrol officer. In his wife's memory, Phil Konstantin lobbied for a holiday that would remind drivers of the dangers of drowsy driving. In 2005, his efforts were rewarded when California declared April 6 as Drowsy Driving Awareness Day.

How do you know if you are driving drowsy?

- Your eyes close or go out of focus by themselves
- You have trouble keeping your head up
- You cannot stop yawning
- You drift between lanes, tailgate or miss traffic signs
- You keep jerking the car back into the lane

How to counter these symptoms.

Recognize you are in danger of falling asleep, but don't count on the radio, open windows or other "tricks" to stay awake. Pull off the road into a rest area for a brief nap (15-45 minutes). On long trips, schedule regular stops every two hours or in shorter intervals when needed. Drink coffee or another source of caffeine to promote short-term alertness. It takes about 30 minutes for caffeine to enter the blood stream. Avoid alcohol and medications that may impair your performance and make you sleepy. If possible, drive with a companion, and in preparation for a long drive, get a good night's sleep the night before departing.