

# The ReX Files

Newsletter Volume 11, Issue 8 August 2010

#### Inside this issue:



Ground-Level Ozone	2
Fuel Economy Myths and Facts	2
Birthdays In August	3
Did You Know?	3
Service Anniversaries	3
News from Rex Retiree, Dottie Eckert	3
A Summertime Story	4
Ground-Level Ozone (Continued)	4

#### **Free Coffee Day!**

To celebrate those employees with Birthdays in August (see Birthday Listing on page 3), there will be free coffee from the vending machine starting early AM on August 23rd through early AM on August 24th. ENJOY!

**HAPPY BIRTHDAY TO ALL!** 

By Johnathan Rex, Plant Mgr.

Congratulations! Chuba Blaze, a Furnace Operator in the 500 Group on 2nd Shift, is the Improvement Idea winner for the month of July.

**Improvement Idea Winner** 

Chuba's idea is to put rollers with grips on the handling cart behind 690 so that the load can be pulled up onto the cart. This idea, once implemented will stop the Operator from having to fight with the load to get it up on the tray.



A total of 6 improvement ideas were submitted in July. Besides the winning idea, Chuba submitted 2 other ideas. Others contributing ideas were Gregory Smith, Cory Hunter, and Sid Heflin. Thank you, everyone, for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, August 23, at 3:10 PM in the Induction area. Chuba will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Come and join us to see if you could be the next lucky person spinning the Rex Wheel of Chance.

If you have ideas for improvements here at Rex, write them down on a piece of paper and drop them in the box outside of the Production office. Perhaps you'll be the next improvement idea winner and have an opportunity to spin the Rex Wheel of Chance.

# **Monthly Winners**

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of June was Kris Hunsicker, Heat Treat Supervisor for the "A" Shift. Kris along with Greg Smith, Jim Forbes, Evelyn Chmielewski, Lee Holder, Keith Bannon, and Terry Copenhaver, also submitting ideas in June, each received or will receive a "Thank You" pin and a \$5 lottery ticket.

Kris was not available to take his spin, so we had Evelyn Chmielewski draw the name of an employee for the "Monthly Employee Appreciation" reward. That lucky winner was Nenneth "Lee" Holder, a Furnace Operator in the 100 Group on the "B" Shift. When Lee took his spin, he won a reward of \$75.



Johnathan Rex. Plant Mgr., hands out a "Thank You" pin and lottery ticket to Evelyn, who also put in improvement ideas in

We also had Evelyn draw slips from a bucket that contained the names of all the people who work for Rex Heat Treat. Five names were drawn and the winners each received a Lee Holder (right), the \$5 instant lottery ticket. Those 5 lucky winners of lottery tickets were Victor Lopez, Rafael Abreu, Maria Monje, Yao Kangni Soukpe, and Chris Sholly.



We will let you know the results of **Kris**' spin in next month's newsletter.

We had an assortment of cookies and fresh Clementines for refreshments and free hot beverages from the vending machine.

Why not join us at next month's spin if you can? You never can tell—perhaps



Virginia Lindquist (51 yrs.), Walter Bates (48 yrs.), Johnathan Rex (20 yrs.), and Sarah Mansuetti (5 yrs.) receive their Anniversary gifts. [Not pictured is Victor Carrasquillo (10 yrs.)]

you'll be the next month's lucky Em-Appreciation ployee winner and have your opportunity to take a spin on the Rex Wheel of Chance.



Victor Lopez, Rafael Abreu, Maria Monje & Chris Sholly were lottery ticket winners.

Volume 11, Issue 8 Page 2

# **Ground-Level Ozone**

#### From The National Safety Council

#### What Is Ground-Level Ozone?

Ozone is a colorless gas that is a variety of oxygen. Oxygen consists of two oxygen atoms; while ozone consists of three. Ground-level ozone is one of the main components of smog, which is formed by the interaction of hydrocarbons (unburned or evaporated gasoline) and nitrogen oxides in the presence of sunlight.

#### Where Is It Found?

Stratospheric ozone (in the upper atmosphere) is known as the ozone layer and protects our health by shielding us from the sun's damaging ultraviolet rays. However, ground-level ozone (tropospheric ozone) is a pollutant with highly toxic effects. It is a health hazard causing damage to human health, the environment, crops, and a wide range of natural and artificial materials.

#### What Are the Health Effects of Ground-Level Ozone?

Ozone that is close to the ground can cause eye irritation; headaches; coughing; impaired lung function; and eye, nose, and throat

Continued on Page 4

## Fuel Economy Myths and Facts (according to VEHIX.com)

By Nancy Gardner, HR Admin.

#### <u>Using Gas Additives to Boost Fuel Economy</u>

Don't waste your money. The Federal Trade Commission and Environmental Protection Agency found that additives actually decrease your fuel efficiency and have warned the public against using them.

#### **Premium Gas Improves MPG**

Most cars today run fine on less octane gas. You'll save a whole lot more in the price difference than in any fuel economy, unless of course, you have the highest-end luxury car. Your owner's manual and trusted mechanic will tell you which fuel grade to use in your car. Trust their wisdom and save your money.

#### **Keeping the Engine Running While Idling Saves Gas**

Many believe that it's fuel efficient to leave the car running rather than turning it off and turning it back on if they are going to be out of it for only a minute or two. This is another myth. Today's fuel-injected vehicles start very efficiently. You'd save a few pennies by turning it off. However, it is not a good idea to turn off your car while stuck in traffic. This is dangerous and if done enough times, can damage your starter.

#### Changing a Dirty Air Filter Will Improve MPG

Pull up to any Jiffy Lube and they will be quick to tell you that if you change this dirty air filter (the one they bring into the waiting room to show you), you'll increase your MPG's. The truth is government studies have shown that the newer models have computer-controlled injection systems that work around any gunk that may clog up the air filter. However, the study did find an improvement in performance in the acceleration, as much as 6% to 11%. As for the older cars with carburetors, they all gained from 2% to 14% in fuel economy by changing the air filter.

#### Driving with the A/C off in the Summertime to Improve MPG

Are you one of those drivers who insist on turning off the A/C and opening the windows while driving on the freeway in order to save MPG's? In part, you are right to do so, but not on the freeway. It is better to turn off the A/C in town when you are doing a lot of stop and go driving. As for the freeway, the drag caused by opening the windows at a high rate of speed actually causes the engine to work harder, using more gas than the compressor would use by kicking on and off to regulate the air inside. Since there's no real savings, it is probably better to arrive at your destination cool and collected rather than hot, sweaty, and windblown from having the windows down.

#### Leaving Your Tailgate Down to Improve MPG

Do you leave the tailgate down on your pickup truck in order to improve MPG's thinking that it makes your vehicle more aerodynamic? Forget about it! The Mythbusters on TV proved this theory to be false. In fact, their little demonstration proved that the vehicle actually got less MPG's with the tailgate down than up. It seems that the makers of the truck thought about this when they designed the vehicle.

#### **Overinflating Your Tires Will Improve Your MPG**

Over inflating your tires may reduce resistance, but pumping more air than what is recommended for your tires can end up more costly than the few pennies saved MPG wise by degrading the handling and braking ability of your vehicle. It will also cause uneven tire wear, decreasing the life of your tires. And we all know the cost of a set of new tires.



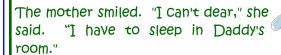
#### Fuel Efficiency Decreases as the Car Gets Older

This is a myth. EPA did a study and determined that after the break-in period of your new car, you should actually see an increase in MPG over the first several years of ownership, so long as you properly maintain the vehicle according to your owner's manual.

Volume 11, Issue 8 Page 3

#### A LITTLE HUMOR

One summer evening during a violent thunderstorm a mother was tucking her small boy into bed. She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?"



The little boy replied with a shaking voice, "The big sissy."



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

- Rafael Abreu 3
- 3 Victor Carrasquillo
- 5 Nancy McKinney
- 12 Evelyn Chmielewski
- Scott Wagner 14
- Peter Kropff 16

#### **Did You Know?**



In the U.S., bingo was originally called "beano". It was a country fair game where a dealer would select numbered discs from a cigar box and players would mark their cards with beans. They yelled "beano" if they won. New York toy salesman Edwin S. Lowe renamed the "beano" game "bingo" after he overheard someone accidentally yell "bingo" instead of "beano".

Rochambeau, the "rock, paper, scissors" game, originated in Egypt in 2000 B.C. The game is often used as a selection method in a way similar to coin flipping, drawing straws, or throwing dice. However, unlike truly random selection methods, rock-paper-scissors can be played with a degree of skill. Especially if the game extends over many sessions with the same players, it is often possible to recognize and exploit the non-random behavior of an opponent.





Padunkle is the little known brother of Padiddle, the game in which you call out cars that have a broken headlight. Padunkle is used when referring to a broken taillight.

Englishmen, John Spilsbury invented the jigsaw puzzle in 1767. Spilsbury was an engraver and mapmaker. The first jigsaw puzzle was a map of the world. Spilsbury attached a map to a piece of wood and then cut out each country. Teachers used Spilsbury's puzzles to teach geography. Students learned their geography lessons by putting the world maps back together.



# **News from Rex Retiree. Dottie Eckert**



July 9, 2010—Hello everyone, Just a short note to let you know that I am still hiking. My daughter and I just hiked across the White Mountains (left) of New Hampshire staving as guests in the huts. We had

great weather and I got lots of views which I had missed on my first crossing of the Whites 5 years ago. I am mostly sticking with day hikes lately, but last April I hiked the Susquehannock Trail in the Poconos in Pennsylvania, an 84 mile loop trail through the mountains, which proves that I can still carry a full

pack with tent and a week's worth of food. Guess I'm not ready for the old folks' home just yet. Happy hiking! Everyone. "Xcaver"



# Yearly Work Anniversaries

The following employees are celebrating their Work Anniversaries in August

#### 1 to 5 Years

Nenneth "Lee" Holder

# Over 10 Years

Richard Harris (13)

Evelyn Chmielewski (15)

Rafael Abreu (15)

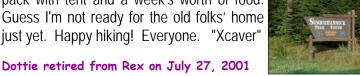
Keith Bannon (16)

Terry Copenhaver (32)

Victor Lopez (36)

John Rex (48)

You will receive your annual gift at the monthly spin.



Volume 11, Issue 8 Page 4

# **A Summertime Story**

#### By Michael Sweney, Controller

For Fathers Day, I received a gift from my daughter of the board game, Hershey Monopoly. She works part time for Hershey Entertainment and could not resist purchasing the game for me. As a child (and, I have to admit, into my adult years), I spent many hours playing Monopoly with my family and friends. In college, I played speed Monopoly—no game lasted more than 20 or 30 minutes. I recently saw an article on the Internet of how misleading the game of Monopoly is based on money issues of today. Forget the fact that the money values are low, as they were based on a past time. What other items are misleading, if not downright lies?

MONOPOLY

MONOPOLY

Bank error in your favor - Yeah, right!

Pay Cash for Property – In real life, how often do people pay 100% cash for their homes and property? Almost never. In Monopoly, you cannot take out a mortgage on a home until you pay cash for it.

Free Parking – Does not exist in a city.

**Salary of \$200** – Every time you pass "GO", you collect \$200 in salary. This amount stays the same throughout the entire game. It doesn't matter how hard you work or even attempt to take the cost of living into account.

**Income Tax is simple** – 10% of your assets or \$200 – Yeah, right!

**Luxury Tax** – This is charged to you with no explanation of why.

**Jail is a good thing** – In the game, jail can be a good thing, especially in later rounds when you are not moving around the board risking landing on your opponents' hotel properties. In real life, I don't think anyone longs for a jail sentence.

**Bankruptcy is the end** – In the board game, you declare bankruptcy when you can no longer meet your obligations and you are out of the game. In real life, bankruptcy is certainly not the end. Life goes on.

The Hershey game is interesting in that there are no streets—instead each street is a Hershey candy bar or other Hershey product. There are no railroads—instead there are other forms of transportation such as trucking. Players' pieces are Hershey or Twizzler bars, a Hershey Kiss, or a Hershey syrup bottle instead of the thimble, car etc. Houses and hotels are replaced by manufacturing factories—which is ironic as the original manufacturing factory is closing for either a newer, more automated factory in Hershey or to a new factory in Mexico. Either way, there will be a large reduction in the number of jobs. Oops! Back to reality.

# **Ground-Level Ozone**

#### **From The National Safety Council**

Continued from Page 2

irritation. Asthmatics and children are most at risk. The chance of experiencing adverse health effects from elevated ozone levels increases during heavy exercise or outdoor activity. Ground-level ozone can also damage trees, plants, and reduce visibility.

#### What Causes Ground-Level Ozone?

Ground-level ozone comes from the breakdown (oxidation) of volatile organic compounds found in solvents. It is also a product of reactions between chemicals that are produced by burning coal, gasoline, other fuels, and the chemicals found in paints and hair sprays. Oxidation occurs readily in the presence of sunlight. Motor vehicles and industries are major sources of pollutants that cause ground-level ozone.

#### What Are Ozone Action Days?

Certain cities with high levels of ground-level ozone have started a program called Ozone Action Days. The voluntary initiative was put in effect by cooperative efforts among government, environmental, and business organizations in order to reduce ground-level ozone. Ozone Action Days are most often on hot days, above 90 degrees Fahrenheit, with little or no wind blowing. Predictions that a day may be an Ozone Action Day are announced on television and radio news prior to the day to warn the general public that their actions are especially important in preventing air pollution on those days. The warnings also inform the general public to be careful on those days because the air quality is so poor it could affect asthmatics and cause other respiratory problems.

# Today's AQI Forecast Wednesday, July 21, 2010 Montgelier First and Utica Albany Boston Scranfon Fittsburgh Pittsburgh Pittsburgh Pittsburgh Onlindelphia Scranfon Scranfon

Air Quality Index Map

## How Can I Reduce My Contribution to Ground-Level Ozone?

- Avoid idling your motor vehicle excessively.
- Conserve energy and recycle.
- Do not refuel your vehicle or lawn mower on Ozone Action Days. If you must refuel, do so after dark—remember that sunlight assists ozone-forming reactions.
- Keep your vehicle well tuned.
- Limit driving; carpool, walk, ride a bicycle, and combine trips.
- Start charcoal with an electric lighter or newspaper-fueled "chimney" instead of lighter fluid.
- Use public transportation.