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Free Coffee Day!

To celebrate those employees with birthdays in January (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on Monday, January 23 through early AM Tuesday, January 24. ENJOY!
HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Brian Wingate**, Material Handler, first shift, for being the Improvement Idea winner for December. There were four improvement ideas submitted in December. In addition to Brian's winning idea, **Ray Souder** submitted two ideas, and **Sid Heflin** submitted one idea. Thank you all for letting us know your ideas for improvement here at Rex.



Brian's idea is to install an automatic timing device to 110 and 120 furnaces. This would let us record quench delays more consistently. We currently do this manually with a Supervisor or Operator using a stop watch. We have other furnaces with automatic timing devices installed on them. They work well. Installing this technology on these two furnaces, where many quench delays are timed would improve the process.

The next Improvement Idea spin will be held on Monday, January 23 at 3:10 pm in the Induction area. Brian 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 JANUARY IMPROVEMENT IDEAS
WEDNESDAY JANUARY 18, 9 A.M.**

Monthly Winners

By Scott Wagner, Plant Manager



Our Improvement Idea winner for November was **Trevor Levonski**, Furnace Operator, third shift. Trevor won \$100 on his spin. Besides Trevor's winning idea, there were eight other Improvement Ideas submitted in November. **Ray Souder** submitted six ideas, and **Chris Kent** and **Derek McAlarney** submitted one idea each. They all received a "Good Idea" pin and \$5 lottery ticket.



Ray Souder (left), and Derek McAlarney receive their "Thank you" cards and pins from Scott Wagner for submitting Improvement Ideas in November. Chris Kent also submitted an idea but he is not pictured.

Trevor Levonski is congratulated by Scott Wagner, Plant Manager, for being the Improvement Idea winner for November.

The lucky winner of "Monthly Employee Appreciation" was **Nancy Viola**, who won a \$50 reward on her spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Ricky Banyai**, **Vindon Griffin**, **Maria Monje**, **Brian Wingate**, and **Sandy Zigon** each received a \$5 instant lottery ticket. **Jim Forbes** 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.



Jim Forbes, Rex Riddle winner, receives a lottery ticket from Scott Wagner.



Nancy Viola, Monthly Employee Appreciation winner, is congratulated by Scott Wagner.

For refreshments, we all enjoyed the Holiday Goodies Exchange food along with free coffee and cold beverages. 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: Ricky Banyai, Vindon Griffin, Maria Monje and Brian Wingate. Sandy Zigon also won but she is not pictured. All are congratulated by Scott Wagner.



Tom Felder (31 yrs) and Maria Monje (17 yrs) receive their anniversary gifts from Scott Wagner.

Winter time safety tip



This time of year, many of the energy companies that supply natural gas to residential customers, include an information sheet with their monthly bills. Most of the time, these notices are either tossed or recycled, but Rex recently received one from UGI, a Central Pennsylvania gas company, that offered some sound safety advice worth passing along especially as we crank up our furnaces.

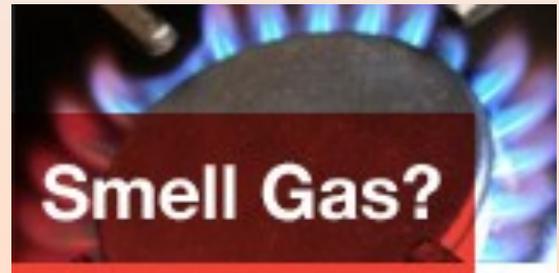
The flier was entitled *“Learn the smell of natural gas,”* and offered the following information: Natural gas is naturally odorless and colorless. To make it detectable, a chemical known as Mercaptan is added. It has a smell similar to rotten eggs. The information sheet warns that if you smell this odor you need to act. Here is their advice if you smell gas:

DO:

- Do leave the inside of a building immediately. Take everyone including pets. Leave the door open and proceed to a safe location far enough away.
- Do call your energy provider’s Emergency line if you smell gas indoors or outdoors or near a gas meter. Have that number handy at all times.

DON’T

- Do Not use phones (standard or cell), computers, appliances, elevators, lamps, garage door openers, or electrical devices if an odor of gas is present.
- Do Not touch electrical outlets, switches or doorbells.
- Do Not smoke or use a lighter, match or other flame.
- Do Not operate vehicles or power equipment where leaking gas may be present.
- Do Not try to re-light a pilot light.
- Do Not email or post emergencies on social media. Rather promptly call your utility company or 911.
- Do Not re-enter a building until it has been inspected by a utility company technician.



Fighting the Winter Blues



The winter blues can leave you feeling down in the dumps. Seasonal affective disorder, or SAD, is a form of depression that affects 25 million Americans. Much research has been done on this mysterious disorder.

It has been proven that the lack of light in winter can result in lower levels of serotonin, the mood-enhancing chemical that regulates hunger and the feeling of well-being.

Serotonin production increases with light, meaning that winter’s gray gloom creeping in our windows does not promote production of feel-good chemicals.

According to WikiHow, an online advice site, there are ways we all can fight the winter blues.

- **Lighten up** – Get as much exposure to sunlight as possible. Keep curtains and blinds open as long as you can. Use artificial light, such as light boxes, to mimic more daylight hours.
- **Exercise** – Try a winter sport such as skiing or ice skating. If that is not possible, then go for nature walks or sign up at your local gym. Stay active – try a new hobby or learn a new skill.
- **Diet:** Fight the urge to load up on carbs or sweets that will only make you feel worse later. Take a multi-vitamin.
- **Be social:** Volunteer to do something good for someone. Host a party. Take a trip to a warmer climate. Laugh. It’s scientifically proven to improve your mood.



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

- 8 Mike Sweney
- 10 Keith Bannon
- 12 Richard Harris
- 13 Ricky Banyai
- 15 Frank Rapine
- 30 Linda Palmarozza

Yearly Work Anniversaries

The following employees are celebrating their Work anniversaries in January:

1 to 5 Years

Joe Carr (4 yrs)
Chris Kent (5 yrs)

6-10 Years

Sharley Dubisette (10 yrs)

Over 10 Years

Dave Brough (43 yrs)
Frank Rapine (12 yrs)
Mike Santiago (19 yrs)

You will receive your annual gift at the monthly spin.



REX RIDDLE #66

What can hold water even though it has holes?



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:
I am a five-letter word — a fruit. If you remove my 1st letter, I become a crime. If you remove my 1st and 2nd letters, I become an animal. If you remove my 1st and last letter, I become a form of popular music.

What am I? **A grape**

FUN FACTS ABOUT VENDING MACHINES



The vending machine industry has always been plagued by criminals who insert slugs and worthless foreign coins into machines. In the 1930's, a slug rejector was invented that could differentiate U.S. coin from foreign and determine the metallic content of a coin. The slug rejector could easily identify silver, nickel and a slug, but it could not differentiate copper in a penny. For this reason, vendors hesitated to accept pennies in the machines. Except in gumball machines, the vending industry has never accepted pennies.



The first modern vending machines for public use sold postcards and appeared in London during the 1880s. The Thomas Adams Gum company brought the technology to New York City in 1888 and used it to sell gum at subway platforms. Gumball vending machines followed in 1907. Cigarette machines arrived in 1926, and soda can vending machines appeared in 1965.



The U.S. has more than 8,000 vending companies, according to the National Automatic Merchandising Association, a trade organization. People buy more than 5 billion sodas and 8 million snacks or confections from vending machines each year. Annual sales are estimated to be between \$19 billion and \$29 billion.

HOLIDAY GOODIES EXCHANGE



Fred Cherezov, Electrician, (left) and Tom Felder Inspector, happily partake in the feast.

Our Holiday Goodies Exchange on December 19 and 20 was more than bountiful this year. Employees brought lots of delicious things to share. The Employee lunchroom was filled with delectable aromas from simmering crockpots. A huge assortment of cakes, pies, and Christmas cookies tempted even the strongest of willpowers. That feast was topped by a generous luncheon spread supplied to Rex employees by Windover Fabricators. There was food aplenty for all three shifts. We'll diet in 2017!

Vindon Griffin, Customer Service Technician, wrangles a hefty sandwich.



Scott Wagner, Plant Manager, enjoys the generous luncheon.



Brandon Reynolds, Maintenance Manager, cheerfully makes his sandwich.



Sid Heflin, Retiree, has made his choices.



Bernadette Hoffman, Accounting Clerk, (left) and Sarah Mansueti, Director of Quality Assurance, share the holiday spirit.



Spencer Freund, Metallurgist, prepares to enjoy his lunch.



Utility Workers Adrian Rivera (left) and Ricky Banyai, waste no time in spreading party cheer.

Marie Monje, Furnace Operator, savors the fun and good food.



Folly Agbo, Utility Worker, has a quiet lunch.



Ron Makos, Systems Engineer, samples a little of everything.



Mike Sweney, Controller, is a happy partygoer.



Greg Smith, Furnace Operator, offers a smile while having a cold drink.



Walter Bates, Retiree, displays his cookie contribution



Keith Bannon, Maintenance 'A,' prepares to enjoy his lunch.

