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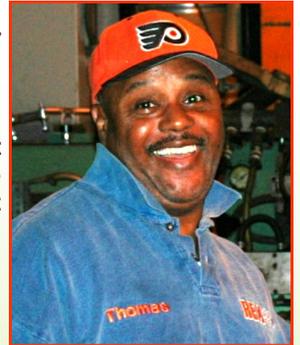
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Free Coffee Day!

To celebrate those employees with birthdays in July (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on July 27 through early AM on July 28 ENJOY! HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to Tom Felder, an inspector on first shift, for being the Improvement Idea winner for June.



Tom's winning idea is to design a screen catch basket for the Axitom Cut-off-machine to prevent pieces of test material being cut from falling into the well tank beneath. These pieces often get lost and contribute to clogging the draining system.

There were four improvement ideas submitted in June. In addition to Tom's winning idea, Jim Forbes, Richard Harris, and Mike Townsend submitted one idea each. Thank you all for letting us know your ideas for improvement here at Rex.

The next Improvement Idea spin will be held on Monday, July 27 at 3:10pm in the Induction area. Tom 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.

Can you think of an idea for an improvement here at Rex? Just write it down on an Improvement Idea Form 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.

Monthly Winners

By Scott Wagner, Plant Manager

Our Improvement Idea winner for May was **Ray Souder**, material handler first shift. Ray won a \$250 award on his spin. There were eight Improvement Ideas submitted in May. Ray submitted two ideas, **Brian Wingate** submitted four ideas, **Jeremy Hayhurst** and **Greg Smith** submitted one idea each. They all received a "Thank You" pin and \$5 lottery ticket.



Ray Souder, June's Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

The lucky winner of "Monthly Employee Appreciation" was **Maria Monje** who won a \$100 reward on her spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Bernadette Hoffman**, **Kris Hunsicker**, **Alex Rutkowski**, **James Stewart** 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.



Brian Wingate and Jeremy Hayhurst receive their lottery ticket and thank you pin from Scott Wagner for submitting Improvement Ideas in June. Mike Townsend, not pictured, also submitted an idea.

John Moss celebrated his four year anniversary and received his anniversary gift from Scott Wagner, Plant Manager.



Maria Monje, Monthly Employee Appreciation winner, is congratulated by Scott Wagner.



John Moss receives his four-year anniversary gift from Scott Wagner.

For refreshments, we all enjoyed snacking on an assortment of cookies and fruit, 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.



Bernadette Hoffman and Sandy Zigon receive their Lottery tickets from Scott Wagner. Other winners not pictured: Kris Hunsicker, Alex Rutkowski, and James Stewart.

It's tick season again– yuck!

In the coming months, here in Pennsylvania especially, we are forced to deal with that nagging pest called a “tick.” If you’ve ever been bitten by one, you know that most times, it is generally painless. You are more apt to see the red mark it leaves behind long after the tick has fallen off your body. But for those ticks that like to hang on, here are some ways to successfully remove the little pest.

With tweezers or an instrument called Sawyer Tick Pliers, put the tip of the tweezers or pliers as close to your skin as possible. Squeeze the tips together and gently pull UP, making sure that you get the head of the tick. Do not grab the body of the tick or attempt to twist the tick because this could cause its head to break away, where it continues to bite and insert its venom.

Deer ticks, which are carried by mice and not deer, are so small that they are nearly impossible to see with the naked eye. Despite their micro size, these little guys can cause the serious problems brought on by Lyme disease. Their bites can sometimes look like a bullseye. But more times than not, their bites go undetected. If you get any of these symptoms after being out in the woods, contact your doctor:

- | | |
|--------------------|-----------------------------------|
| * Feeling Flu-like | * Pain and swelling in the joints |
| * Fever | * Palpitations |
| * Numbness | * Paralysis |
| * Rash | * Shortness of breath |
| * Confusion | * Nausea and vomiting |



Early detection leaves room for a quick cure. Your best defense against these little blood sucking critters is to wear more clothing when romping around in the woods. Wearing a hat, long sleeve shirt or coat, thick pants, boots and socks is your best defense. For the areas that cannot be covered up with clothing, cover with fragrant oil such as baby, Olive, Vegetable, or Lavender. You can also rub the area with herbs such as thyme, or even hot spices, such as cyan or tobacco pepper. Lemon and limes work as well. The main idea to make yourself smell less human to the tick.

Take a hike, pal! No, really go for a walk



Don't let the threat of ticks or other outdoor critters discourage you from doing the easiest form of exercise there is – walking. According to American Heart Association, just a few extra steps a day can help us maintain a healthier life.

The good thing about walking is it doesn't cost any money. You don't have to join a gym and feel guilty about not using your membership. You simply put on a solid pair of walking shoes or properly fitted sneakers, and head out your door at your convenience. You can walk around your neighborhood, in a local park, on a local walking trail, or even at the local shopping mall. If it helps, map a safe route away from traffic that you take every day or have fun varying the route.

To get the most aerobic benefit from a walk, says Courtney Schurman, author of [The Outdoor Athlete](#), you must consider the speed at which you walk. The objective is to get your heart rate up and your blood flowing. If you're not active now, then you'll want to start slowly at a stroll a few times a week then increase the speed and distance of your walks to reach your maximum heart rate.

Recruiting a walking buddy is an excellent way to stay inspired. You push each other to get out of the house and get walking. Why not set a convenient time and place to meet so that your walking date is on the calendar making it easier to maintain your commitment. If you don't have a buddy then record some good exercise music that will keep you trucking at a quick tempo. If you feel really enthusiastic – you can research some walking clubs. The Montgomery and Bucks County Hiking Club and ZipStride Walking Club are two local groups that offer free walking/hiking activities.

More than anything, adding a walking regimen to your weekly routine boosts your spirits not only because you are getting more oxygen into your system which clears your head and promotes relaxation, but because you know you are doing something really good for yourself.





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

- 2 Vernell Donaldson
- 4 Vindon Griffin
- 14 Greg Smith
- 16 Sarah Mansuetti
- 20 Derek McAlarney
- 22 Robert Feldman
- 31 Jeremy Hayhurst

REX RIDDLE 48?

Golden treasures I contain, guarded by hundreds and thousands. Stored in a labyrinth where no man walks, yet men come often to seize my gold. By smoke I am overcome and robbed, then left to build my treasure anew.

What am I?

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 go up and at the same time go down.
 Up towards the blue sky,
 and down towards the ground.
 Children love to play on me.
 I'm present tense and past tense too,
 why don't you come for a ride,
 just me and you!

Answer: a seesaw

Yearly Work Anniversaries

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

1 to 5 Years

Theresa Scargill (3 yrs)
 Christopher Jacobine (2 yrs)

6 to 10 Years

Sarah Mansuetti (10 yrs)

Over 10 Years

Walter Bates (53 yrs)
 Johnathan Rex (25 yrs)
 John Sherman (24 yrs)

You will receive your annual gift at the monthly spin.

DID YOU KNOW? –BARBECUE FACTS

The word *barbecue*...what's its origin? Some say it's Spanish – derived from the word "barbacoa" which is an American-Indian word for the framework of green wood on which food was cooked over hot coals. Others say it's French. When Caribbean pirates arrived on our southern shores, they cooked animals on a spit-like device that ran from "whiskers to tail" or "barbe-a-queue."



Barbecuing is one of the most popular outdoor activities especially in summer. According to Hearth, Patio and Barbecue Association, the most popular holidays for barbecuing are July 4 (71%), Memorial Day (57%), and Labor Day (55%).

The most popular foods for cooking on the grill are burgers (85%), steak (80%), hotdogs (79%), and chicken (73%). The side dishes most commonly prepared on the grill are corn (41%), potatoes (41%), and other vegetables (32%). The most popular flavors of barbecue sauce are hickory, mesquite, honey, and spicy-hot.

Competition barbecuing is one of the hottest hobbies in the country with hundreds of cook-outs held in all 50 states.



Locally – "Smoke in the Valley" is an annual BBQ contest that benefits the Green Lane, PA Volunteer Fire Company. The Pennsylvania Championship BBQ contest takes place every year in August as part of the New Holland, PA Summerfest.

ORIGINS OF JULY 4TH



Known as Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-1883).

On June 7, 1776, when the Continental Congress, comprised of representatives from the 13 colonies, met at the Pennsylvania House (Independence Hall), they considered a resolution penned by Virginia delegate Richard Henry Lee that declared independence from Great Britain.

Amid heated debate, members of the Congress postponed the vote on Lee's resolution, and appointed a five-man committee including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York to draft a formal statement justifying the break with Great Britain.

On July 2, the Continental Congress voted almost unanimously (the New York delegation abstained, but later voted affirmatively) in favor of independence and two days later on July 4, adopted the Declaration of Independence, the historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4 has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Side Note: John Adams believed that July 2 was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826--the 50th anniversary of the adoption of the Declaration of Independence.

FIREWORKS SAFETY

Every year friends of mine throw a big July 4th party in their backyard that features a fireworks display after dark. True, they live in a rural area with lots of space between them and any neighbor.... BUT...after an incident last year, I decided that this year, I'm going to leave the party before the bangs and booms begin.

Last year, one of the firework rockets misfired – and shot sideways, hitting a tree and nearly missing a seven-year-old boy who was the son of one of the men setting up the fireworks. After the initial scare, the guys laughed it off and continued to set up large blasts of fireworks. Smokey remnants and a carbon haze rained down on the party guests and nearby parked cars. This was the result of the fireworks being ignited too close to the house and yard.

According to the National Fire Protection Association (NFPA), amateurs using fireworks endanger themselves, bystanders, and surrounding property and structures. Pyrotechnic devices ranging from sparklers to aerial rockets cause thousands of fires and serious injuries each year.

“Safe and sane fireworks don't exist,” says Judy Comoletti, NFPA's division manager of Public Education. “When things go wrong with fireworks, they go very wrong, very fast, far faster than any fire protection provisions can reliably respond.”

It's estimated that fireworks related fires cause about \$20 million in property loss each year. Thousands of injuries caused by fireworks, result in severe burns, fractures, disfigurement and death. Even sparklers which are considered by many to be harmless, cause 16% of firework injuries (NFPA statistics). Sparklers reach temperatures of more than 1000 degrees as compared to water that boils at 212 degrees.

We can all enjoy fireworks safely if we follow a few simple tips:

- If you want to see fireworks, go to a public show put on by trained pyrotechnic professionals.
- Do not use consumer fireworks.
- Keep a close eye on children at events where fireworks are used.

