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Free Coffee Day!

To celebrate those employees with birthdays in March (see Birthdays on page 3), there will be *free coffee* from the vending machine starting early AM on March 21 through early AM on March 22. ENJOY! **HAPPY BIRTHDAY TO ALL!**

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to Jeremy Hayhurst, Furnace Operator second shift, for being the Improvement Idea winner for February. In addition to Jeremy's winning idea there were eight other ideas submitted in February. Jeremy submitted a second idea, Greg Smith submitted two ideas, and Bob Feldman, Tom Felder, Jim Forbes, Ray Souder and Nancy Viola submitted one idea each. Thank you all for letting us know your idea for improvement here at Rex.



Jeremy's idea is to weld a stop plate onto the 118 I-beam load bar. This was done to the split bar after a load fell into 118 a year or two ago. The stop will prevent the bar from rolling too far causing the load to fall.

The next Improvement Idea spin will be held on Monday, March 21 at 3:10 pm in the Induction area. Jeremy 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 MARCH IMPROVEMENT IDEAS
Wednesday, March 23, 2016, noon

Monthly Winners

By Scott Wagner, Plant Manager



Bob Feldman, the January Improvement Idea Winner, is congratulated by Scott Wagner.

Our Improvement Idea winner for January was **Bob Feldman, third shift Electrician**. Bob won a \$100 award on his spin. Bob was the only idea submitted in January.

The lucky winner of "Monthly Employee Appreciation" was **Kris Hunsicker, first shift Supervisor**, who won a \$100 reward on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Jim Koester, Sarah Mansuetti, Tim Plaughter, Brandon Reynolds** and **Nancy Viola** each received a \$5 Instant lottery ticket. **Bernadette Hoffman** was the **Rex Riddle** winner and she, too, received a



Kris Hunsicker is congratulated by Scott Wagner for being the Monthly Employee Appreciation winner.

\$5 lottery ticket. Several employees at the spin were celebrating an anniversary and received an anniversary gift from Scott Wagner, Plant Manager.

For refreshments, we all enjoyed fruit and cookies and free coffee. Please come to the 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.



Employees celebrating anniversaries from left: Ricky Banyai (3 yrs), Greg Bruno (10 yrs), Ray Souder (2 yrs) and Sandy Zigon (32 yrs). They received their anniversary gifts from Scott Wagner. Others celebrating anniversaries but not pictured included Jim Koester (21 yrs) and Don Wiggins (20 yrs).



Lottery ticket winners from left: Sarah Mansuetti, Brandon Reynolds, and Nancy Viola. They are congratulated by Scott Wagner. Two other winners not pictured are Jim Koester and Tim Plaughter.

MUSCLE SPRAINS CAN BE A PAIN

It's very easy to sprain a muscle any time of year, but we often do it in winter because we are not exercising as much. A muscle sprain occurs when we twist, pull, or tear a muscle or tendon (the tissue that connects muscle to bone). We risk a pull when we don't warm up properly before doing manual work or exercise. Shoveling snow, helping push cars stuck on ice or in mud, rearranging furniture, lifting heavy items are only a few ways we can sprain our muscles.

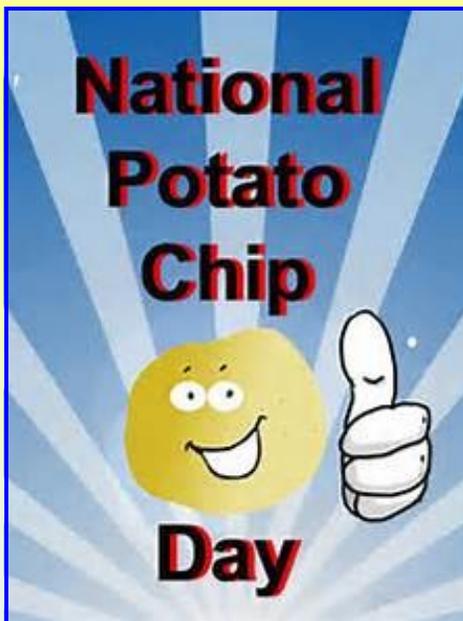
The sprain is not usually evident immediately. It takes about 24-48 hours for the injury to become stiff and sore. Most doctors and chiropractors advise icing as soon as possible to help reduce inflammation and pain. Use an ice pack or ice cubes wrapped in a towel applied to the sprain in 15- minute intervals every 3-4 hours. Keep this up for at least three days depending on the severity of the injury. Over the counter anti-inflammatory tablets will also reduce pain and inflammation of a muscle injury. However, heed the instructions closely so you don't take too much.

If the sprain is in a leg, ankle or foot, it's best to elevate the injured area for at least 24 hours and rest it for 2-5 days. This prevents fluid build-up that causes more inflammation.

Once the initial inflammation has lessened, it's advisable to revert to heat. Soaking the sprained area in a warm bath, or using a heat compress followed by gentle stretching and massage, helps gain back mobility to the injured area. During the healing process be mindful of your limitations. Injured muscles that are prone to pulls and strains are typically weak. Before starting any form of exercise, warm up for at least 10-minutes to reduce the potential for muscle strains. Focus on healing then strengthening the muscle so you are less likely to sustain another injury.



National Potato Chip Day — Really!



Did you know that March 14 is National Potato Chip Day every year? Who knew! How did this quirky national day start? Potato chips are a true “made in America” phenomena created in 1853 in Saratoga Springs, New York.

As the story goes, Commodore Cornelius Vanderbilt, vacationing in Saratoga Springs, dined at the Moon Lake Lodge one evening. He ordered fried potatoes with his meal but didn't like the ones on his plate so he sent them back to the kitchen several times saying they were too fat and soggy. The Lodge's Irish chef George Crum was insulted and figured he'd fix this fussy customer. He cut the potatoes into thin slices, fried them in oil, heavily salted them and sent them back to return the insult. Much to everyone's surprise, Vanderbilt loved the salty delights so much that he got other diners to ask for them as well.

These thin and crispy potatoes tagged Saratoga Chips became a house specialty at Moon Lake Lodge. Soon they were packaged and sold locally, then around the country, then worldwide. By 1930 – chips were being manufactured in many flavors – sour cream-onion and barbecue remain the favorites.

Today, Americans consume 1.2 billion pounds of potato chips every year. Celebrate on March 14. Buy your favorite bag o' chips. Potatoes, salt and fat equal Yummy.



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

- 3 Trevor Levonski**
- 18 Brandon Reynolds**
- 19 Alex Rutkowski**
- 26 Chris Constable**

Yearly Work Anniversaries

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

- | | | |
|-----------------------|---------------------------|-----------------------|
| <u>1 to 5 Years</u> | <u>6 to 10 Years</u> | <u>Over 10 Years</u> |
| Robert Forbes (4 yrs) | Vernell Donaldson (9 yrs) | Mike Sweney (30 yrs) |
| | | Scott Wagner (21 yrs) |

You will receive your annual gift at the monthly spin.

HAPPY SAINT PATRICK'S DAY!

REX RIDDLE 56?

WHAT WOULD YOU GET IF 100 RABBITS TOOK ONE STEP BACKWARD AT THE SAME TIME?



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:
Never ahead, ever behind,
yet flying swiftly past.
For a child, I last forever.
For an adult, I'm gone too fast.

Answer: Time

Here are some fun facts about St. Patrick's Day



- St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history.
- St. Patrick did not actually drive snakes out of Ireland; the snakes represent the pagans that he converted to Christianity.
- 35 million people in the U.S. claim Irish Heritage.
- Green is the primary color associated with St. Patrick's Day, but the original color was cobalt blue known as St. Patrick Blue.
- The color changed to green for several reasons: The green landscape of Ireland — called the Emerald Isle. St. Patrick used the green three leaf clover to represent the Christian Holy Trinity. People would pick three leaf clovers and pin them to their lapels. 
- The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.
- Corned beef and cabbage thought to be an Irish dish actually originated in America. Poor Irish immigrants could only afford to buy brisket, the cheapest cut of meat, that they preserved in brine. Cabbage, the least expensive vegetable, was cooked with the meat. Today Corned Beef and Cabbage is the most popular dish served on St. Patrick's Day in this country.

Baseball Spring Training



March 20 marks the first day of spring but for baseball fans spring arrived about a month ago at the start of spring training. Phillies catchers and pitchers reported to Clearwater, FL on Feb. 17, and the full team workout took place on Feb. 23. Our Phillies are part of what is known as the Grapefruit League, those teams that spring train in Florida. Cactus League teams spring train in Arizona.

It's been said that spring training is as old as baseball itself. Some historians mark the first spring training taking place in 1870, when the Cincinnati Red Stockings and the Chicago White Stockings

held organized baseball camps in New Orleans. Others say that the Washington Capitals of the National League pioneered spring training in 1888, holding a four-day camp in Jacksonville, FL. In those early days, however, most teams trained close to home (indoors in bad weather) as it was cheaper for the owners. When teams did train on the road, they combined workouts with exhibition games; many of those tours ran through Arkansas, Mississippi and Georgia.

Spring training was not the big business back then as it is today. These were basic training camps designed to get players into shape. Most baseball players could not live year-round on their baseball salaries and took on other jobs that might or might not keep them in shape. Training camp was also a way to build team unity and evaluate the players.

By 1890, however, most teams were training on the road. A typical schedule would have players travelling between train stops at night and playing games in the day. The games would be played against local colleges, semi-pro teams or another major-league team. By 1910 spring training was a marketing institution, with most teams traveling south. It was then the Grapefruit League became a formal entity.

Fast forward to World War II years. One major compromise, worked out between then baseball Commissioner Kenesaw Mountain Landis and Joseph B. Eastman, director of the federal Office of Defense Transportation, was that spring training would be held close to the teams' home bases, north of the Potomac and Ohio Rivers and east of the Mississippi. During wartime the trains were crammed with supplies and troops, so transporting baseball players and their fans seemed a frivolous use of precious resources.

The Cactus League was formed after the war in 1947 when Arizona lured many of the teams for spring training, especially the New York Giants and Cleveland Indians that took up residence in Phoenix and Tucson, respectively. Today, there are 15 teams in the Grapefruit League and 15 in the Cactus League. Most recently Las Vegas officials tried to woo several teams to train in Vegas but their efforts failed.

The Phillies play most of their exhibition games in the 7,000 seat Bright House Field in Clearwater, FL. Their spring schedule begins with a game on March 1 against the Toronto Blue Jays and their last game on the 30th is with the Houston Astros. April 1 they return to Philadelphia and play the Baltimore Orioles in Citizens Bank Park. Then baseball season officially begins.

