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Improvement Idea Winner

By Johnathan Rex, Plant Mgr.

Congratulations! **Kris Hunsicker**, a Heat Treat Supervisor on the "A" Shift, is the Improvement Idea winner for the month of February.



Kris's idea was to install a light and an alarm on 680 furnace to notify the Operator if the Allen Bradley faults. Currently there is no notification of this condition, and this could avoid a potentially serious condition.

A total of 7 improvement ideas were submitted in the month of February. Others contributing ideas were **Chuba Blaze** with 2 ideas, and **Cory Hunter, Monserrate "Mike" Santiago, Gregory Smith** and **Yao Kangni Soukpe** with 1 idea each. Thank you, everyone, for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, March 21, at 3:10 PM in the Induction area. Kris will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Why don't you join us to see what happens. Your name could be drawn and you'd be the next lucky person spinning the Rex Wheel of Chance.

If you have some ideas for improvements here at Rex, write them down on an Improvement Idea form, or just a piece of paper, and drop them in the box outside of door of the Production office. Your idea could be the one voted the winner and then you'll have an opportunity to take a spin on the Rex Wheel of Chance.

HAPPY ST. PATRICK'S DAY MARCH 17

Free Coffee Day!

To celebrate those employees with Birthdays in March (see Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on March 21st through early AM on March 22nd. ENJOY!

HAPPY BIRTHDAY TO ALL!

Monthly Winners

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of January was **Vindon Griffin Jr.**, a Material Handler in the Shipping Department. Vindon, along with Cory Hunter, Chuba Blaze, and Kris Hunsicker, who also put in improvement ideas in January, received a "Thank You" pin and a \$5 lottery ticket.



Vindon Griffin Jr. (right), the Improvement Idea winner, is congratulated by Johnathan Rex, Plant Manager.

When **Vindon** took his spin, he won a reward of \$150 plus 1/2 day vacation.

When Cory Hunter came up for his "Thank You" pin, we had him draw a name for the "Monthly Employee Appreciation" reward and that lucky winner was **Tom Felder**, an Inspector in our Quality Control Department. Tom took his spin and won a reward of \$150.



Cory Hunter (left) picks a name for the Employee Appreciation reward.

Tom Felder (right), the Employee Appreciation winner, is congratulated by Johnathan Rex, Plant Mgr.

We had Chuba Blaze 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 \$5 instant lottery ticket. Those 5 lucky winners of lottery tickets were **Gregory Bruno, Gregory Smith, James Brough, Monserrate "Mike" Santiago, and Sid Heflin.**



Johnathan Rex, Plant Mgr., hands out "Thank You" pins and lottery tickets to Cory Hunter and Chuba Blaze, who also submitted improvement ideas in the month of January.

We had an assortment of cookies, bite-size brownies, fresh oranges, and free hot beverages from the vending machine.

Please join us at next month's spin if you can. Maybe your name will be drawn as the next Employee Appreciation winner and you'll have your opportunity to take a spin the Rex Wheel of Chance.



A group of employees enjoy some of the snacks while waiting for the spins on the Rex Wheel of Chance to get started.



Mike Santiago and Sid Heflin were two of the lucky lottery ticket winners.

Rex Big Annual Wheel of Chance Spin

By Johnathan Rex, Plant Mgr.

The Seventh Year of our Improvement Idea Program has come to a close and we had our Big Annual Wheel of Chance Spin on Monday, February 7. There were three different Wheel of Chance spins. We had several volunteers pick the winner's name for each spin, and Johnathan Rex, Plant Manager, congratulated each winner after each one took their spin.

Spin #1 was for any employee who submitted at least four improvement ideas in 2010. Nine employees qualified for this drawing. They were: **James Koester** (19), **Nancy Gardner** (13), **Cory Hunter** (10), **James Forbes** (9), **Kris Hunsicker** (9), **Gregory Smith** (7), **Chuba Blaze** (6), **Keith Bannon** (4), and **Evelyn Chmielewski** (4). **Kris Hunsicker** was the winner of the drawing, and he was rewarded with \$250 on his spin.



Spin #2 was for all employees who were Monthly Winners in 2010. There were nine employees in this drawing, and one had his name in three times and another was in twice. Those employees were: **Kris Hunsicker** (3), **James Koester** (2), **Cory Hunter**, **Tom Felder**, **Chuba Blaze**, **Frank Rapine**, **Richard Harris**, **Gregory Smith**, and **Evelyn Chmielewski**. **Gregory Smith** was the winner of this drawing, and he gained a reward of \$500 on his spin on the wheel.

Spin #3 was for any employee who submitted at least one approved idea that was fully implemented in 2010. Eleven employees qualified to be in this drawing. Those employees were: **Cory Hunter**, **James Forbes**, **Gregory Smith**, **James Koester**, **Maria Monje**, **Evelyn Chmielewski**, **Yao Kangni Soukpe**, **Terry Copenhaver**, **Kris Hunsicker**, **Tom Felder**, and **Keith Bannon**. **Tom Felder** was the winner of this drawing. His spin resulted in a \$400 reward.



Congratulations to the three big winners of the annual spin—Kris Hunsicker, Gregory Smith, and Tom Felder—and thank you to all those employees who submitted improvement ideas in 2010. Your great ideas have been responsible for many changes here at Rex Heat Treat that improved work efficiency, enhanced employee safety, or helped trim down company expenses—among other things. Please continue to let us know what your ideas for improvements are. We really do appreciate your input!

The Month of March



The name of March comes from ancient Rome, when March was the first month of the year and named Martius after Mars, the Roman god of war (pictured). In Rome, where the climate is Mediterranean, March was the first month of spring, a logical point for the beginning of the year as well as the start of the military campaign season. January became the first month of the calendar year either under King Numa Pompilius (c. 713 BC) or under the Decemvirs about 450 BC (Roman writers differ). The numbered year began on March 1 in Russia until the end of the 15th century. Great Britain and its colonies continued to use March 25 until 1752, which was when they ultimately adopted the Gregorian calendar. Many other cultures and religions still celebrate the beginning of the New Year in March.



Don't forget to turn your clocks ahead one hour before you go to bed on Saturday, March 12.

It's a good time to change the batteries in all your smoke and CO detectors, too!

Yearly Work Anniversaries

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

1 to 5 Years

Chris Snyder

Chuba Blaze

Vernell Donaldson

5 to 10 Years

Michael Davis

Over 10 Years

Scott Wagner (16)

Michael Sweney (25)

You will receive your annual gift at the monthly spin.

Happy Birthday

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

3	Vindon Griffin
18	Brandon Reynolds
26	Chris Constable

Did You Know?

Passing the buck - In card games, such as poker, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. The name "buck" probably came from the fact that a silver dollar was often the item passed around. If a player did not wish to assume the responsibility of dealing, he would simply "pass the buck" to the next player.



Letting the cat out of the bag - When the Muslims invaded southern Europe in the first part of the eighth century, they immediately passed a law forbidding the sale of pork. This was done because Muhammad, the founder of the Muslim religion, had declared pork to be unclean. This law, of course, didn't change the southern Europeans' love of pork, and there soon developed a black market for the meat. In secret transactions, usually conducted in the dead of night, farmers would sell to city dwellers suckling pigs concealed in large sacks or bags. Occasionally, a less than honest farmer would try to swindle a city buyer by selling a bag containing not a pig but a cat. If something went amiss and the bag came open during the transaction, this literally "let the cat out of the bag." This is why, today, revealing a secret is said to be "letting the cat out of the bag."

Making money "hand over fist" - Picture the hands of a fisherman as he hauls in a large net full of fish. First one fist holds the rope while the other hand moves over it to get a new grip farther down. Then that fist holds the rope while the first hand moves over it to get a new grip—and so on "hand over fist." Now picture the net full of money, and you will see how the above expression came about.



A LITTLE HUMOR

A guy has just died and he's at the pearly gates, waiting to be admitted, while St. Peter leafs through his Big Book, to see if the guy is worthy. He goes through the Book several times. Finally, he furrows his brow and says to the guy, "You know, I can't see that you ever did anything really bad in your life, but you never did anything really good either. If you can point to even one really good deed—you're in."



"Well," says the guy, "What about the time I was driving down the highway and saw a group of 50 punks assaulting some poor girl? I got out of my car, grabbed a tire iron out of my trunk, and walked up to their leader—a huge guy, with a studded leather jacket and a chain running from his nose to his ear. As I walked up to the leader, the punks formed a circle around me. So, I ripped the leader's chain off his face and smashed him over the head with the tire iron. Then I turned and yelled at the rest of them, "Leave this poor innocent girl alone! You're all a bunch of sick, deranged animals! Go home before I teach you all a lesson in pain!"

"Wow!" St. Peter, exclaimed, impressed. "And when did this happen?"

"Oh, about three minutes ago."

MARCH 20 Spring Begins

Tech Corner By Ron Makos, Sys. Engineer

Did you know? – Pressing Ctrl-F4 will close the active window or tab in the active application.

YouTube™ Rex Videos – As some of you may have noticed, the company has had a few videos produced to showcase a bit of our talent here at Rex. In turn we have created a youtube site to host these clips and it is available at www.youtube.com/RexHeatTreat Also, keep your eyes open for a new version of our website coming soon!

How to Reduce Your Chances of Getting Mugged



Criminals can target anybody. Even if you are very careful and take precautions, you could still be targeted. A criminal will take chances if they think you look like an easy target. But with a little education and preparation, you can reduce the chances of being mugged.

- Take a class in self-defense. You will learn what to look for in a potential robber, as well as what to do if a dangerous situation comes up. Contact your local police department or community center to find out where self-defense classes are held locally.
- Always travel in a group. Whenever possible, do not travel alone—during the day and the night-time hours. A mugger looks for opportunities to easily grab what he wants, but if he is outnumbered, he will look somewhere else.
- Avoid unfamiliar locations. In a new place, you may be an easy target because you aren't familiar with the area. Muggers often target tourists or someone who looks lost. If you will be traveling alone, map out the areas and places you want to visit before you set out. Stick to well-lighted and well-populated areas. Find out where police stations, fire departments, and 24-hour grocery stores are located before venturing out into unfamiliar territory.
- Be alert and aware of your surroundings and avoid distractions. Walk with a sense of purpose. You become an easier target when listening to music on headphones, talking on the phone, reading a map, or doing anything else that takes your attention away from your surroundings. Glance all around you and familiarize yourself with the sights and sounds in the area. This will also allow you to check if anyone may be watching or following you. Walk near the curb, facing traffic. This will allow you to see in doorways or alleys and have a better path to escape if you are attacked. If you have an uneasy feeling at any time, go into a well-populated area and seek help. Don't be afraid to draw attention to yourself.
- Always keep your valuables out of sight. Don't pull out large sums of money while in a crowd and avoid wearing jewelry or other objects that show your wealth. Don't carry a large purse, backpack or briefcase. Anything that might contain valuables makes you a more lucrative target.
- Don't dress like a tourist. A mugger knows that tourists tend to be less aware and usually carry cash on them, so you are more likely to be targeted.
- Asking for the time is a classic trick used by muggers to distract victims and locate valuables. Looking down or putting a hand in a pocket leaves you vulnerable to attack. You can check the time, but keep an eye on the person who asked you.
- As a traveler, split your money, passport, other identification and credit cards among a variety of locations, like a wallet, a money belt, and a suitcase. (You should have a few photocopies of your passport that you keep in different locations.) If you lose one of these things, you will not be completely stuck without ID or money.
- Your physical safety and the safety of others in your group should be your top priority. If you are overpowered or cannot escape, handing over money or a wallet may save you from serious harm and may be smarter than attempting to fight someone off.

Ahhh–Choo!

Fifty million Americans just sneezed. A sneeze, technically called an involuntary oversensitive reaction of the immune system is usually caused by irritation to the mucus membranes of the nose or throat. Sneezing can also be triggered by a sudden exposure to bright light, a particularly full stomach, or as a result of unexpected, climatic variations such as rapid changes in temperature and humidity levels.



The typical sneeze shoots out of the nostrils and mouth at 40 mph and disperses more than 16 million germs over a radius of twenty feet, unless you cover your mouth and nose of course. When sneezing is a reaction to infirmities other than the common cold, the rate, frequency and velocity of sneezing can vary.

Most sneezing caused by colds can last two to three days, averaging one hundred to two hundred sneezes. According to the *Guinness Book of World Records*, the longest sneezing fit was endured by Donna Griffith in 1981. She sneezed for 971 consecutive days. Griffith apparently suffered from an unknown allergen.

Sneezes caused by allergies can be triggered by nearly anything, including pollen, dust, animal dander, mold, latex or food. Violent sneezing caused by allergic reactions can fracture a person's ribs or burst blood vessels in the eyes. Many post-op patients are advised to have antihistamines on hand to prevent incidents of prolonged sneezing; sneezing fits after surgery caused 394 deaths in 2003.

The first sneeze triggered by food allergies causes more serious problems and should be considered a warning that the body is in trouble. Food allergies can kill within twenty minutes, causing respiratory failure, inadequate blood circulation, and a choking sensation called anaphylaxis. Approximately ten thousand people a year have an anaphylactic shock reaction in the U.S., and 750 die, 150 of them adolescents allergic to peanuts.

But for most of the 50 million Americans who just sneezed again, a sneeze is just a sneeze.