

Inside this issue: ★ Patriot Day 9-11 ★

Monthly Winners (continued)	2
Getting to Know You!	2
Congratulations! Virginia	2
Welcome Aboard!	2
Birthdays in September	3
Did You Know?	3
Service Anniversaries	3
A Little Humor	3
The Rex Riddle - #28	3
Back Care: You Can Make a Difference!	4
Safety Slogans	4

Free Coffee Day!

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

HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Michael Townsend**, a Furnace Operator on second shift, for being the improvement Idea winner for the month of August.



Michael's idea is to install a box onto the cutting tables 689 and 699. The boxes would be used to store unused stamps, holders, and blades for the cutting tables. As of right now, our unused tools are scattered all over Cell 3. Most stamps wind up on the floor or on the spin table itself. The boxes would either be bolted or welded to the cross sections underneath the table right next to the engraving computer. A steel box 17 inches long, 5 inches wide and 5 inches deep so all tools will fit properly.

There were a total of **4** improvement ideas submitted in the month of August. Michael submitted 3 ideas and **Nancy Gardner** submitted 1 idea. Thank you for letting us know your ideas for improvements here at Rex.

The next Improvement Idea spin will be held on Monday, September 23, at 3:10 PM in the Induction area. Michael will be drawing the name of one lucky employee for the "Employee Appreciation" spin, and it may be your name that's drawn.

Write your ideas on a slip of paper and drop them into the box outside of the Production office. If you have the winning idea, you'll have the opportunity to take a spin on the Rex Wheel of Chance!

Monthly Winners By Scott Wagner, Plant Mgr.

Our Improvement Idea winner for the month of July was **Robert Forbes**, a Furnace Operator on "B" shift. James Forbes and Yao Kangni Soukpe, who also put in improvement ideas in July, each received a "Thank You" pin and a \$5 lottery ticket.



Robert Forbes, the Improvement Idea winner, taking a spin on the wheel and winning \$100.

Since Robert is on the "B" shift and was not able to be at the spin, we had Michael Townsend draw a name for the "Monthly Employee Appreciation" reward. That lucky winner was **Derek McAlarney**, an Inspector in Quality Control. When Derek took his spin, he won a reward of \$75.



Derek McAlarney (left), the Employee Appreciation winner, is congratulated by Scott Wagner, Plant Mgr.

Derek drew 5 names from a bucket that contained the names of all Rex employees, and the winners each received a \$5 instant lottery ticket. Those 5 lucky winners of lottery tickets were **Bill Attieh**, **Robert Feldman**, **Yao Kangni Soukpe**, **Sandy Zigon**, and **Sid Heflin**.



Michael Townsend (right) was the riddle winner.

Out of all the correct guesses submitted for **The Rex Riddle**, one name was drawn to receive a \$5 instant lottery ticket. That winner was **Michael Townsend**.

When **Robert Forbes** took his spin at a later date, he won a reward of \$100.



James Forbes (left), receives his pin and lottery ticket from Scott Wagner, Plant Mgr.

Continued on Page 2

Monthly Winners (continued)

By Scott Wagner, Plant Mgr.

Continued from Page 1

For refreshments everyone enjoyed an assortment of cookies and free hot beverages from the vending machine.



Terry Copenhaver (35 yrs.), Keith Bannon (19 yrs.), Evelyn Chmielewski (18 yrs.), Robert Feldman (2 yrs.), and Brian Wingate (2 yrs.) receive their anniversary gifts from Scott Wagner. Also celebrating an anniversary were Victor Lopez (39 yrs.) and Richard Harris (16 yrs.).

Don't forget to come to the spin next month to see if **you** might be the next Employee Appreciation winner! Then you'd get your turn on the Rex Wheel of Chance!

NOTE: Unknown at the time, the camera we used at the spin was set for "night photos" and the pictures came out green. We changed them to black and white since green didn't look good at all. We have since corrected the setting on the camera. Sorry about that!



Bill Attieh, Robert Feldman, Sandy Zigon, and Sid Heflin were 4 of the lottery ticket winners.

Getting to Know You!



Our featured employee this month is **Michael Townsend**, a Furnace Operator in the 600 Group. Mike came to Rex first as an agency employee through Lafayette Personnel Services and then was hired as a Rex employee in September 2012. Before coming to Rex, Mike worked at Brown Printing, MSS, and Tattoo Marks.

Mike's favorite season is the winter, as he loves the snow and does not like the heat of summer. The holiday he likes best is Thanksgiving, because kids love food. And what really makes him happy and puts a smile on his face are his sons, his horses, and his dogs.

A favorite food that Mike really enjoys is steak, and his favorite place to eat out is the Texas Roadhouse. As far as traveling is concerned, Mike has visited Paris, and once or twice a year he'll visit another country. If Mike ever won the lottery, he says he would buy a farm and retire. Good plan!

If Mike had to describe himself in just three words, he says "amazing, super, and awesome" would be a good description. And at the end of his workday on second shift, Mike likes to relax with a beer and then get to sleep.

Mike, thanks for sharing! We all now know where to go for a tattoo!

We are certainly happy to have Mike here as part of the team at Rex Heat Treat.

Mike was born in Doylestown, Pennsylvania and has two sisters. He presently resides in Quakertown and has a girlfriend named Jackie. Mike is the father of two boys, Michael Cadan James Townsend, age 6, and Logan Skyler Townsend, age 4.

Mike's hobbies and interests include camping, hunting, fishing, target shooting, and tattoos. He has two horses, Chloe and Blaze, and two Rottweilers, Butter Dot and Trigger. In his spare time Mike enjoys doing tattoos and going out target shooting.



Congratulations and Best Wishes!

After 54 years of dedicated service to Rex Heat Treat, **Virginia Lindquist**, our Billing Clerk will be retiring on August 30. We wish Virginia all the best for a long and happy retirement!

Welcome Aboard!

Sean Mallon Accounting

"No matter how good or bad you think life is, wake up each day and be thankful for life. Someone somewhere else is fighting to survive."

HAPPY BIRTHDAY!

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

- 8 Virginia Lindquist
- 10 Gregory Bruno
- 22 Arthur Hurt

Yearly Work Anniversaries

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

1 to 5 Years

Alex Rutkowski

Michael Townsend

Adrian Rivera

6 to 10 Years

Nancy Gardner

Over 10 Years

Sid Heflin (58)



You will receive your annual gift at the monthly spin.

DID YOU KNOW?



Zagar's "Magic Garden" on South Street in Philadelphia.

On South Street a few blocks over from Broad Street, you can find walls covered with tons of mirrors, ceramics, statues, bottles, bicycle wheels, and colored grout. The mosaics stretch to cover entire three-story houses between South and Kater Streets, and surround a house-sized lot that's filled with odd statuary, a tiled floor, and all kinds of junk held together with cement. It's called the Magic Garden, and it's the vision of one tireless artist named Isaiah Zagar, who has lived and worked in the neighborhood since the 1960s.

In 2002 the owner of the two vacant lots on which Zagar built The Magic Gardens demanded he buy the property for \$300,000 or he would have it demolished. Through fund raising, private donations, and taking out a loan, Zagar was able to buy the property, which now works as the nonprofit organization, Philadelphia's Magic Gardens.



Zagar continues to create mosaic murals in Philadelphia, mainly around the South Street area. To date he has completed over 130 of these murals. A walking tour is available from Philadelphia's Magic Gardens which takes visitors to 20 of these mosaic murals. If you happen by at just the right time, you may catch sight of a gray-bearded man in messy clothes who can explain what the Magic Garden is all about.

A LITTLE HUMOR

Two mothers are having a conversation about their children one day.

"How do you get your Marvin up so early on school mornings?" asks Joan.

"Oh, that's easy," replies Marianne. "I just throw the cat on his bed."

"Why does that wake him up?"



"He sleeps with the dog!"

The Rex Riddle - #28 ?

- What has a course but never studies?
- What has two banks but never needs money?
- What has a mouth but never utters a word?

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.

Can you figure out the riddle?

Answer to Last Month's Riddle

First you see me in the grass, dressed in yellow gay.
Next I am in dainty white. Then I fly away.

What am I?

Answer: A dandelion

Have a fun-filled Labor Day weekend!



School may already be back in session in your neighborhood or on the route you travel to work. Remember to watch for children walking to school or boarding the bus.

Let's keep our children safe!

Back Care: You Can Make a Difference!

www.toolboxtopics.com

"OUCH! Why did I try to lift that much weight on my own?" Did you ever ponder those words after you hoisted something heavy, or lifted from an awkward position? These incidents are well known causes of back strain, but you might not have considered other "underlying" factors that lead to back injury. Several conditions influence your "back health."

The cause of most back problems is poor posture, loss of flexibility, stressful living/working habits and above all, a general decline in physical fitness. Surprised? You shouldn't be. When you "let yourself go," (and most of us do with age) the *first* thing to go can be back strength. Along with correct lifting techniques, we should also work on our overall physical condition.



Nutrition is an important key to staying physically fit! As we grow older, our metabolism slows down. To counteract this natural event, we have to eat the right types of food—and not too much of it—or the pounds come on quickly! Now, what does nutrition have to do with a healthy back? For one thing, a healthy back is correctly balanced on your spine. With a "sway" back, that balance is lost—and those darned potbellies cause sway backs. Carrying around excess weight puts tremendous strain on back tissues, so lifting even a small extra load may cause an injury.

Exercise plays an important role as well. A form of exercise as simple as walking 30 minutes a day can raise your heart rate and burn enough calories to help keep you lean. Flexibility is another condition that changes as we grow older, if we don't work to retain it. It's true, as they say—"Use it or Lose it!" Without flexibility, we lose our body's full range of motion. Then, when a sudden, physical demand takes a muscle or joint further than it's used to, the risk of injury is high. You can do stretching exercises every morning to keep yourself flexible and ready for the physical demands of work. After all, don't athletes warm up before a game to prevent injury?



Fixed positions—not moving *enough*—can also cause back problems. Staying in a fixed position for too long can lead to muscle spasms. We feel it as stiffness, but by the time discomfort from "static" muscle contractions is experienced, low level tissue damage has begun. Take stretch breaks between long standing or sitting periods to improve circulation and prevent back strain.

Poor body mechanics and **bad lifting habits** usually "trigger" a back injury—and are more likely to do so if overall physical condition is poor. Remember these techniques to help escape injury:

- Avoid using fast, jerking motions when lifting
- Avoid bending and twisting at the same time
- Avoid handling a load too far away! Keep the load close to your body
- Teamwork! If the load is too heavy, two people should carry the load

Emotional Stress leads to mental distraction, so that things other than proper body mechanics are on your mind. Stress and back pain seem to go together. Low back pain has been called "a tension headache that slipped." Solving our personal problems isn't always easy to do, but it often takes away back pain and helps prevent repeated injuries.

In Conclusion: Improper lifting isn't the *only* thing that causes back injuries. People who do not also stay in good physical and mental condition are at high risk for back problems.

It's Up To You—Take Good Care Of Your Body and Save Your Back!

SAFETY SLOGANS:



STRETCH AND FLEX FOR YOUR HEALTH AND SAFETY.

THE SAFEST RISK IS THE ONE YOU DIDN'T TAKE.

KEEP SAFETY IN MIND—IT WILL SAVE YOUR BEHIND!

DON'T GET IN A WRECK! PULL OVER BEFORE YOU TEXT.

WORKING SAFELY MAY GET OLD, BUT SO DO THOSE WHO PRACTICE IT.

