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Free Coffee Day!

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

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Ray Souder, Material Handler**, for being July Improvement Idea winner. There were 12 Improvement Ideas submitted in July. Besides Ray's winning idea, he submitted two additional ideas. Also **Andy Hiddemen** and **Jacinda Schneider** submitted three ideas each. **Frank Rapine** submitted two ideas, and **Bob Feldman** submitted one idea. Thank you to all for letting us know your ideas for improvement here at Rex.



Ray's idea is to install a phone in the Inspection area. This will help create a productive workflow environment among all areas in the shop.

The next Improvement Idea spin will be held on Monday, August 27 at 3:10 pm in the Vacuum Bay area. Ray 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 AUGUST IMPROVEMENT IDEAS
 WEDNESDAY AUGUST 22, 2 P.M.**

Monthly Winners

By Scott Wagner, Plant Manager



Jim Forbes, June Improvement Idea winner, is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for June was **Jim Forbes**, Maintenance 'A' first shift. Jim won \$200 on his spin. **Chris Hainey, Shawn Klinger, Greg Smith** and **Ray Souder**, also submitted ideas in June. They all received "Good Idea" pins and \$5 lottery tickets.



Scott Wagner congratulates employees who submitted Improvement Ideas in June (from left): Shawn Klinger, Greg Smith and Ray Souder. Chris Hainey, not pictured, also submitted an idea.



Theresa Scargill (6 yrs) receives her anniversary gift from Scott Wagner. Other celebrants not pictured: Walter Bates (56 yrs), Sarah Mansuetti (13 yrs), Johnathan Rex (28 yrs), and John Sherman (27 yrs).

The lucky winner of "Monthly Employee Appreciation" was **Dave Brough**, who won a \$150 reward on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Vernell Donaldson, Mike Evans, Chris Kent, Mike Santiago**, and **Jacinda Schneider** each received a \$5 instant lottery ticket. **Nancy Viola** was the Rex Riddle winner and she, too, received a \$5 lottery ticket. Employees celebrating anniversaries received their anniversary gifts from Plant Manager Scott Wagner.



Scott Wagner awards Marie Monje \$100 for perfect attendance in the last quarter.



Scott Wagner congratulates Dave Brough, this month's Employee Appreciation winner.



Scott presents Instant Lottery Tickets to this month's winners (from left): Mike Evans, Chris Kent, Mike Santiago, and Jacinda Schneider. Vernell Donaldson, not pictured, was also a winner.

For refreshments, we all enjoyed fruit and cookies along with free coffee. 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.

Get Ready To Grill Safely

Food poisoning peaks in the summer months when warmer temperatures cause germs to flourish. The Centers for Disease Control and Prevention (CDC) offers the following safety tips for healthy grilling:

Separate

When shopping, pick up meat, poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.

Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Check your grill and tools

Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

145°F – whole cuts of beef, pork, lamb, and veal (stand-time of 3 minutes at this temperature)

145°F – fish

160°F – hamburgers and other ground beef

165°F – all poultry and pre-cooked meats, like hot dogs

After Grilling:

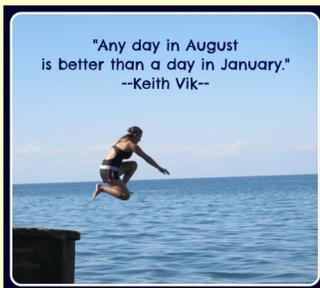
140°F or warmer – until it's served

Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



August Dates in History



- **August 5, 1861** - President Abraham Lincoln signed into law the first Federal income tax, a three percent tax on incomes over \$800.
- **August 15, 1969** - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people.
- **August 16, 1896** - Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.
- **August 17, 1978** - The first transatlantic balloon trip was completed by three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico.
- **August 18, 1920** - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.
- **August 21, 1959** - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.
- **August 27, 1910** - Mother Theresa was born as Agnes Gonxha Bojaxhiu in Skopje, Yugoslavia. She founded a religious order of nuns in Calcutta, India called the Missionaries of Charity and spent her life working to help the poor and sick of India.
- **August 28, 1963** - Rev. Dr. Martin Luther King gave his "I Have A Dream" speech at the March on Washington.



Employees celebrating August birthdays are listed below. Let's wish them a happy day.

1 Bernadette Hoffman
14 Scott Wagner

REX RIDDLE #85

You may praise your good fortune
 and curse all you hate,
 Yet I rule all your chaos and gamble
 your fate.
 By some I'm avoided by others
 I'm game,
 Called by fat or slim, my meanings
 the same.

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 am sometimes right but never wrong.
 I am sometimes an instrument
 much smaller than a gong.
 Bermuda and love are both parts of me.
 What can I possibly be?

ANSWER: A triangle

Yearly Work Anniversaries
No Work anniversaries in August:

<u>1 to 5 Years</u>	<u>6-10 Years</u>	<u>Over 10 Years</u>
Spencer Freund (2 yrs)	Robert Feldman (7 yrs) Brian Wingate (7 yrs)	Keith Bannon (24 yrs) Terry Copenhaver (40 yrs) Rich Harris (21 yrs) John Rex (56 yrs)

Employees receive their annual gifts at the monthly spin.

Corny Summer Knock-Knocks

Knock Knock
Who's There
 Amish
 Amish who?
 Aww sweet – I miss you too.

Knock Knock
Who's There
 Old Lady
 Old lady who?
 I didn't know you could yodel.

Knock Knock
Who's there?
 Doris
 Doris who?
 Doris locked that's why I'm knocking.

Knock Knock
Who's there?
 Butch, Jimmy and Joe
 Butch, Jimmy and Joe who?
 Butch your arms around me, Jimmy a kiss, and let's Joe.

Knock Knock
Who's there?
 Waiter
 Waiter who?
 Waiter I get my hands on you!

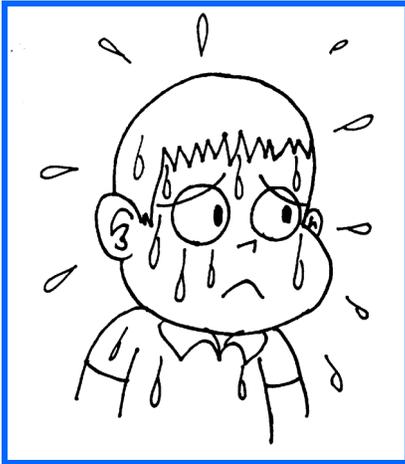
Knock Knock
Who's there?
 Oswald
 Oswald who?
 Oswald my bubble gum.

Knock Knock
Who's there?
 Aardvark
 Aardvark who?
 Aardvark a mile for one of your smiles.





Be Aware of Heat-Related Illnesses



Excessive heat and humidity during the summer months can put workers at risk for heat-related illnesses. This is especially true in large, hard-to-cool manufacturing plants. Workers exposed to excessive heat on the job can experience a range of heat-related symptoms, some of which can be fatal if precautions are not taken.

Heat Stroke

Heat stroke occurs when a worker's body is no longer able to control its own temperature. Because the worker is no longer able to produce sweat, his/her body temperature rises rapidly (up to 106 degrees F), which can leave permanent damage or even lead to death if emergency action is not taken to cool the body down. Symptoms may include: hot/dry skin or profuse sweating, chills, hallucinations, high body temperature, slurred speech, confusion, dizziness and pounding headaches.

Heat Exhaustion

Heat exhaustion occurs when there is excessive sweating – when the body has lost too much water and salt. This illness is most likely to occur among workers who are older or who have high blood pressure. Symptoms of heat exhaustion include: extreme weakness, fatigue, excessive sweating, dizziness and confusion, nausea, clammy skin, muscle cramps, fast or shallow breathing, a pale or flushed complexion and slightly elevated body temperature.

Heat Syncope

Workers experiencing heat syncope (sin'kope) suffer an episode of dizziness or fainting after standing for a prolonged period of time, or after rising suddenly from sitting or lying down. Heat syncope is common among workers who are dehydrated and/or have not been properly acclimatized to a heat environment. Symptoms of heat syncope include: fainting, dizziness and light-headedness.

Heat Cramps

Heat cramps occur when workers have insufficient levels of salt in their muscles due to excessive sweating. These cramps may be a warning sign that the workers are also suffering from heat exhaustion. Heat cramps are painful spasms in leg, arm or abdominal muscles, especially after prolonged exposure to heat or strenuous activity.

Heat Rash

Excessive sweating caused by hot, humid weather can lead to skin irritation known as heat rash. Rashes will look like a red cluster of pimples or blisters on the skin. Workers are most likely to find heat rashes on their neck, upper chest, groin, under the breasts, and in elbow creases

Some Preventative tips:

- Drink 16-32 ounces of water each hour when working in high heat environments.
- Replace salt and minerals with electrolyte drinks.
- Do not rush; a slower pace reduces stress on the body.
- Avoid working in direct sunlight whenever possible.
- Perform the most strenuous tasks during the morning hours when temps are cooler.
- Wear loose-fitting, light weight, light-colored clothing.
- Use a buddy system and check on others often. (Monitoring heat-related symptoms increases the chances of avoiding illnesses).
- Avoid hot foods and heavy meals since they add heat to the body.
- Avoid caffeine and alcohol due to their dehydrating properties.

