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Free Coffee Day!

To celebrate those employees with Birthdays in October (see Birthday Listing on page 3), there will be **free coffee** from the vending machine starting early AM on October 18th through early AM on October 19th. ENJOY!

HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner

By Johnathan Rex, Plant Mgr.

Congratulations! James Koester, Supervisor for 3rd Shift, is the Improvement Idea winner for the month of September.

Jim's idea is to install a cooling system on the water quench tank for furnace number 570. This idea will allow for greater efficiency as we will be able to process more loads through it.



A total of 18 improvement ideas were submitted in September. There were so many great ideas submitted that it made it very difficult to pick a winner. Jim submitted a total of 11 improvement ideas himself! Others contributing ideas were **Cory Hunter**, with 3 ideas, and **Yao Kangni Soukpe, Kris Hunsicker, Greg Bruno and Vindon Griffin Jr.**, 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, October 18, at 3:10 PM in the Induction area. Jim will be drawing the name of one lucky employee for the "Employee Appreciation" spin. Come and join us to see if you could be the next lucky person spinning the Rex Wheel of Chance.

If you have ideas for improvements here at Rex, write them down on a piece of paper and drop them in the box outside of the Production office. Perhaps you'll be the next improvement idea winner and have an opportunity to spin the Rex Wheel of Chance.

Monthly Winners

By Johnathan Rex, Plant Mgr.

Our Improvement Idea winner for the month of August was **Frank Rapine**, Lab Technician in the Quality Department. Frank along with Keith Bannon, and Kris Hunsicker, also submitting ideas in August, each received a "Thank You" pin and a \$5 lottery ticket.



With an assist from Johnathan Rex, Plant Mgr., Frank Rapine (left), draws the name of the Employee Appreciation winner, Cory Hunter.

Frank (left), the Improvement Idea winner, is all smiles after his big win on his spin on the Rex Wheel of Chance.

Before he took his spin, we had Frank draw the name of an employee for the "Monthly Employee Appreciation" reward. That lucky winner was **Cory Hunter**, a Furnace Operator in the 100 Group on second shift. When Cory took his spin, he won a reward of \$75.



Cory Hunter (left), the Employee Appreciation winner, is congratulated by Johnathan Rex, Plant Manager.

Frank took his spin and won a reward of 1/2 day vacation plus \$150.

We also had Frank 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 **Keith Bannon, Chuba Blaze, Sarah Mansuetti, Victor Lopez, and Tom Felder.**

We had an assortment of cookies, donut holes, brownie bites, and fresh watermelon for refreshments and free hot beverages from the vending machine.



On hand to receive their Anniversary gifts from Johnathan Rex were (from left) Sid Heflin (55 yrs) and Nancy Gardner (4 yrs).

Have you been feeling lucky lately? Well then—come join us at next month's spin if you can.

Your name could be the one drawn to be the Employee Appreciation winner for the month of October!



Johnathan Rex, Plant Manager, hands out lottery tickets to (from left) Keith Bannon, Chuba Blaze, Sarah Mansuetti, Victor Lopez and Tom Felder.

Hamburger & Dog Day

By Nancy Gardner, HR

The Hamburger & Hot Dog Day held on Friday, September 17th was a wonderful way to say Good-Bye to the dog days of summer with great food and loads of fun. Frank Rapine, the Chef, now has a new nickname, "Ratatouille". Well, if you look at the pictures, you'll understand why.

Thanks everyone for making it a great day. And **thank you** Navigators for all your hard work at pulling it together. And a special thank you goes out to John Sherman and Evelyn Chmielewski for their help as well. "We couldn't do it without you!"



A LITTLE HUMOR

Three vampires walk into a bar. The waitress comes up to them and asks them what they'll have.



The first vampire says, (Transylvanian accent inferred) "I'll have a glass of O Positive."

The second vampire says, "I'll have a glass of AB Negative."

The third vampire says, "I'm the designated driver. I'll just have a glass of plasma."

The waitress turns toward the bartender and yells, "Gimme two bloods and one blood lite!"



Happy Birthday

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

- 1 Sandy Zigon
- 9 Tim Plaucher
- 15 Johnathan Rex
- 24 Willie Lott
- 26 Chuba Blaze
- 26 Andy Venezia



Did You Know?



Day of the Dead (Spanish: Día de los Muertos) is a holiday celebrated in Mexico and by Mexican Americans living in the United States and Canada. The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died. The celebration occurs on November 2 in connection with the Catholic holidays of All Saints' Day (November 1) and All Souls' Day (November 2). Traditions connected with the holiday include building private altars honoring the deceased using sugar skulls, marigolds, and the favorite foods and beverages of the departed and visiting graves with these as gifts.

The world's record for biggest pumpkin is currently held by a gigantic gourd weighing a whopping 1,725 pounds! Christy Harp brought the 1,725 pound pumpkin to the Ohio Valley Giant Pumpkin Growers Giant Pumpkin Weigh-Off on Saturday, October 3, 2009.



Samhainophobia refers to an abnormal and persistent fear of Halloween. This time of year may also stir up other phobias such as the fear of: cats (ailurophobia), witches (wiccaphobia), ghosts (phasmophobia), spiders (arachnophobia), the dark (nyctophobia), and cemeteries (coimetrophobia).



"Life is a mirror.
If you frown at it, it frowns back.
If you smile, it returns the greeting."

William Makepeace Thackeray
(English novelist of the 19th Century)

Yearly Work Anniversaries

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

1 to 5 Years

Yao Kangni Soukpe

6 to 10 Years

Chris Constable

Over 10 Years

Bill Attieh (14)

Chris Sholly (16)

Kris Hunsicker (16)

James Brough (22)



You will receive your annual gift at the monthly spin.

Pneumonia

We often talk about pneumonia as if it was little more than a very bad flu. We might take it more seriously if we realized that it kills more than three million people every year, including nearly 100,000 people in the United States—more than double the amount of deaths from all highway accidents.

HOW IT KILLS

Pneumonia is an inflammation of the lungs, which can be caused by a number of things including chemicals, parasites, viruses, and fungi. So unlike the flu, it is not just caused by one type of invader. Bacterial pneumonia is the most lethal, and you are most likely to get it by breathing in water droplets infected by someone who already has pneumonia.

Once you've inhaled the bacteria (or some other type of lung assassin), it travels down to your lungs where it assaults your alveoli, the tiny air sacs in your lungs. They fill up with fluid and mucous, cutting off the transfer of oxygen and your ability to breath normally. Here's a list of other possible symptoms:

- Coughing up "colorful" mucous—green, yellow, brown and red
- Chest pains from coughing and internal infection
- Chills and high fever
- Vomiting and nausea
- Muscle pain and fatigue
- Diarrhea
- Profuse sweating
- Lips and other areas of skin turning blue
- Disoriented (light headed)

Ironically, people in high-risk groups, such as older adults and people with chronic illnesses or weakened immune systems, may have fewer or milder symptoms than less vulnerable people do. And instead of having the high fever that often characterizes pneumonia, older adults may even have a lower than normal temperature.

After infection, symptoms show up anytime from one to seven days later. Death can occur anytime from two to eight weeks. (Twenty to fifty percent depending on age and country.)

Respiratory failure is the medical cause of death but pneumonia itself is often listed as the cause on many death certificates.

One sad fact about pneumonia is that the vast majority of fatalities are children.

PERSONAL METHODS TO AVOID PNEUMONIA

(Some forms of bacterial pneumonia can be prevented with a pneumococcal vaccine. The vaccine does not protect against most types of viral pneumonia or the pneumonia that people with low immunity tend to develop. Consult your doctor about your need for a vaccine.)

- Like any other respiratory infection, good hygiene such as washing your hands regularly with soap and water and avoiding contact with people who are infected are the basics to preventing pneumonia.
- The healthier you are, the more protected you are from pneumonia. So, eat a healthy diet rich in antioxidants, such as fresh dark-colored fruits and vegetables and other nutrients.
- Drink plenty of fluids (water, fresh juice, herbal tea, etc.)
- Strengthen your cardiovascular system! Include aerobic exercises, such as a brisk walk, as a regular part of your lifestyle.
- Avoiding aspiration pneumonia (breathing in chemicals) is simple. Read and follow ALL safety directions on the labels (or MSDS) of any chemicals you use.

NOTABLE VICTIMS

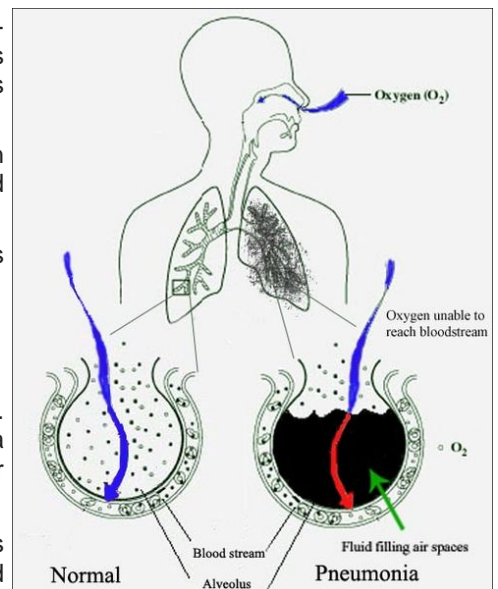
Pneumonia has taken more than its share of famous victims, including Franz Liszt, William Henry Harrison, Fred Astaire, Charles Bronson, and James Brown. Muppet creator and *Sesame Street* icon Jim Henson became a famous victim of pneumonia when he died suddenly on May 16, 1990. Henson thought he had a cold he couldn't shake and after it worsened he finally checked himself into a New York hospital. He died within twenty-four hours after being admitted.

A lesson for the rest of us—if you have a persistent cold/cough lasting for more than a week or any other serious symptoms that could indicate pneumonia, don't delay in getting professional medical care.

TWO GRIM FACTS

1. Prior to 1936, pneumonia was the leading cause of death in the United States and has remained in the top ten ever since.
2. Pneumonia kills more children worldwide than any other disease.

A Few Sources: *This Will Kill You* by HP Newquist, eHealth MD, *American Journal of Forensic Medicine and Pathology*, MayoClinic.com
Richard Hawk Inc. www.makesafetyfun.com



Pneumonia fills the lung's alveoli with fluid, keeping oxygen from reaching the bloodstream. The alveolus on the left is normal, while the alveolus on the right is full of fluid from pneumonia.