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Free Coffee Day!

To celebrate those employees with birthdays in July (see Birthdays on page 3), there will be free coffee from the vending machine starting early AM on July 18 through early AM on Tuesday, July 19.

ENJOY! HAPPY BIRTHDAY TO ALL!

Improvement Idea Winner By Scott Wagner, Plant Mgr.

Congratulations to **Yao Kangni Soukpe**, Supervisor, third shift, for being the Improvement Idea winner for June. In addition to Yao's winning idea, there were two other ideas submitted in June. Yao submitted a second idea, and Trevor Levonski submitted one idea. Thank you both for letting us know your ideas for Improvement here at Rex.



Yao's idea is to make a two-step channel on 330 Cooling Station. This will be a safer way to step up and not climb on the safety rails around the staging pit. A second option Yao submitted would be to lower the crossing bar since there is plenty of room in the pit. This will avoid people having to climb at all and also be able to work with the staging bar at a lower more ergonomic level.

The next Improvement Idea spin will be held on Monday, July 18 at 3:10 pm in the Induction area. Yao 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 JULY IMPROVEMENT IDEAS
Wednesday, July 13, 2016, noon

Monthly Winners

By Scott Wagner, Plant Manager



May Improvement Idea winner Derek McAlarney is congratulated by Scott Wagner, Plant Manager.

Our Improvement Idea winner for May was **Derek McAlarney, Inspector, second shift**. Derek won a \$200 award on his spin. Besides Derek's winning idea, there were 12 other ideas submitted in May. **Ray Souder** submitted five ideas, **Brian Wingate** submitted three ideas, and **Terry Copenhaver, Bob Feldman, Trevor Levonski, and Mike Townsend** submitted one idea each. They all received "Good Idea" pins and \$5 lottery tickets.



Employees who submitted Improvement Ideas in May include (top from left) Mike Townsend, Terry Copenhaver; (bottom from left) Brian Wingate, Ray Souder. They received "Good Idea" pins and lottery tickets



Frank Rapine, June Employee Appreciation winner, is congratulated by Scott Wagner.

The lucky winner of June's Monthly Employee Appreciation is **Frank Rapine** who won \$100 on his spin. Five names were drawn from a bucket that contained the names of all Rex employees. **Chris Constable, Terry Copenhaver, Mike Evans, Jim Forbes, and Sandy Zigon** each received a \$5 Instant lottery ticket. **Trevor Levonski** was the **Rex Riddle** winner and he, too, received a \$5 lottery ticket. **John Moss** was the only employee celebrating an anniversary. He was not at the spin but Scott Wagner, Plant Manager, will ensure he receives his anniversary gift.

For refreshments, we all enjoyed cookies and 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.



Lottery ticket winners Sandy Zigon and Terry Copenhaver, are congratulated by Scott Wagner. Other winners not pictured: Chris Constable, Mike Evans and Jim Forbes.



Ray DeHaven Bids Farewell

Ray DeHaven's retirement from Rex Heat Treat on June 17 marked the end of his long and varied career. Ray worked at Rex for nearly 10 years as a Material Handler, mid-shift. "I appreciate all the friends I've made here. Everyone at Rex has been very good to me," he said at his recent retirement party.

In 1969, a year after graduating high school, Ray enlisted in the Navy. A good part of his 20-year naval career was as a hospital coreman. His assignments took him to Okinawa – his favorite port, Puerto Rico, and many stops around the Mediterranean Sea. During his years of service, Ray earned several promotions. He retired as a Chief Petty Officer.

His first job out of the service was as a material handler with Rosenberger Dairies. However, constant exposure to the refrigerated trucks and products affected his joints. He then went to work for Jet Plastica Industries where he spent 16 years also as a material handler. Rex Heat Treat was his next and final job.

"Ray has always been someone willing to help. He would stay late, work in the shop when needed, and was always courteous to our customers," stated Scott Wagner, Plant Manager. "He's been a pleasure to work with and a great asset to the company."

While Ray will no longer be clocking in every day, we will see him occasionally as he's arranged with Scott to return to the plant to collect our bottles and cans for recycling. In about three and a half years, Ray estimates he recycled about 25,000 cans and bottles. He also collected about 5,000 Coke, Minute Maid, and Powerade bottle caps as part of a program to benefit his son's school. The points earned through the recycling of the bottle caps, helped to buy needed school supplies. Ray plans to continue recycling bottles and cans and collecting the bottle caps to support the school program.

Ray and his wife Linda are avid gardeners and will now have plenty of time to work in their garden. They enjoy hiking in the area parks, and Ray might even make time to do a little fishing.

Best wishes Ray for a healthy and enjoyable retirement!



Ray, in his goofy "retirement" hat is just about to enjoy some of his party pizza.



Partygoers from left: Part-timer Sid Heflin, Utility Worker Adrian Rivera, and QA Administrative Assistant Theresa Scargill celebrate.



Partygoers from left: Systems Engineer Ron Makos, Maintenance "A" Keith Bannon, Maintenance Manager Brandon Reynolds, and retiree Andy Veneziale.



Plant Manager Scott Wagner, Furnace Operator Maria Monje, and Straightener Don Wiggins line up for the delicious pizza.



Ray and his wife Linda chat with HR Administrator Nancy Viola.



Standing room only — Partygoers listen as Plant Manager Scott Wagner pays tribute to Ray.



Partygoers from left: Furnace Operator Mike Evans, Material Handler Ray Souder, and Straightener Don Wiggins.



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

- 2 Vernell Donaldson
- 4 Vindon Griffin
- 14 Greg Smith
- 16 Sarah Mansuetti
- 20 Derek McAlarney
- 22 Robert Feldman

REX RIDDLE 60?

What do you call a chicken with sunburn?



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:

WHAT IS BLACK WHEN YOU BUY IT?
RED WHEN YOU USE IT?
GRAY WHEN YOU THROW IT AWAY?

ANSWER: CHARCOAL

Yearly Work Anniversaries

The following employees are celebrating their Work anniversaries in July

1 to 5 Years

Theresa Scargill (4 yrs)

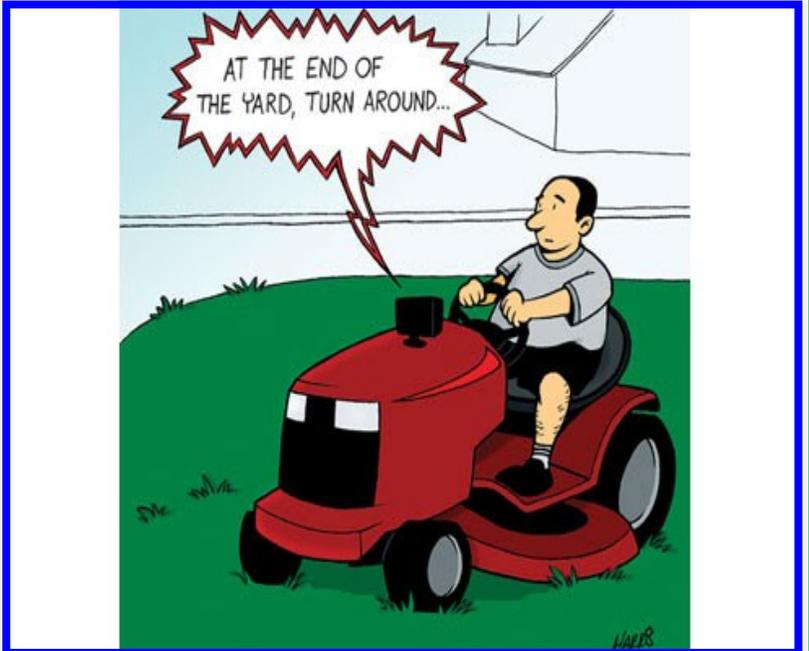
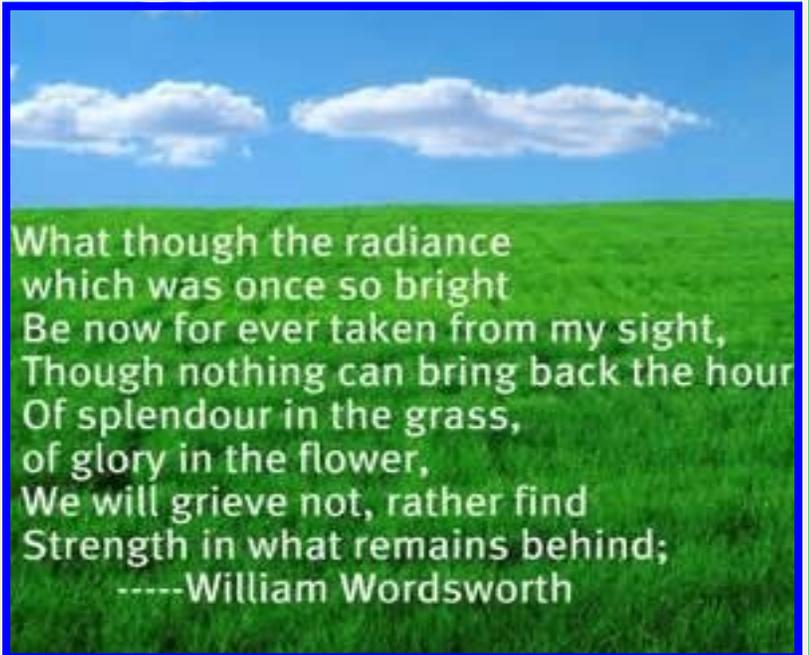
6 to 10 Years

Over 10 Years

Sarah Mansuetti (11 yrs)
Johnathan Rex (26 yrs)
John Sherman (25 yrs)

You will receive your annual gift at the monthly spin

SUMMER SAYINGS

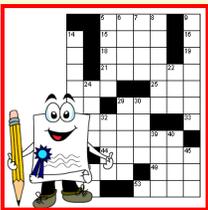


IMPROVING YOUR MEMORY

How many times have you searched for your car and house keys, eyeglasses, cell phone, or the name of someone who knows your name but you can't recall who they are or where you met them? You are not alone. Memory lapses happen to everyone. Aging tends to magnify memory loss, but anyone any age can be affected depending on environmental stress and physical condition.

According to the staff at the Mayo Clinic, there are ways to sharpen memory and mental performance.

Tip #1: Physical activity helps keep both body and mind in shape. Aerobic exercise is particularly good for the brain, so choose activities that keep your blood pumping. In general, anything that is good for your heart is great for your brain.



Tip #2: Mentally stimulating activities also help keep memory loss at bay. Do crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization. The activity needs to be something that's unfamiliar and out of your comfort zone. To strengthen the brain, you need to keep learning and developing new skills.

Tip #3: Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others — especially if you live alone. When you're invited to share a meal or attend an event, go! Seek out people and situations that make you happy. Laughter engages multiple regions across the whole brain.



Tip #4: You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic planner. You might even repeat each entry out loud as you jot it down to help cement it in your memory. Keep to-do lists current and check off items you've completed. Set aside a certain place for your wallet, keys and other essentials.

Tip #5: Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most adults need seven to eight hours of sleep a day.



Tip #6: A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. Research shows that omega-3 fatty acids are particularly beneficial for brain health. Fish is a rich source of omega-3. If you're not a fan of seafood, consider non-fish sources of omega-3 such as walnuts, ground flaxseed, flaxseed oil, winter squash, kidney and pinto beans, spinach, broccoli, pumpkin seeds, and soybeans. What you drink counts, too. Not enough water or too much alcohol can lead to confusion and memory loss.