

Bag the Plastic

Plastic Reduction Initiative



Did you know that the US uses 100 billion plastic bags each year?? It takes 12 million barrels of foreign oil to produce this staggering amount of plastic. Many of these bags end up in the ocean, which covers 3/4 of the planet. By the middle of the century the ocean could contain more plastic than fish by weight! The plastic is ground down to tiny pieces and eaten by fish and then by people, with uncertain effects on human health. If the bags do make it to a landfill, they take over 1,000 years to degrade, releasing chemicals the entire time! What can you do to help? If each person in the United States were to switch to a cloth bag, it would save 6 bags per week, 24/month, 288/year

and 22,176 over the average lifetime! If every American did this it would result in the reduction of 2 million bags/week, 7.7 million bags/month, 92 million bags/year and 7 trillion bags/lifetime! This is a small step we can do to help clean up our environment for the next generation while simultaneously reducing the country's dependence on foreign oil. Who's coming with me?? RSL for one. We have started an initiative to source alternatives to our common plastic offenders (Styrofoam and stretch wrap). If you have any suggestions on how we can reduce plastic use, please let us know!



Congratulations to the Fernwood Ave. crew on their achievement of going **676 days** without a recordable safety incident!!! This is an outstanding feat and a true testament to the collective effort of the entire group! Well on their way are Champion and RSL OH who are at **323 days** and **165 days** with nothing to report! **Safe** to say everyone is making this a priority and the results are impressive!

Quality Awards

There are many outstanding employees at Champion and RSL that deserve our praise and thanks. In this newsletter we would like to recognize the following individuals and give them a \$50 gift card as a token of our appreciation.

Patty Martin

Patty was hired as a Quality Manager for Champion on 06/24/14. She has been a team player from day one. Patty communicates daily with foreman and press operators and has been a tremendous asset. Patty always exhibits a positive attitude and is a key support system to the supervisors and operators. Thanks Patty for everything you bring to Champion!

Jared Lemaster

Jared started as a production worker on 01/07/2014. He has worked very hard to prove himself which is why he was promoted to Warehouse Manager in February of 2016. His excellent attendance, solid work ethic and dedication makes him an asset. Not only does he work full-time for RSL but he's also a part-time student at Kent State University. Jared has a genuine personality, is a hard worker and is an inspiration to all his co-workers. Congratulations Jared and thank you for your continued hard work!

20 Year Award



Steve Nixon Jr. celebrated his 20th anniversary with RSL on 06/16/17!! He started painting RSL's buildings in New Jersey when he was 17. He then learned maintenance, and oversaw the sidelight, octagon, hurricane impact, and wood molding departments, ultimately winding up as Steve Sr.'s right hand man in production. He and his wife Rose have 4 children. Congrats Steve!!

Health Tip— The Importance of Water



You may know that water makes up about two-thirds of our body, but did you know it influences 100% of the processes in our body. Our body uses water in all of its cells, organs and tissues to help regulate its temperature and maintain other bodily functions. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues and assist the passage of food through the intestines. Amongst other things, here a few ways that water helps your body:

- **Kidneys:** When properly hydrated we maintain good urine flow and this prevents the buildup of minerals within our kidneys that can form stones
- **Calories:** Water is the original zero-calorie drink. As we know our weight is dependent on the balance of calories consumed vs. burned. In an effort to keep the amount of calories consumed low, consider reaching for a glass of water compared to Soda (140 Calories), glass of wine (140 Calories), 12 oz. unsweetened apple juice (170 Calories). Diet sodas are not much better, as research has linked them to weight gain as well.
- **Combat Headaches:** Headaches are one of the first signs of dehydration. Dehydration results in electrolyte imbalance and stimulates the nerves in the brain to send pain signals.
- **Keeps Us Looking Young:** Our skin cells either maintain the form of a grape or a raisin depending on hydration. When we are hydrated they look like a grape smoothing the skin and when dehydrated they look like a raisin making wrinkles more prominent.
- **Stroke Survival:** According to recent research from Johns Hopkins University, researchers found that nearly half of all patients who presented with a stroke due to a clot were dehydrated. The patients also did worse in the long run.
- **Concentration and Energy:** 80-85% of our brain's weight is from water, so it should be no surprise that when our water levels are low our brain function is affected. And when you are feeling sluggish, like your energy has been zapped, this is a sign of dehydration and time to drink some water.

An age old question is how much water is enough? The recommended amount varies from person to person depending on factors such as level of activity, weight, diet and surrounding temperature. **A good rule of thumb is the estimated adequate intake for men is about 13 cups a day. For women the estimated adequate intake is about 9 cups.**

Happy Birthday!!



JULY

- Joseph Gudzinis - 07/01
- Ron Lewkowitz - 07/02
- Ray Delpuppo - 07/03
- Kevin O'Donnell - 07/10
- Dean Simmons - 07/13
- Adam Petrosh - 07/23
- Douglas Lark - 07/24
- Aven Dorsey - 07/25
- Melinda Decker - 07/28

AUGUST

- Tanika Kibble - 08/06
- Bernd Lewkowitz - 08/07
- Stephen Nixon - 08/08
- Justin Jarvis - 08/09
- Luis Cruz - 08/10
- Thomas Johnston - 08/14
- Joe Bennett - 08/21
- Daniel Shaw - 08/22
- Gregory Hicks - 08/28
- Phill Pella - 08/31

SEPTEMBER

- Reginald Allen Sr. - 09/01
- Lorie Fischer - 09/01
- Nathan Laverty - 09/06
- Leslie Summerlin - 09/07
- Gary Heath - 09/18

OCTOBER

- James Higgins - 10/02
- Marvin Ervin - 10/24
- Kevin Bonet - 10/27

NOVEMBER

- Wanda Hayes - 11/04
- Pamela Gleason - 11/05
- Stephen Nixon Jr. - 11/16
- Mark Walters - 11/18
- Kevin Kavanagh - 11/26
- George Vanzandt - 11/29
- Dawn Marie Campbell - 11/30

DECEMBER

- Steven Masula - 12/12
- Wilber Gmucs - 12/15
- Maurice Haskins - 12/18
- Quran Warfield - 12/22
- Dariusz Cholewicki - 12/27
- Marcelo Sanchez - 12/29

Congratulations!



Steve Nixon Jr. and his wife Rose on the birth of their son Joshua!

Patty & Brian Martin's daughter Brianne attained a Masters in Social Work from OSU!

Aven Dorsey's daughter Kali welcomed a baby girl Lele!

Steve and Michelle Masula welcomed a baby girl Madison!

Kevin and Karianys Bonet on their marriage & birth of their baby boy Dexter !