

Employee in the Spotlight

Name: Chris Russell **Department:** LDC **Position:** ACE Operator **Years at Hallmark:** 1 year

Q: Best part of your day:

A: Going Home.

Q: Toughest part of day:

A: Getting up and coming in

Q: Favorite Hallmark moment so far:

A: Taking son to Christmas party.

Q: What is your hope for Hallmark?

A: Continue to be successful and grow for long time (like my retirement)

Q: What is one thing that not many people know about you?

A: Most people know but for purple people out there - I am a die hard Jayhawk!

Q: If you could have a super power, what would it be? Why?

A: Teleportation, so I can go anywhere whenever I want.

Q: What's an improvement you've made to your job or Department?

A: I think me just being here is an improvement.

Q: What's your favorite season?

A: Basketball & Football season.



* * Diversity and Inclusion * *

NATIONAL RELAXATION DAY AUGUST 15TH

August 15 annually celebrates a day that is looked forward to by many people across the country, it is National Relaxation Day. This day is set aside to slow down, unwind and relax!

National Relaxation Day is an important day as we all need a break from the fast paced and often times hectic lifestyles that we live. There are always schedules that we have to follow and appointments, meetings, errands, chores and etc. that keep us busy every day. The often "too busy" days can become stressful.

It has been proven that stress can be harmful to our health, both mental and physical. Most doctors will agree that finding ways to relax and making time for relaxation may reduce some of the stress-related health risks.

What is your favorite relaxation activity?

- Reading a book
- Fishing with a friend
- A picnic in the park
- Walking along the beach
- Taking a drive in the country
- Spa
- Golfing
- Photography
- A movie
- Window shopping
- Lunch with friends
- Drinks with friends
- Watching sports
- Swimming



These are just a few of the many possible relaxation ideas that you may want to use to celebrate today's holiday.

CELEBRATE

We are aware that not everyone is able to get this holiday off from work, so while you are at your job, do what you can to avoid stress. When you get off of work, take a deep breath, unwind, relax and begin your National Relaxation Day celebration!



Aug 13	Neal Huseby	Aug 25	Adela Lee
Aug 13	Dan Rew	Aug 25	Joel Sauer
Aug 14	Debi Aldrine	Aug 26	Sherri Johnson
Aug 14	Kris Hawks	Aug 26	Lance Schmitz
Aug 15	Todd Kampfer	Aug 26	Travis Steffey
Aug 15	Galen Wilbur	Aug 29	Patricia Jorgensen
Aug 16	Kevin Cook	Aug 29	Frank Zeller
Aug 16	Susan McManness	Aug 31	Jeff Crume
Aug 16	Troy Riner	Aug 31	Roxane Duncan
Aug 16	Eric Watts	Sep 01	Kathe Clark
Aug 17	Gary Ross	Sep 01	Ophelia Jackson
Aug 18	Brian Elm	Sep 02	Ellen Clark
Aug 18	Jim LaCrone	Sep 02	Ruby Johnson
Aug 18	Pattie Ross	Sep 03	Mohamed Belazrag
Aug 19	Greg Francisco	Sep 03	Kevin Bowman
Aug 19	Jessica Hunter	Sep 03	David Deiter
Aug 19	Jennifer Nash	Sep 04	Sarah Breymeyer
Aug 20	Todd Mailen	Sep 05	Lori Barnhart
Aug 20	Janice McKenzie	Sep 06	Debbie Arnold
Aug 20	Mike Perron	Sep 07	Eric Lee
Aug 20	Diana Quaney	Sep 07	Randy Murray
Aug 20	Corey Thomas	Sep 07	Randy Phillips
Aug 20	Vern Welling	Sep 08	David Burton
Aug 21	Regina Igbafe-Johnson	Sep 08	Patrick Doherty
Aug 21	Steve Luther	Sep 08	LeAnn Fouts
Aug 21	Tricia Smith	Sep 08	Julie Lassen
Aug 21	Ryan Truong	Sep 08	Leah Spencer
Aug 23	Dave Augustine	Sep 08	Gloria Williams
Aug 24	Paul Knipp	Sep 09	Vicky Johnson
Aug 24	Wade Mooney	Sep 09	Denise Pickens
Aug 25	Gary Anderson	Sep 09	Tim Romine
Aug 25	Zane Barnhardt	Sep 09	Judy Wheeler

20 Years

Darnell Nash (CBF) 8/15
Doug Wingfield (Maint) 9/5

15 years

Rebecca Hall (Cello) 8/17
Reuben Truner (Flock) 8/24
Sherita Clifton (Colorvure) 9/5
Joel Sauer (LDC) 9/6

The following employee will retire Sept 1st
Jeff Crume (LDC)



Someone Special

*Bill and Ashley Pickering
welcomed their son
Remy Max Pickering
On July 18, 2015*

Topeka Retirees

Next Quarterly Luncheon
Tuesday, Aug 18th
The Golden Corral
11:30 am

Safety Tip of the Month:

What safety is and isn't.

Now is a good time to reflect again on what safety is and isn't. Safety **ISN'T** a mysterious maze of rules and regulations that the company and OSHA want you to obey. Safety **IS** a mindset that each of us must demonstrate on a daily basis to prevent injuries.

Safety IS ALSO plain common sense that everyone can use:

- ⇒ **Look for potential hazards**, and take action to prevent them, before you start a job
 - ⇒ **Stay focused** on the task you're doing
 - ⇒ **Don't let fatigue, emotions, or complacency make you distracted or careless**
 - ⇒ **Don't rush** and bypass safe procedures
 - ⇒ **Don't let the unsafe actions of others influence** how you do your job
 - ⇒ **Never fool around or take chances**
 - ⇒ **Remember to stretch** when you're feeling discomfort
- If you're not sure how to do a job safely—ASK!**



Two Ton Challenge

For those that signed up for the challenge which runs through Oct 30th - make sure and return to the website weekly and report you weight loss. Those who lose weight during the week or who have reached their goal weight will be eligible for weekly prize drawings.