

# Greetings News



September 10, 2015 Monthly Publication

Send a card. It's the biggest little thing you can do.

## Employee in the Spotlight

**Name:** Alicia Fritz **Department:** Lean **Position:** Lean Champion **Years at Hallmark:** 8 1/2 years

Q: Best part of your day:

A: Being able to give my kids a kiss and hug everyday!

Q: Toughest part of day:

A: When my kids tell me they don't want me to go to work and want me to stay home with them.

Q: Favorite Hallmark moment so far:

A: Learning problem solving.

Q: What is your hope for Hallmark?

A: That we continue to grow & learn as a company, enabling us to not only continue to operate but grow our business as a whole.

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

A: I have been given the nickname of "Fire Cracker"

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

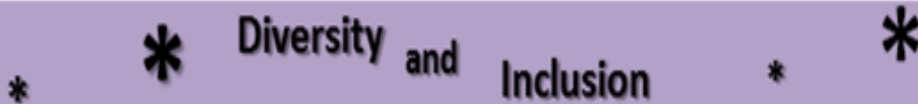
A: Being able to fly, so I could get to work faster & not put so many miles on my car!

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

A: Developing standard work on One Note for the area.

Q: What's your favorite season?

A: Fall



*United Way Lives Here United Way Works Here*

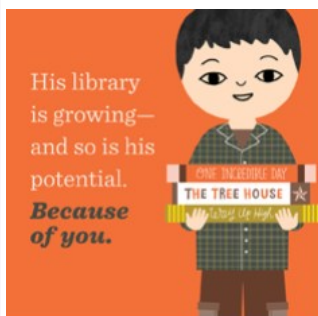
## United Way silent auction items needed!!!!

Your 2015 United Way committee is planning a silent auction for the week of Sept. 21<sup>st</sup>. We are asking all Hallmarkers for their consideration to donate items for the auction. All proceeds go directly to the United Way agency or location of your choice.

Your items may be dropped at the front desk any time prior to Sept. 21<sup>st</sup> between the hours of 7:30 AM-4:00 PM.

**Contact:** Marc Smith, Corey Thomas, LaToya Fleming, or any of the following United Way committee members for more information:

Betsy Paradies, Rebecca Nordyke, Sheri Holladay, Jenny Mayer, Linda Reynolds, Reuben Turner, Andre Carper, Jessie Chatman, Zack Richards, Mark Hague, Christine McMechan & Todd Flanagan



**Please help us create better communities through your local United Ways.**



**LIVE UNITED**



Many United Way programs are focused on education and helping children thrive.



Sep 11	Al Villalobos	Sep 26	Antoinette Spaulding
Sep 12	Tarita Carpenter	Sep 27	DeJuan Gardenhire
Sep 12	Sharon Flinn	Sep 27	Judy Jones
Sep 12	Mark Hague	Sep 28	Mike Mestagh
Sep 12	Matt Herrin	Sep 29	Chris Cozadd
Sep 12	Tim Nordyke	Sep 29	Sharon Molby
Sep 12	Loretta Tindell	Sep 30	Joe Wampler
Sep 12	Monya Zarazua	Oct 01	Rayann Eversmeyer
Sep 13	Carla Elsea	Oct 01	Tim Sieve
Sep 13	Aimee Glase	Oct 01	Bradley Warren
Sep 15	Bruce Smith	Oct 02	Mary Flanagan
Sep 16	Elsa Sprow	Oct 02	Deborah Huss
Sep 16	Scott Daniel	Oct 02	Cody Reynolds
Sep 17	Donna Edwards	Oct 03	Bob Geddings
Sep 17	Travis Ford	Oct 04	Chris McKnight
Sep 19	Bob Foresman	Oct 05	Elsie Haines
Sep 19	Sheri Holladay	Oct 05	Melinda Nunez
Sep 20	Ricky Ashley	Oct 05	Zack Richards
Sep 20	Cheryl Cobb	Oct 06	Chris Gambrel
Sep 20	Rebecca Nordyke	Oct 06	Rebecca Hall
Sep 21	Donald Doherty	Oct 06	Doug Massey
Sep 21	Clayton Keating	Oct 07	Willie Dotson
Sep 23	Brad LeFort	Oct 07	Bill Herrmann
Sep 24	Steven Flach	Oct 07	Bill Pickering
Sep 24	Justin Villalobos	Oct 07	Mike Schrenk
Sep 24	Byron Wilson	Oct 07	Jeane Sola
Sep 25	Kimberly Allen	Oct 08	Thom Taylor
Sep 26	David Millen		

**35 Years**

Tom Abernathy (Foil) 9/19

**25 years**

Sharon Flinn (Flock) 9/17  
 Tony Fleming (Bronze) 10/1  
 Al Villalobos (Dept E) 10/1

**15 Years**

Joe Thomas (Silk Scrn) 9/21  
 Sheryl Fisher (Warehouse) 9/28  
 Heather Ledom (Quality) 10/5

**10 Years**

Kris Hawks (Flutter) 9/19

**The following employee retired August 21st**

Crystal Addington (Dept E)

**The following employee retired August 31st**

Gary Anderson (Foil)

**Congratulations!**

Jessy Henderson got married to

Allison Emmot

On August 24, 2015



**Hallmark health Flu Shots**  
**October 13th and 20th**  
 Watch for the announcement for sign up information coming soon!

**Lawrence Retirees**

Next Quarterly Luncheon

Wednesday, Sept 16th

at Johnny's West

11:30 am

**September is: childhood cancer awareness month**

Each year in the U.S. there are an estimated 15,780 children between the ages of birth and 19 years of age who are diagnosed with cancer. Approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20th birthday. Globally there are more than 250,000 children diagnosed with cancer each year. Every 3 minutes, somewhere in the world a family hears the devastating words that their child has been diagnosed with cancer. While survival rates for many types of childhood cancer have improved, for too many children, cancer will shorten their lives too soon. Cancer remains the most common cause of death by disease for children in America.

**Safety Tip of the Week:**

**Preventing Foot Pain**

You can help keep your feet pain-free by following these tips:

- **Buy footwear that fits.**
  - Shoes should grip your heel firmly and allow your toes to move freely.
  - Look for good arch support
  - Try shock-absorbing insoles
- **Get off your feet during your breaks.** Elevate your feet for a few minutes if you can.
- **If possible, alternate shoes each day.** Wearing the same pair constantly can aggravate foot problems.
- **Treat your feet.** After work you and your feet deserve some pampering. De-stress by kicking off your shoes and soaking your tired feet in warm, sudsy water. Follow up with some soothing lotion.