

# THE Leavenworth CONNECTION



EDITORS: LISA ALLEN & CASSANDRA LINCOLN



## Welcome!

David Jones joined the Hallmark Team on November 14, 2016 as Section Manager – Warehouse. David graduated from Tonganoxie High School and Kansas State University. Prior to joining Hallmark, he worked for Archer Daniels Midland (ADM) Milling, International Multifoods, Coca-Cola Refreshments, and Airgas USA. He has held various supply chain positions in distribution, warehouse, manufacturing and operational excellence.

*Plant Christmas Dinner!  
Tis The Season To Be Thankful.....*

*Please join in by sharing a meal with your coworkers. Each shift is scheduled to have a Plant Holiday Dinner. Meats will be provided and those participating are encourage to bring a side dish of your choice.*

*Plant Christmas Dinner Schedule:*

*Meat to be served: Turkey, Ham,  
Roast Beef & Chicken*

*All meals will be served in the Crown Room*

*2nd Shift*

*When: Thursday, December 15, 2016*

*Time: 7:30 P.M*

*3rd Shift*

*When: Friday, December 16, 2016*

*Time: 3:30 A.M*

*1st Shift*

*When: Friday, December 16, 2016*

*Time: 11:30 A.M*

*Hope to see everyone there!!!*



## Earwax Buildup

Your ear canal produces waxy oil called cerumen, known as earwax. Earwax is natural and protects the ear from dust, foreign particles, microorganisms and water irritation. Most often excess wax finds its way out of the canal and into the ear opening naturally where it can be washed away. Occasionally, your glands make more earwax than is necessary or the wax may buildup, get hard and block the ear. Sometimes one can accidentally push the wax deeper, causing a blockage. Wax buildup is a common reason for temporary muffling or hearing loss. You should take caution when trying to treat earwax buildup at home. If the problem is persistent, visit your doctor as treatment is usually quick and painless.

**Causes:** The most common cause of earwax blockage is at-home removal. Using cotton swabs, bobby pins, or other objects in your ear canal can also push wax deeper, creating a blockage. Frequent uses of earplugs that are pushed in too far can sometimes block the outward flow of earwax or pack wax further into the canal. Also, some people naturally produce more earwax.

**Signs and Symptoms of earwax buildup:** The appearance of earwax varies from light yellow to dark brown. Darker colors do not necessarily indicate that there is a blockage. Signs can include a sudden or partial hearing loss, (which is usually temporary), tinnitus (ringing or buzzing in the ear), a feeling of fullness in the ear and/or an earache. Unremoved earwax buildup can lead to infection. Contact your doctor if you experience the symptoms of infection, such as severe pain in your ear, pain in your ear that does not subside, drainage from your ear, fever, coughing, persistent hearing loss, an odor coming from your ear and/or dizziness. (It's important to remember that many of these symptoms can have other causes).

**How to get rid of excess earwax:** You should never attempt to dig out earwax buildup yourself. This can cause damage to your ear and lead to infection or hearing loss. Fortunately, in most cases, you will be able to get rid of the earwax yourself. Only use cotton swabs on the outer portion of your ears if necessary.

**Softening Earwax.** To soften earwax, you can purchase over-the-counter drops made specifically for that purpose. You can use the following substances: mineral oil, hydrogen peroxide, carbamide peroxide, baby oil, glycerin.

**Ear Irrigation.** Another way to remove earwax buildup is by irrigating the ear. You should never attempt to irrigate your ear if you have an ear injury or have had a medical procedure done on your ear. Irrigation of a ruptured eardrum could cause hearing loss or infection. Please read all directions with an over the counter kit or contact a health professional on how to properly irrigate your ear and always use products made specifically for ear irrigation.

**At your annual doctor appointment.** If you are prone to wax build-up ask for an ear cleaning at your annual doctor's appointment. This is usually enough to keep control of any possible blockages.

**Caution regarding Ear Candles.** Also known as eardrums, ear candles involves inserting a lit tube of beeswax into the ear. The thought is the suction created will pull the wax out of the canal. Caution must be taken as burns to the ear and face, bleeding, punctured eardrums, injuries from dripping wax or fires could happen during use.



## BIRTHDAYS



## CARD SHOP

- 01 Dan Gallagher
- 04 Dan Pieratt
- 04 Dave Schmalstieg
- 04 Sylvester Traylor
- 05 Dan Lindstrom
- 06 Tim Bright
- 06 Ray Maxwell
- 07 Mike Hayes
- 13 Dan Carley
- 13 Barrett Damron
- 15 Patty Barnes
- 16 Brett Kossen
- 16 Cassandra Lincoln
- 17 Randy Fields
- 19 Chris Powers
- 24 Kim Murphy
- 27 Larry Meza
- 28 Gary Britton
- 28 Phil Hightower

## ANNIVERSARIES

- 10<sup>th</sup> Greg Ledford  
Dec. 4 Facilities
- 20<sup>th</sup> Benji Trammel  
Dec. 2 Roll Wrap
- 20<sup>th</sup> Paula Wood  
Dec. 11 Ribbon
- 20<sup>th</sup> Kenny Hicks  
Dec. 12 Maintenance
- 20<sup>th</sup> Scott Blanken  
Dec. 16 Gravure

Christmas is only 3 weeks away so be sure to stop by the card shop and purchase your gift wrap, ribbons, bags and bows to finish wrapping your Christmas gifts. There are mittens, scarves and warm, snuggly throws, pillows, table runners, decorations for your home and holiday serving dishes for your Christmas dinner table. December ornaments have arrived and are on the shelves, these make great stocking stuffers along with assorted chocolates, flavored teas, scented soaps or candles.

New to the card shop for all those country music lovers, the card shop now has new song cards featuring country hits. Stop in today and see what you can mark of your Christmas list!

