

# THE Leavenworth CONNECTION



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## 2014 Year End Plant Results

In November of every year, the Leavenworth Plant staff sets goals for our facility. These goals help us measure how we are meeting our customer's expectations and indicate what we need to improve.

The official word is in for 2014, and it is great news! 2014 was one of the best years for meeting our goals in Leavenworth.

**Safety - 2.8% Incident Rate (Goal <6%)**  
**Cost - 9% reduction (Goal 5% reduction)**  
**Quality - 98.2% Liberty Audit (Goal 97%)**  
**Serviceability -**  
ED Wholesale Serviceability (Goal 94%)

Rollwrap = 99%

Tissue = 97%

Party = 91%

Stickers = 96%

Ribbons & Bows = 98%      Curl Cascades = 100%  
On Time Completion - 88% (Goal 85%)

Thank you for all your work in 2014! Your actions last year helped cause big results!



## 2015 Goals

Here is what is queued up for 2015 goals:

**Safety - <6% Incident Rate**  
**Cost - Hold Flat current formats**  
**Quality - 97% DC Audits**  
**Serviceability -**  
ED Wholesale Serviceability - 94%  
On Time Completion - 90%

2015 is going to be a challenging year. Without Party volumes to level the work load in our plant, our work will become much more seasonal. This means low work periods will have less work, and high work periods will be even higher. Maintaining our plant goals will be tough, but with everyone's effort we will succeed!

### UK Production Update

UK giftwrap production is progressing as planned. We produced 25 test jobs for the UK in 2014 and received positive feedback. As of February 1, we have started job ticket set up on 58 different jobs and have done multiple print tests for the UK. Production on this work will start in February and continue throughout the year.

For a look at some of the 2014 test jobs, stop by the main display case. And as our UK friends say, CHEERS!



## Glycemic Index and Glycemic Load

**Glycemic Index (GI)** is a measurement put on foods containing carbohydrates and their impact on one's blood sugar. The glycemic index indicates how quickly a carbohydrate is digested and broken down into sugar (glucose) in your blood stream. A food with a high GI raises blood sugar more than a food with a medium to low GI. Foods are ranked as being low (0-55), medium (56-59), or high (70 or greater) in their GI value.

**Glycemic Load (GL)** measures the amount of carbohydrates in a serving of food. This can be found on a food label. Foods with a glycemic load (GL) under 10 are considered low-GL foods and have little impact on your blood sugar. GL between 10 and 20 will have moderate impact on blood sugar, and a high GL above 20 tend to cause blood sugar spikes.

Basically, if a food is ranked high on the **glycemic index** it has readily available carbohydrate for quick absorption. However, the same food can have a **low glycemic load** because there may not be many total carbohydrates in a given serving of that food. **A low GL is the better indicator** that a food won't have much impact on blood glucose levels.

**Why Is GI and GL Important?** Foods with a lower GL and GI typically are higher in fiber and nutrients; sustain your energy and keep you feeling satisfied longer. When you consume high GL and GI foods, your blood sugar spikes, the body releases extra insulin to bring down your blood sugar. If your body needs to release extra insulin on a regular basis, it begins to lead to insulin resistance for many people and diabetes -- especially if diabetes is in your family. Also, when these blood sugars drop quickly, they cause you to crave food again. **Low GI and GL** diets can help decrease the risk of cardiovascular disease, type 2 diabetes, metabolic syndrome, stroke, depression, chronic kidney disease, formation of gall stones, neural tube defects, formation of uterine fibroids, and cancers of the breast, colon, prostate, and pancreas.

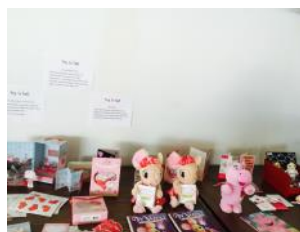
Feel free to stop by the medical office for a list of Low Glycemic foods. There will be a list in the display next to the medical office.



## CARD SHOP

We have all noticed the changes going on in the plant, from machinery movement to fresh paint, new ceiling tiles and of course the new Micro Mart in our Crown Room. Well these aren't the only changes, the card shop is making changes too! Revisions to gift wrap, albums and stationary means new product to choose from as well as mark downs on old product. There is also a new licensed Gift Collections Wall, that features all your favorite characters including Snoopy, Charlie Brown, Star Wars, Mickey & Minnie and much more. Be sure to stop in and see what's new as well as what great bargains the 1/4 price shop has to offer.

You still have time to pick up your Valentines for the kids as well as that box of chocolates for your "special" Valentine. The Hallmark Valentines gift selections features several items this year, Hug Lovin' Hippo, Stuck on You Porcupine, Love You! Pup, Penny Paperheart, Itty Bittys and of course Hallmark Valentines card. You are sure to find that perfect something for that special someone in your life!!



## BIRTHDAYS

- 01 Neil Stafford
- 04 Greg Jarman
- 05 Dawn Lacey
- 07 Rick Shaffer
- 10 Bob Carder
- 11 Joe Collins
- 12 Brenda Brune
- 13 Carl Langley
- 14 Gil Forgey
- 14 Tim Mallonee
- 14 Brandon Maxey
- 14 David Smotherman
- 16 Damian Haddock
- 16 Brandon Brunsch
- 18 Peggy Evrard
- 18 Linda Watkins
- 20 Betty Ellis
- 21 Grant Greene
- 22 Terry Ready
- 24 Jeff Jaster
- 25 LoAnn Hattock
- 28 Jill Barbuto

## ANNIVERSARIES

- 25th** Dave Schmalstieg  
Feb. 1, Maintenance
- 35th** Tony Prohaska  
Feb. 5, Plant General