

# THE Leavenworth CONNECTION



JULY 2015

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## PLANT SAFETY LUNCHEON

Leavenworth celebrated 300 (+) days without an OSHA recordable accident with a Plant Safety Luncheon on June 23<sup>rd</sup> & 24<sup>th</sup>. The Crown Room was decorated with our safety theme of “Family” Why We Work Safely, lunches were catered in for all 3 shifts, and everyone was given a safety gift. While everyone was anxious to eat, we had to first play a little game of “Pass or Play”!

So did you Pass – or did you Play? Most likely we could all answer a few questions about plant safety—such as “What does a green striped column designate?” (eyewash station) or even “what is the OSHA recordable incident rate in the Leavenworth Plant?” (0% through June). While we had a little fun with the questions in the “Pass or Play” game hopefully we underscored that working safe in the plant allows each of us to go home at the end of the workday to our families injury free and to enjoy our free time doing whatever is important to us.

Please be sure to thank the members of the safety committee for all their hard work organizing the event!! Mike Robert, Lisa Allen, Jill Barbuto, Connie Robinson, Gail Zule, Phil Hightower, Bill Skahan, Rhonda Cairo, Robin Dominick, Dan Lindstrom, Elaine McClure, Linda Watkins, Irene Smith and Jim Munda.

So, here is one more “Pass or Play” question for each of us—What are your reasons for working safely EVERYDAY? Let’s “Play” on this one!



## CARD SHOP

### 2015 HALLMARK ORNAMENT PREMIER

The 2015 Hallmark Christmas ornaments will premier in the card shop on Monday, July 13, 2015. Stop in and see what's new and start working on your wish list!





## Colon cancer and Colon Polyps

**Colon cancer** is a cancerous (malignant) growth that occurs on the inner wall of the colon or the rectum. Colon cancer often begins many years earlier as a small benign growth called a polyp. Polyps form from genetic mutations in the DNA of the cells that line the colon. Some polyps will grow larger and develop into colon cancer. Sometimes this benign to malignant transformation can take up to 10 years. Other times more quickly.

**Colon polyp** is an abnormal tissue growth on the inner surface of the colon (aka large intestine). Colon polyps grow in one of two shapes. 1. **Pedunculated** – look like mushrooms on stems. 2. **Sessile** – flat, hard to find and remove. Over time, some colon polyps can turn into colon cancer. Not every polyp turns to cancer. However, most colon cancers begin as benign polyp.

**There are four types of polyps.** 1. Inflammatory (benign). 2. Hyperplastic (low risk). 3. Tubular adenoma or adenomatous polyp (most common and has a higher risk of cancer). 4. Villous or tubulovillous adenoma (very high risk of cancer as it grows).

**Risk factors** that may increase your risk of colon cancer include: being over age 50, family history of polyps or cancer, previous colon cancer or polyps, intestinal inflammatory conditions (Crohn's or ulcerative colitis), African-American race, hereditary and genetic syndromes (Lynch syndrome and adenomatous polyposis), low fiber or high fat diet, sedentary lifestyle, obesity, smoking, heavy alcohol use, diabetes, and past radiation therapy. Many cases of colon cancer are not associated with any risk factors.

**Symptoms.** Unfortunately, the most common symptom of colon cancer is no symptom at all. Signs and symptoms can include the following: change in bowel habits (consistency, diarrhea, or constipation), blood in stool or rectal bleeding, discomfort such as cramps, gas or pain in the abdomen area, fatigue or weakness, weight loss, or feeling of your bowels not emptying. Unexplained anemia can also be a red flag.

**Prevention** Fortunately, colon cancer is highly curable when detected early. It has been shown that by detecting and removing colon polyps before they develop into cancer, colon cancer can be prevented. We are all at risk and it's best to have colon screenings and a colonoscopy beginning at age 50. If you are at an increased or high risk it is best to have a screening and/or colonoscopy at age 40. A colon screening and colonoscopy can significantly reduce your risk of colon cancer.

## BIRTHDAYS

01	Sharon Tinder
02	Robin Dominick
03	Pat Miller
03	Jim Munda
05	Bill Howard
06	Randy Carmack
07	KJ Kalejaiye
08	Greg Boggs
13	Dave Birkes
13	Benji Trammel
14	Tabatha Adams
15	Lisa Allen
18	Sharie Shockey
21	Carl Biastock
21	Michelle Schultz
22	Randy Highfill
22	Stephanie Kreutzer
25	Danny Mauldin
25	Janice Patterson
28	Dorena McLees

## ANNIVERSARIES

<i>20th</i>	<b>Carmelita Collins</b> July 11, Sticker Cell
<i>40th</i>	<b>Randy Highfill</b> July 10, Gravure