

# RAILCREW **Xpress** NEWSLETTER

15729 College Blvd., Lenexa,  
KS 66219

## Helpful Phone Numbers

Payroll-877.928.5046

Benefits-888.335.9545

401(k)-800.878.5220

or

Pat McGowan

888.335.9545 x 1336

Harrasment-888-347-1206

Start by contacting your Location or Regional Manager for the following:

- Personnel matters
- Payroll matters
- Changes to your name, address, telephone, marital status, # of dependants, and leaves of absence
- Report a job-related injury
- Harassment
- Hours of service violation

## RCX FORUM

[www.railcrewxpress.com/forum](http://www.railcrewxpress.com/forum)

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*When life throws you a curve,  
think before you swerve.*



## Fixed Object Collisions

In the daily routine of driving, it may be tempting to let your guard down. But that's when trouble strikes. There is no excuse; a fixed object collision can sometimes be deadly, usually embarrassing, and always the driver's fault. Whether backing into another vehicle, side-swiping a traffic pole, a gas pump guard pole, or at worst, running off the road, fixed object collisions are always preventable.

The techniques for avoiding fixed object collisions are simple. It starts with an attitude of being alert and prepared. Being alert comes with ensuring you are well rested prior to starting your trip and observing your hours of service. Being prepared starts with learning and utilizing the Smith's System 5 Keys for Defensive driving.

The Smith's Systems 5 Keys will assist you in avoiding and preventing "Fixed Object Collisions." A quick review of the 5 keys will aid you on your next trip; Key #1, "Aim High in Steering" involves looking 15 seconds up the road. Key #2, "Get the Big Picture" requires maintaining a good following distance and keeping a space cushion around your vehicle. Key #3 is "Keep Your Eyes Moving". Good eye activity keeps your information up-to-date and accurate. Key #4, "Leave Yourself an Out" reminds us that space is all that insulates you from trouble. Lastly, is Key #5, "Make Sure They See You" reminds us to communicate with others in our traffic picture with directional signals, head lights, and hand signals.

Keys numbers 2, 3, and 4 will aid you from hitting fixed objects. Key #2, "Getting the Big Picture" allows you to establish and maintain a cushion of space around your vehicle. By observing the space around your vehicle when pulling into a gas station, rest area, or parking lot, you are ensuring you are moving slow enough to avoid striking fixed objects. Key #3, "Keep Your Eyes Moving" enables up-to-date awareness of your vehicle's position in relationship to the fixed objects, and Key #4 "Leave Yourself an Out", will enable you to keep from getting hemmed in or too close to an object where you will not be able to avoid it.

Remember, a fixed object can't make emergency moves. You are in control. You control the speed and direction of the vehicle you are operating. Employing the Smith's Systems 5 Keys to defensive driving, you will arrive at your destination without that embarrassing green, yellow or red paint that is often the evidence of a fixed object collision.

## RCX is Hiring Drivers in



Angleton, TX  
Amarillo, TX  
Ardmore, OK



Bill, WY  
Birmingham, AL  
Blytheville, AR  
Boone, IA



Bridgeport, NE  
Council Bluffs, IA  
Fort Worth, TX  
Fremont, NE



Hearne, TX  
Houston, TX  
Laredo, TX  
Longview, TX



Memphis, TN  
Monroe, LA  
North Little Rock, AR  
North Platte, NE



Oklahoma City, OK  
Omaha, NE  
San Antonio, TX  
Shreveport, LA  
Smithville, TX



South Morrill, NE  
Taylor, TX



**Lenexa open positions:**  
Programmer Analyst  
Corporate Trainer



# Spotlight on North Platte

*Pat Irish, Location Manager and Gary Bivins, Regional Manager*

Beginning this issue, the newsletter will spotlight a location. Some facts about North Platte:

The largest rail yard in the world.  
The average number of trains through yard each day: 140  
The average trips per day (South Morrill included): 25  
Number of drivers in North Platte: MPV-43  
Spare Board-6  
Professional Driver Supervisors:  
Maggie Goodenberger  
Bee Martin  
Rita Leibhart  
Debbie Higgins  
Deb Forbes  
Gloria Crapson (spare)  
PDS/PDC: Bill Bee  
Superintendent, UP Bailey Yard: Chad Wilburn  
Location Manager: Pat Irish



*Tower, North Platte Railroad Yard*

All drivers have recently completed the Smith System 5 Keys training with Jeff Phillips. They were very impressed with the training. North Platte was one of the first locations to do so.

North Platte was the initial MPV location in the North and set the example for a competent and successful roll out for the other MPV locations in the North.

Pat Irish, Location Manager, added that there have been no crew injuries in the 4 years that he has worked in North Platte.



*Above: Most tenured North Platte drivers: (left to right)*

*Frank Tetley  
(hire date 12-10-1991)  
Roger Brandl  
(hire date 12-12-1996)  
Dennis O'Neill  
(hire date 6-22-2000)*

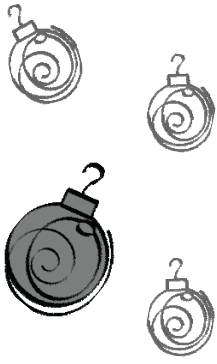


*Left: David Chaney, Driver in North Platte, NE*

## Shining Star David Chaney

Steve Carver, Conductor, UPRR, North Platte wrote:

I would like to recognize your driver, David Chaney, for his professionalism as a driver. Thanks to David's skill as a driver, I am alive today. Had he not recognized the impending danger or failed to react as he did, we would have surely been involved in a horrific accident. On Friday, November 13, 2009 around 9:30 PM, he was carrying my crew to South Morrill, on a very foggy night with freezing temperatures. About 5 miles east of Scottsbluff, Nebraska, traveling west on highway 26, oncoming headlights suddenly appeared from the fog. David recognized the car was in our lane, and without panic David quickly moved over to the right. We were no sooner in the clear when the "wrong way" vehicle sped past never seeming to slow down or even attempt to get into the correct lane. David, being a true professional, did not show emotion and continued on to our destination. It is with deep gratitude I thank David for his actions.



# HAPPY ANNIVERSARY!



FIRST NAME	LAST NAME	LOCATION NAME	HIRE DATE	YEARS OF SERVICE	FIRST NAME	LAST NAME	LOCATION NAME	HIRE DATE	YEARS OF SERVICE
TROY	LITTERELL SR	ENID	9/6/1991	18	LARRY	JENKINS	NEW BRAUN-FELS	10/12/2004	5
DEWAYNE	HARTWELL	STERLING	10/2/1994	15	ROY	BAXTER	PINE BLUFF	10/15/2004	5
MICHAEL	GALLAGHER	SAN ANTONIO	10/28/1997	12	RAYMOND	STEVENS	ANGLETON	10/16/2004	5
DONALD	MINCHEW	SAN ANTONIO	11/3/1997	12	EMMETT	TOWNSEND	MEMPHIS	10/26/2004	5
JOSEPH	RAMIREZ	SAN ANTONIO	10/5/1998	11	GENEVA	EATON	ALLIANCE	11/2/2004	5
JUAN	CASTILLO III	LAREDO	10/8/1998	11	RITA	JAGER	HEARNE	11/4/2004	5
CHARLES	RICKS	SAN ANTONIO	11/23/1998	11	GUADALUPE	SALAZAR	SAN ANTONIO	11/8/2004	5
JANET	SUTTON	THAYER	10/4/1999	10	RICHARD	WRIGHT	VICTORIA	11/8/2004	5
PEGGY	TAYLOR	THAYER	10/4/1999	10	JOYCE	POWELL	TEXARKANA	11/9/2004	5
BOB	WIDEMAN	THAYER	10/4/1999	10	DON	BENNETT	TAYLOR	11/11/2004	5
KENNETH	CROUCH	STERLING	10/14/1999	10	ROBERT	HENRY	SAN ANTONIO	11/11/2004	5
MARIA	CALDERA	KINGSVILLE	10/16/1999	10	JAMES	PARHAM	AMORY	11/13/2004	5
JOHN	TRUJILLO	LAREDO	10/16/1999	10	OBBIIE	MACK	HEARNE	11/15/2004	5
MICHAEL	BARNES	SWEETWATER	10/31/1999	10			NEW BRAUN-FELS		
FRANCES	LUEPKES	AMORY	11/1/1999	10	RITO	VALLEJO	FELS	11/18/2004	5
LINDA	MEADOWS	AMORY	11/1/1999	10	BILLY	WILLIAMS	SHREVEPORT	11/22/2004	5
SARAH	MILLICAN	AMORY	11/1/1999	10	JOYCE	JENKINS	PECOS	9/1/2005	4
ELEAZAR	DE LUNA	EAGLE PASS	11/28/1999	10	WENDY	PETTY	PECOS	9/1/2005	4
BESSIE	BRANTLEY	LONGVIEW	9/16/2001	8	JUAN	IBARRA	PECOS	9/7/2005	4
KOKAQUEE	DEVINE	LONGVIEW	9/16/2001	8	HERMAN	ACKERMAN	ALLIANCE	9/14/2005	4
RUDOLPH	EIGLEBIGER	LONGVIEW	9/16/2001	8	LAURA	HUTTON	TEXARKANA	9/14/2005	4
DAVID	KIRBY	LONGVIEW	9/16/2001	8	KATHRYN	GONZALES	LONGVIEW	9/15/2005	4
JERRY	LENTZ	LONGVIEW	9/16/2001	8	MELVIN	ANTHONY	SAN ANTONIO	9/15/2005	4
JIMMY	PORTER	LONGVIEW	9/16/2001	8	BENJAMIN	HERNANDEZ	PECOS	9/15/2005	4
CHARLES	WATKINS	LONGVIEW	9/16/2001	8	NIKI	GREER	THAYER	9/16/2005	4
EVERETT	WRIGHT	LONGVIEW	9/16/2001	8	ANASTASIA	HAMMOND	ST LOUIS	9/21/2005	4
MYRTLE	HOLBROOK	AMORY	10/5/2001	8	JOSE	PEREZ	LAREDO	9/22/2005	4
JAMES	NICOLET	STERLING	10/11/2001	8	KIRK	BAUER	LINCOLN	9/26/2005	4
JOY	GREEN	LONGVIEW	11/20/2001	8	JOHN	BICKERSTAFF	LENEXA	9/26/2005	4
GEORGIA	NEWLAN	SPRINGFIELD	9/26/2002	7	DAVE	MCQUAY	NORTH PLATTE	9/29/2005	4
STONEY	MARTIN	BOONE	10/10/2002	7	GLADYS	KILLEBREW	HEARNE	10/3/2005	4
KEITH	OLIVER	MEMPHIS	10/10/2002	7	THOMAS	GREEN	LINCOLN	10/6/2005	4
ROBERT	CULPEPPER	VICTORIA	10/11/2002	7	GAIL	WATSON	FORT WORTH	10/7/2005	4
FOSTER	WASHINGTON	SHREVEPORT	9/18/2003	6	CAROLYN	FENNER	ARDMORE	10/14/2005	4
FRANK	DE LA CRUZ	SAN ANTONIO	9/19/2003	6	ALLEN	BOWEN	BOONE	10/17/2005	4
MARY	DOBBS	SMITHVILLE	9/19/2003	6	JANA	TIBBIT	TEXARKANA	10/17/2005	4
BEN	YUNG	FORT WORTH	9/22/2003	6	ROSS	WILLIAMS	LONGVIEW	10/17/2005	4
DARLENE	BENKIS	FREMONT	9/26/2003	6			CORPUS		
MICHAEL	BOYD	MEMPHIS	9/26/2003	6	NORI	SERNA	CHRISTI	10/20/2005	4
					BEVERLY	BOETHEL	ANGLETON	10/24/2005	4
SHIRLEY	BRETHOUR	SOUTH MORRILL	10/6/2003	6	OLLIE	IRVIN	MEMPHIS	10/25/2005	4
DONALD	DENTS	SAN ANTONIO	10/8/2003	6	JASON	JONES	LINCOLN	11/2/2005	4
ALLAN	MCINTOSH	FORT WORTH	10/9/2003	6	FRANCES	DAVIS	ANGLETON	11/4/2005	4
DORENE	BEHRENDSEN	STERLING	10/16/2003	6			WEATHERS-BEE		
GREGORY	FARROW	FORT WORTH	10/21/2003	6	ROGER	BEE	NEWTON	11/8/2005	4
CHERRY	MOORE	SAN ANTONIO	11/4/2003	6	SAMUEL	DANTONE	SMITHVILLE	11/10/2005	4
CLAWDELL	GILL	HOUSTON	11/19/2003	6	JUAN	CARLILE	ANGLETON	11/14/2005	4
PAULA	BULLARD	ALLIANCE	9/9/2004	5	CHARLE-SETTA	TAYLOR	SAN ANTONIO	11/15/2005	4
JACQUELINE	DAVIS	HOUSTON	9/13/2004	5	JAMES	BRIDGEFORTH	SPRINGFIELD	11/16/2005	4
WALTER	SMITH	MEMPHIS	9/26/2004	5			SPRING DIS-PATCH		
TOMASA	VILLARREAL	BROWNSVILLE	9/28/2004	5	CHANEL	LEONARD	HOUSTON	11/17/2005	4
BOBBY	PHILLIPS	AMORY	9/29/2004	5	NOBLE	CARTER	HOUSTON	11/29/2005	4
MELVIN	CLARK	TAYLOR	9/29/2004	5	BILL	COOPER	HEARNE	11/29/2005	4
WESLEY	HAAS	LINCOLN	10/5/2004	5	DANIEL	HERNANDEZ	DEL RIO	11/30/2005	4
JAMES	SLEPICKA	LINCOLN	10/7/2004	5	MAXINE	SIMMONS	LINCOLN	11/30/2005	4



# Healthy Holiday Eating



## Healthy Eating During the Holidays

The holiday season presents so many tasty temptations that even the most disciplined people have a hard time saying "no." For most of us, the holiday season begins in mid-November and ends in January giving us eight weeks to overindulge. What's more, weight gained during this season tends to stay with us. But, with knowledge about good nutrition, it is possible to eat healthy and still have fun.

Whether attending a company party, planning a dinner party or going out for a New Year's Eve celebration, here are tips to help you enjoy the holidays and avoid undesired weight gain.

### Party tips:

- Never go to a party hungry. Eat a low-fat snack before you go.
- Limit alcohol calories, which are stored as fat.
- Choose diet sodas, club sodas or water so you don't waste calories on beverages.
- Exercise before eating. A brisk 30-minute walk can reduce your appetite as well as burn calories.
- Use small plates and take small portions.
- Choose mostly fruits and vegetables, then add some of your favorite foods as a treat.
- Use salad dressing sparingly. Avoid soups and breads.
- Enjoy your favorite dessert, but watch your portion and don't go back for seconds.
- When socializing, move away from the buffet table.

## Attending Dinner Parties:

- Expect to overeat somewhat, and cut back on eating the day before or day after.
- Take it easy with hors d'oeuvres when a full course meal will be served.
- Grilled or broiled fish are your best bets for entrees.
- Take second helpings of salads or vegetables if you are still hungry.
- Listen to your stomach and stop eating when full.
- If you can, skip dessert or share with your date.

The most practical tip is to not attempt to lose weight during the holidays. This is an unrealistic goal that will set you up for failure and add to the stress of the holiday season. Since most people gain weight during the holidays, you will do well to maintain your weight.

Many holiday and family traditions revolve around foods that make the season special. Limiting high-fat foods, maintaining a healthy diet and getting regular exercise year round will fend off significant permanent weight gain from holiday festivities.

Courtesy of WellnessProposals.com

## 2010 Holiday Schedule

*Melinda Luthye, Director of Human Resources*

<u>Holiday</u>	<u>Day</u>	<u>Date</u>
New Years Day	Friday	January 1, 2010
Good Friday	Friday	April 2, 2010
Memorial Day	Monday	May 31, 2010
Independence Day*	Monday	July 5, 2010
Labor Day	Monday	September 6, 2010
Thanksgiving Day	Thursday	November 25, 2010
Day after Thanksgiving	Friday	November 26, 2010
Christmas Day**	Friday	December 24, 2010

\*(This day is a substitute for Sunday, July 4, 2010)

\*\* (This day is a substitute for Saturday, December 25, 2010)

Is your address current??

As a reminder.... This is your final check of the year 2009. W2's will be sent directly to your home. Please double check the address listed on your paycheck stub to verify the correct address is listed. All address changes must be made on a personal action form, and received by December 31, 2009.

