

RAILCREW **Xpress** NEWSLETTER

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 Lenexa, KS 66219
 Phone: 913.928.5000
 Fax: 913.928.5016

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

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Volume 3, Issue 3

SAFETY: It's Our Culture!

Susan Eitzen, Vice President of Operations

RCX is working towards creating a positive safety culture. Even though safety training programs have always been important to us here at RailCrew Xpress, it is our number one objective this year that everyone at RCX shares the same attitudes, beliefs, perceptions, and values in relation to safety. To better facilitate this culture, our safety programs have been recently upgraded to include the Smith System Training, and we are striving for every RCX driver to complete this training course within the next few months. Unfortunately, we cannot train all drivers on the road. As a professional driver we ask you to be alert and aware of all activities while on the road, but especially attentive of other drivers.

Any time you are driving, it is important to be watchful of other drivers. Many of these will be driving too fast, as well as talking or texting on their cell phones. These distracted drivers greatly increase the risk of accidents. Here are some recently published statistics* we should all be aware of:

- Driving while distracted is a factor in **25 percent** of all police reported crashes.
- Distraction from cell phone use while driving (hand held or hands free) extends a driver's reaction as much as having a blood alcohol concentration at the legal limit of **.08 percent**. (University of Utah)
- Driving while using a cell phone reduces the amount of brain activity associated with driving by **37 percent** (Carnegie Mellon)



Professional drivers can reduce their risk of being involved in an accident with distracted drivers by being proactive and keeping themselves in a position to safely react to others' bad driving habits. Please be sure to concentrate on the road, obey all traffic rules and speed limits, always leave plenty of room between yourself and other vehicles, and stay constantly vigilant of other drivers' activities.

These safe practices will not only help save your life and the lives of our passengers, but also the lives of others on the road.

RCX drivers are the wheels that turn this business. So, please be safe and be aware.

Safety Tip: Leave yourself an out! Be sure there is plenty of room between you and the other cars on the road.

* *Driving While Distracted: Statistics You Need to Know*; Nationwide Mutual Insurance Company; <http://www.nationwide.com/newsroom/dwd-facts-figures.jsp> (16 March 2010)



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Shining Star James Bell



For April, RailCrew would like to especially recognize the actions of James Bell. On April 15th James noticed a high load car on one of the trains running down the Midlothian Sub at Ft. Worth. He immediately contacted the crew to stop the train. James' quick thinking prevented a collision with a low bridge, a possible derailment, and the train was eventually rerouted. James' dedication to safety is not only invaluable to Railcrew, but to our customers as well.



James has been with the company for more than 11 years now. He is well liked by customers and co-workers alike. Currently James works a yard van at Ney Yard in Ft. Worth, TX. We can all learn from James in getting the big picture and having a good awareness of everything going on around us. *Submitted by Jason Moore, Dallas/Ft Worth Reg. Manager*

New Positions in Houston

Submitted by Ted Bissen, Houston Location Manager



Josh Elveston

Josh is currently working in the Houston Englewood Yard as a Location Supervisor. He primarily works the day shift and handles all facets of the operation during his shift. He came to RailCrew Xpress two and half years ago starting in Spring, TX in the Dispatch Center. Before RCX, Josh served in the US Army Infantry where he completed a tour of duty in Iraq, and he also worked for the Beaumont, TX police department. Josh's foremost hobby is martial arts, which he has been active in since he was six years old.



Chanel Leonard

Chanel is presently working in Houston, Englewood Yard as a Location Supervisor. She primarily works the night shift and handles all concerns of the operations. She has spent her entire life in the Houston area and started working for RailCrew Xpress in 2005 as a driver. Chanel has been promoted over the last six years to a dispatcher and now a dispatcher supervisor. Her knowledge of the entire operation is a real asset to the overall operation of Englewood Yard. She is a very family-orientated person and spends most of her off time doing things with her family. She likes working for RCX because of the people and the opportunity to excel and advance in the organization.



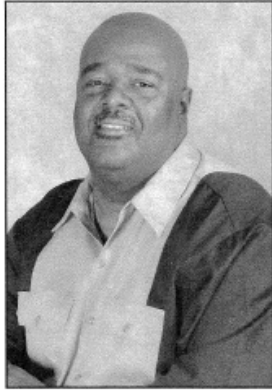
Ted Bissen

I recently moved to Houston from Omaha, Nebraska with RailCrew Xpress as a Location Manager for Englewood Yard. I have a railroad management background and Have lived in many locations throughout the United States. There are over 100 drivers working from the Englewood Yard which makes it challenging because of the number of active crews being serviced and the various distances they travel. It is a very busy terminal. I am impressed with the employees acceptance of me and their overall ability to do a safe and professional job. My wife and I have four grown children and six grandchildren. We enjoy traveling and I enjoy golfing and spectator sports. Coming from Omaha, we are enjoying no snow and a very comfortable Spring in Houston.

NAME	HIRE_DATE	Years	NAME	HIRE_DATE	Years
STEVEN FRICK	4/10/1995	15	DELORIS HINES	4/4/2008	2
CHARLES CLARK	4/8/1997	13	KENNY MONSON	4/4/2008	2
RAUL MORALES	4/18/1997	13	PAUL BAILEY	4/8/2008	2
JANICE MEREDITH	4/27/1997	13	DAVID HILL	4/9/2008	2
COUNCIL EDWARDS	4/30/1998	12	MARY HUTCHINS	4/9/2008	2
ELEMUEL DOLL	4/14/2000	10	DONALD LIVELY	4/9/2008	2
URBAN BYNUM	4/2/2001	9	HOWARD GISTAND	4/14/2008	2
JOHN GRIDER	4/15/2002	8	TANYA CANTO	4/16/2008	2
WILEY HORNE	4/24/2003	7	GREGORY BROWN	4/17/2008	2
KERRY PITTMAN	4/1/2004	6	CARL TICHENOR	4/17/2008	2
DONALD SHELLEY	4/11/2004	6	DIANE CLAY	4/18/2008	2
JANICE SYKES	4/17/2004	6	RONALD LETT	4/18/2008	2
JOSE GARZA	4/23/2004	6	JOHN CABANISS	4/21/2008	2
STEVEN DENNIS	4/29/2004	6	KELLEY MERRICK	4/21/2008	2
WILLIAM TIEMAN	4/6/2005	5	MELISSA BROUSSARD	4/22/2008	2
DOROTHY MATHERS	4/7/2005	5	MARK MACE	4/22/2008	2
CHRIS MARTIN	4/20/2005	5	LAURA WOODS	4/22/2008	2
JESUS ALVARADO	4/25/2005	5	ARDIS BELL	4/24/2008	2
LARRY GILL	4/28/2005	5	SHAWN NEELY	4/24/2008	2
REYNALDO SOLIS	4/1/2006	4	JESSICA BANNING	4/25/2008	2
JANETTE SCOTT	4/3/2006	4	PATSY RAMEY	4/25/2008	2
JOSE CHAVEZ JR	4/7/2006	4	DEAN JOHNSON	4/28/2008	2
LEE STANDFIELD	4/7/2006	4	JENNIFER THOMPSON	4/28/2008	2
WILLIAM YOUNG JR	4/10/2006	4	THOMAS GIBB	4/1/2009	1
JOHNNIE RAMSEY	4/11/2006	4	JEROLD SPIVEY	4/3/2009	1
PERSEPHONE STARKS	4/19/2006	4	CLINT HARNACK	4/6/2009	1
DENNIS LANDSTEINER	4/24/2006	4	GERRI HUFF	4/8/2009	1
LATOKA MONTGOMERY	4/28/2006	4	GENARO MENDOZA	4/10/2009	1
ROBERTO MONTOYA JR	4/2/2007	3	JERRY ROTTON	4/10/2009	1
CLYDE GRAY	4/3/2007	3	TED STOLTENBERG	4/14/2009	1
CINDY BAILEY	4/4/2007	3	LAVERNE KOLODZIEJ	4/15/2009	1
HELEN TAYLOR	4/4/2007	3	CLAUDIA CHANDLER	4/16/2009	1
LILY SHILO	4/12/2007	3	JERRY PATZKE	4/16/2009	1
TRACY SELFORS	4/13/2007	3	TAYLOR STEWARD	4/16/2009	1
JAMES THAGARD	4/16/2007	3	DAVID DILLARD	4/20/2009	1
LEONARD DAVIS	4/19/2007	3	RAYMOND RUBIO	4/20/2009	1
GARY WELSHHONS	4/20/2007	3	VICTOR LOPEZ SR	4/22/2009	1
THOMAS IMM	4/25/2007	3	KENYANA WASHINGTON	4/22/2009	1
STUART BOOZER	4/27/2007	3	GARY REESE	4/23/2009	1
CARLA HULL	4/27/2007	3	LARRY KEAR	4/25/2009	1
TEDDY BLOOD	4/3/2008	2	DANIEL ALEXANDER	4/29/2009	1
GERALD BOTTOMS	4/3/2008	2	SHANNON MILLER	4/30/2009	1
DOROTHEA HEBING	4/3/2008	2			

In Memoriam

Charles Edward Knight, Jr.



"Lil Charles"

October 20, 1963

February 27, 2010

In late February RailCrew lost a truly wonderful person and excellent driver in Charles Knight Jr. Charles started with RCX in October 2008 and was quickly recognized as an asset to the team in Blytheville, AR. RCX expresses its deepest condolences to Charles' numerous family members and close friends.

Chris Arganbright, Manager of the Springfield Region, says "Charles was a great individual that had his priorities in the correct order. All you had to do was listen to him and you could tell how much his family meant to him. Charles was truly someone to be admired."

RCX is Hiring!

Current Open Positions

Drivers:

- Council Bluffs, IA
- Sioux City, IA
- Lincoln, NE
- Omaha, NE
- Monroe, LA
- Texarkana, TX
- Newport, AR
- Camden, AR
- Jonesboro, AR
- Shreveport, LA
- Sterling, CO
- Alliance, NE
- Fort Worth, TX
- Enid, OK
- Newton, KS

Location Manager:

- Newton, KS

Joe C. Brown Jr.
(1941 – 2010)



It is with deep regret that we announce the untimely passing this week of Joe Brown. Joe lost his long battle with cancer this past Sunday. For those of you that did not know him, Joe Brown was the founder of Brown's Crew Car, known throughout the industry as Armadillo Express, with its "World Head Office" based in Cheyenne, WY.

RCX purchased the business from Joe and his wife Pam in April 2006. Many of Joe's original employees continue to work with us today. Joe is survived by his wife Pam and his son Russ, both veterans of Armadillo as well. Russ continued to work with us for several years as General Manager of Armadillo following the sale.

Joe was well thought of by those of us at RCX that knew him, by his employees, as well as his clients and competitors. We are all saddened with the news of his passing and express our sorrow for the loss his family is now enduring.

SLEEP AWARENESS

Are you getting enough sleep? According to an Institute of Medicine study, about 50 million Americans are not. Yet adequate rest is as vital to health and peak performance as exercise and good nutrition. **And it can be so e-zzz:**

Go to bed and get up at the same times every day-even on days off. **Why:** You'll help regulate your body's internal clock to get the 7-8 hours sleep most adults require.

Establish a relaxing bedtime routine. Try a warm bath, light reading or listening to pleasant music. **Fact:** music at bedtime has been shown to help insomnia sufferer's fall asleep. **Possible reason:** The music matches body rhythms and slows the heart rate.

Skip stimulants such as caffeine and nicotine from late afternoon on. And don't use alcohol to induce sleep. As its sedative effect wears off, alcohol can trigger wakefulness. Don't rely on sleeping pills. They can disrupt your sleep/wake cycle if you depend on them too much.

Squeeze in daytime fitness. In one recent study, regular exercisers not only slept almost an hour longer than non-exercisers, they also feel asleep in half the time.

Get help if your sleep has been disturbed often during the past month, or if sleep problems interfere with your ability to function normally during the day.

Info-line: For more information about sleep, call the National Sleep Foundation at 1-888-673-7533.

Information provided by Top Health-The Health Promotion and Wellness Newsletter

Do you have a suggestion
for our newsletter....

If so, please send
an email to:

RCXnews@
RailCrewXpress.com