

RAILCREW **Xpress** NEWSLETTER

15729 College Blvd
 Lenexa, KS 66219
 Phone: 913.928.5000
 Fax: 913.928.5016

Helpful Phone Numbers

Payroll-877.928.5046
 Benefits-913.928.5075
 Harassment-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.railcrewpress.com/forum

INSIDE THIS ISSUE:

Hours of Service	1
Get on BOARD	2
GPS Payable Miles	2
August Anniversaries	3
RCX is Hiring	4
Surviving Summer Heat	4
In Memoriam	4

Volume 3, Issue 7, August 2010

Stay ahead of your Hours of Service!

With the many changes and improvements under way at RCX regarding safety, technology, and driver and crew welfare, as well as the increase in business we are handling, our Hours of Service (HOS) policy required attention and redistribution.

RailCrew's' HOS policy is in place to ensure drivers are fresh and ready for all trips.

It is of the utmost importance that each individual understands they are responsible for their HOS and staying within guidelines. RCX has adopted the regulations issued by the Federal Motor Carrier Safety Administration (a division of the US Dept. of Transportation) governing the working hours of anyone operating a commercial motor vehicle. These regulations are as follows:

- ♦ **10-Hour Driving Limit:** May drive a maximum of 10 hours after 8 consecutive hours off duty
- ♦ **15-Hour On-Duty Limit:** May not drive after having been on duty for 15 hours, following 8 consecutive hours off duty. Off-duty time is not included in the 15-hour period
- ♦ **70-Hour On-Duty Limit:** May not drive after 70 hours on duty in 8 consecutive days
- ♦ **8-Hour Off Duty Period:** Must have 8-hours consecutive hours off duty between on-duty periods



At their discretion, drivers may request through their immediate manager, special consideration of an additional 2-hour off-duty period, for a total of 10 hours off duty.

RailCrew is currently transitioning to an automated dispatching system which assigns the driver to a specific trip according to their HOS. When feasible, the system will exhaust one driver's HOS before calling on a driver with full hours. In theory, once a driver is put on a trip after 8 consecutive hours off

duty, that driver will continue to be dispatched on trips, using up their full 15 hours of duty time before going off duty.

No one can force a driver to work past their hours of service. If you feel like you are being pressured or forced to work past these hours, please contact your location or regional manager right away. Remember the **"Get On BOARD"** commitment: "If I cannot make the trip safely, I won't make the trip."

BE ON THE LOOKOUT: 2010 Safety Perception Surveys are coming to you soon!

Refer a new hire and get some bonus \$\$'s... Ask your manager for complete details!



Surviving Summer Heat

SEE PAGE FOUR

“Get On BOARD” update....

Wayne Dorman	Ark. City	Tainyai Hudson	Houston	Gwen Malone	Houston	John Trujillo	Laredo	Allen Bertke	St. Louis
Chet Logue	Ark. City	Chester Davis	Houston	Richard Neal	Houston	Jorge Rubio	Lenexa	Anthony Shirley	St. Louis
Paul Dahmer	Ark. City	Guadalupe Alvarez	Houston	Fredericka Carter	Houston	William Fleming	Marshalltown	Larry Whinery	Tulsa
Diane Gregory	Ark. City	Melvin Moody	Houston	Chanel Leonard	Houston	Ralph Stanley	Marshalltown	Mike Lester	Tulsa
James Floyd	Cedar Rapids	Johnny Thompson	Houston	Rachel Hunt	Houston	Aaron Cowan	Marshalltown	Tracy Norris	Tulsa
Martin Dittmar	Cedar Rapids	James Fleeks	Houston	Eddie Baylor	Houston	Jeffrey Mann	Marshalltown	Paul Long	Tulsa
Ronald Miller	Cedar Rapids	Lee Standfield	Houston	Gary Cook	Houston	Joshua Morgan	Marshalltown	Lucinda Mcblair	Tulsa
Richard McArtor	Cedar Rapids	Bennie Cain	Houston	Paul Smith	Houston	Sheryl Boone	Metropolis	Lucille Kirkendoll	Tulsa
Gary Gallo	Cedar Rapids	Conry Turner	Houston	Undrea Jackson	Houston	Stan Myers	Newton	Larry Smith	W. Quincy
Brian Cavins	Centralia	Ted Bissen	Houston	Jacqueline Murphy	Houston	Brian Truxel	Newton	Jedidiah Johnson	W. Quincy
Charles Murphy	Centralia	Melvin Moody	Houston	James Jackson	Houston	Douglas Burch	Newton	Ernest Reddick	W. Quincy
Patricia Evans	Chaffee	Vadis Anderson	Houston	Charles Solomon	Houston	Rick Lichtenberger	Newton	Virginia Ranville	W. Quincy
Steven Pinkston	Chaffee	Trisha Day	Houston	Joshua Elveston	Houston	Darryl Tackett	Newton	Thomas O Payne	W. Quincy
Dollie Williams	Chaffee	Alfred Flores	Houston	Robin Powe	Houston	Terry Davis	Newton	Jacob Rainbolt	W. Quincy
Daniel Land	Chaffee	Shawn Neely	Houston	Larry Johnson	Houston	Leonard Davis	Newton	Karen Gardner	W. Quincy
Marvin Sides	Chaffee	Danyece Black	Houston	Tommie Campbell	Houston	Paulette Perrymore	Newton	James Walker	Wellington
Devon Campbell	Chaffee	Virginia Gaines	Houston	Arthur Harris	Houston	Marjorie Campbell	Newton	Michelle Langlois	Wellington
Raymond Lunbeck	Chaffee	Edmond Hedspeith	Houston	Janet Hall	Houston	Mary Hutchins	Newton	Richard Barnholtz	Wellington
Connie Campbell	Chaffee	Earl Rasco	Houston	Evelyn Woods	Houston	Brenda Barnett	Newton	Gordon Cartright	Wellington
Mack Ramsey	Chaffee	Joe Soliz	Houston	Ted Bissen	Houston	Drew Howie	OKC	Mandi Knox	Wellington
Larry Dunham	Englewood	Valeria Jackson	Houston	Geneva Roberson	Houston	Harry Karns	OKC	Lee Stoner	Wellington
Josiland Hooks	Englewood	Cawdell Gill	Houston	Cheryl Morrisette	Houston	Jim Edwards	OKC	Betty Gandy	Wellington
James Lee	Houston	Maybelle Amy-Jones	Houston	Kay Jackson	Houston	John Fosenburg	OKC	Mary Ruebel	Wellington
Deshonda Davis	Houston	Jewrell Pinson	Houston	Joshua Elveston	Houston	Kathleen Wallis	OKC		
Melba Barnes	Houston	Lydia Means	Houston	Genaris Justice	Houston	Robert Robertson	St. Louis		

265 Participants and counting... Keep up the great work!

GPS Payable Miles

Odometer readings are not gospel, by any means. To start with, odometers are calibrated at the factory with new tires, based on revolutions per mile. Depending on what you read, the calibration may be off by 5% or more in some models. (One auto manufacturer states that accuracy of plus/minus 4% is acceptable.)

Even after taking into account the initial calibration error, odometer readings can vary 2-3% just based on tire inflation, temperature, load, and other factors that change the effective diameter of the tires, which in turn affects the number of revolutions per mile.

GPS mileage is calculated as a series of lines between data points. To illustrate how this differs from actual miles driven, let me cite an extreme example: If I drive my car round and round in very tight circles all day long, I will put lots of miles on my odometer, but the GPS position has not dramatically changed from one data point to the next. Therefore, depending on the situation, GPS mileage and odometer mileage can be different. On the other hand, if I drive in a perfectly straight line for 1,000 miles, my GPS mileage will be within a gnat's whisker of being what a surveyor would report - far better than any odometer could report.

The bottom line is that GPS data will never agree with odometer data, which will never agree with a surveyor's record of mileage. For every practical purpose, GPS mileage derived from a properly functioning tracking system is as close to true mileage as standard odometers, and can be used as the basis of any mileage reporting requirements.

Our clients will be paying RCX from the GPS mileage that we provide through trip auditing measures. As a result, RCX will pay our drivers according to the GPS mileage determined by the device in the van.

Sincerely,

Randall West
President and CEO



August Anniversaries

Name	Hire Dt	Yrs of Svc	Name	Hire Dt	Yrs of Svc	Name	Hire Dt	Yrs of Svc
DALIA JIMENEZ	8/16/1997	13	MISTY MCMILLIN	8/8/2007	3	WAYNE SCHNEPP	8/22/2008	2
DARRELL SANBURG	8/3/1998	12	LUCINDA SMITH	8/8/2007	3	ANDREW SKOWRONSKI	8/25/2008	2
JOSEPH WATTS	8/19/1999	11	KATHY STAAB	8/8/2007	3	LEROY ROBB	8/26/2008	2
MARY SPURGEON	8/9/2000	10	ANSON HUGHES	8/10/2007	3	JAMES BARR	8/27/2008	2
LINDA COX	8/1/2001	9	CHRISTOPHER JESSUP	8/10/2007	3	VICTOR BUNGE	8/27/2008	2
MANUEL CRUZ	8/14/2002	8	RONALD MILLER	8/14/2007	3	BILLIE MELVIN	8/27/2008	2
STEPHANIE WOODS	8/6/2003	7	CHERYL MORRISSETTE	8/14/2007	3	CLYDYE MILES	8/27/2008	2
LAVERN JOHNSON	8/12/2003	7	ANTHONY SCOTT	8/14/2007	3	HIGHLAND NICHOLS	8/27/2008	2
SECUNDINO MENDOZA	8/17/2003	7	LESLIE HANDLEY	8/16/2007	3	BRIAN RYDER	8/27/2008	2
ROWENDA KIRENDOLL	8/21/2003	7	WILLIE BROWNING	8/17/2007	3	CAROL SHAFER	8/27/2008	2
SERGIO GONZALEZ	8/24/2003	7	DEBRA MAUDLIN	8/17/2007	3	BARBARA STONE	8/27/2008	2
DEBRA HIGGINS	8/25/2003	7	VANESSA HARVEY	8/18/2007	3	DANNY WALLACE	8/27/2008	2
SAMMIE LEE	8/25/2003	7	OLLIE DAVIS	8/20/2007	3	TERRY WARE	8/27/2008	2
BEVERLY HILL	8/6/2004	6	TRACY ROBERTSON	8/23/2007	3	MARGARET BARR	8/28/2008	2
RUBY COVILL	8/22/2004	6	JACQUALINE HALL	8/29/2007	3	DOLLIE WILLIAMS	8/28/2008	2
ERNEST WARE	8/2/2005	5	TOMMY SAMPSON	8/29/2007	3	TERRENCE BATTEN	8/29/2008	2
MELVIN TORREZ	8/3/2005	5	FREDRICK ASHLEY JR	8/30/2007	3	TERRY JORDAN	8/29/2008	2
ERIC TRIMBLE	8/5/2005	5	TERRI BURROWS	8/30/2007	3	HAROLD TOUREENE	8/29/2008	2
EVAN FICKLING	8/6/2005	5	PHILLIP PLATO	8/31/2007	3	ROBERT WEBER	8/29/2008	2
GAIL SCOTT	8/6/2005	5	BOBBIE CLARK	8/4/2008	2	KANDI MULL	8/30/2008	2
CHARLES SINCLAIR	8/6/2005	5	JIM ELLISON	8/4/2008	2	DUSTIN THOMAS	8/30/2008	2
STEVE GLASSCOCK	8/7/2005	5	EDWARD JOHNSON JR	8/4/2008	2	GENE UNGER	8/30/2008	2
JOHNNY MAES	8/7/2005	5	JOHN RAMIREZ	8/4/2008	2	MICHAEL BRUCE	8/4/2009	1
LARRY HILBERT	8/8/2005	5	EARNEST REDDICK	8/4/2008	2	DEBBIE GILLIT	8/4/2009	1
RANDY MILLER	8/8/2005	5	LUCILLE THOMAS	8/4/2008	2	ANTHONY DAVIS	8/5/2009	1
RICK EDWARDS	8/9/2005	5	AARON COWAN	8/5/2008	2	ANDRE IRBY	8/5/2009	1
JAMES WALKER	8/9/2005	5	WILLIAM FLEMING	8/5/2008	2	MAXIMO PERALES	8/5/2009	1
JOSEPHUS BLACKMORE	8/10/2005	5	PHILLIP PAIGE	8/5/2008	2	EARL STOCKTON	8/5/2009	1
ROD COCHRAN	8/10/2005	5	RALPH STANLEY	8/5/2008	2	JAVIER ZAPATA	8/5/2009	1
JOANNE DILLARD	8/10/2005	5	JOHNNIE JENKINS	8/6/2008	2	LINDA PEREZ	8/7/2009	1
WAYNE DORMAN	8/10/2005	5	JOSHUA MORGAN	8/7/2008	2	JAMES STEWART	8/7/2009	1
BETTY GANDY	8/10/2005	5	CORA HENRY	8/8/2008	2	MANUEL SANCHEZ	8/10/2009	1
MARGARET FERGUSON	8/11/2005	5	JACKIE CALDWELL	8/11/2008	2	DENNIS SCHANK	8/10/2009	1
DANIEL JONES	8/16/2005	5	JACKIE HUFF	8/11/2008	2	ALFRED SPETMAN	8/10/2009	1
FEDERICO GARCIA	8/17/2005	5	JEFFREY HUSTON	8/11/2008	2	SHELBY FLORES	8/11/2009	1
PAT THOMPSON	8/17/2005	5	WILLIAM MILLER	8/11/2008	2	JOHN BERLOWITZ	8/13/2009	1
DOUGLAS BURCH	8/19/2005	5	LEE CHATMAN	8/12/2008	2	STEVE VIVIER	8/13/2009	1
JESSE CANTU	8/19/2005	5	BOBBY HESTER	8/12/2008	2	WILL JENKINS	8/14/2009	1
LORRAINE CHAMBLESS	8/20/2005	5	JOSEPH ZELENY	8/12/2008	2	GARRY CALDWELL	8/15/2009	1
SHELLY DUPONT	8/22/2005	5	LARRY CADDELL	8/13/2008	2	HENRY SHORT	8/15/2009	1
EVELYN RIGGS	8/22/2005	5	DIANA GREGORY	8/13/2008	2	ANNE SWEET	8/15/2009	1
JOHN BICKERSTAFF	8/26/2005	5	WILMER VENNEY	8/13/2008	2	ROBERT JAMES	8/17/2009	1
BOBBY WHITE	8/29/2005	5	ALLEN HASSLER	8/14/2008	2	JEFFERY SMALL	8/17/2009	1
JAMES JACKSON	8/1/2006	4	ANNETTE MENSENDICK	8/14/2008	2	DEBORAH BARROW	8/18/2009	1
TODD LUDWICK	8/3/2006	4	MARK COTE	8/18/2008	2	DESHONDA DAVIS	8/18/2009	1
WILBUR COLEMAN	8/8/2006	4	LAURA KIRK	8/18/2008	2	MICHELLE LANGLOIS	8/19/2009	1
MICHAEL GARDNER	8/8/2006	4	CAROL MENDOZA-LEEDS	8/18/2008	2	CHESTER JOHNSON	8/20/2009	1
JOAQUIN PEREZ	8/10/2006	4	MISSY WEUVE	8/18/2008	2	GREGORY DEBROW	8/25/2009	1
SAMUEL MELLO	8/13/2006	4	RICHARD MCARTOR	8/19/2008	2	JONATHAN HARRIS	8/26/2009	1
DOUGLAS SLOCUM	8/14/2006	4	RONALD MILLER	8/20/2008	2	CHARLES MURPHY	8/26/2009	1
JAVIER BALDERAS	8/22/2006	4	DARRYL TACKETT	8/20/2008	2	JERRY NEUMANN	8/28/2009	1
GILBERTO MEZA	8/25/2006	4	GARY GALLO	8/21/2008	2	DALE KNERR	8/29/2009	1
MARSHA TAYLOR	8/31/2006	4	DENNIS WALKER	8/21/2008	2	MICHAEL STEVENS	8/29/2009	1
BESSIE WYCKOFF	8/31/2006	4	JAMES FLOYD	8/22/2008	2	CHRISTOPHER WILSON	8/29/2009	1
KATHY KENTER	8/2/2007	3	ROBERT MILLER	8/22/2008	2	CLINTON ELLIS	8/31/2009	1
EARL FIELDS	8/7/2007	3	DONALD OLESON SR	8/22/2008	2	KATHLEEN WALLIS	8/31/2009	1
SHAYLA DAVIS	8/8/2007	3						

THANK YOU ALL FOR YOUR HARD WORK AND DEDICATION!



PREVENT HEAT-RELATED ILLNESSES

Warm weather means activities and fun under the sun! Whether you love warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day. The American Red Cross urges you to follow these tips to prevent a heat-related illness:

- NEVER leave children or pets alone in closed vehicles.** A closed vehicle can reach over 140 degrees F within minutes.
- Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat. Avoid using salt tablets unless directed to do so by a physician.
- Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors when possible.** Air conditioning provides the safest escape from extreme heat: Install window air conditioners snugly. Check air-conditioning ducts for proper insulation. Vacuum filters weekly during periods of high use to provide more cool air.
- Take regular breaks when engaged in physical activity on warm days.** Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

NATIONAL WEATHER SERVICE HEAT INDEX



Based on the latest research findings, the National Weather Service (NWS) has devised the "Heat Index" (HI), (sometimes referred to as the "apparent temperature"). The HI, given in degrees F, is an accurate measure of how hot it really feels when relative humidity (RH) is added to the actual air temperature.

Source: American Red Cross and NOAA's National Weather Service

HEAT WAVE: A MAJOR SUMMER THREAT

In a normal year, about 175 Americans die as a result of summer heat. Among family of natural hazards, only the cold of winter-not lightning, hurricanes, tornadoes, floods, or earthquakes-takes a greater toll. In the 40-year period from 1936 through 1975, nearly 20,000 people were killed in the United States by the effects of heat and solar radiation.

HEAT DISORDERS: SYMPTOMS & FIRST AID

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.

First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.



HEAT CRAMPS: Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.

First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Fainting and vomiting.

First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sunstroke): High body temperature (106° F. or higher). Hot dry skin, no longer sweating. Rapid and strong pulse. Possible unconsciousness.

First Aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids.



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
- Oklahoma City, OK
- Tulsa, OK
- Jackson, MS
- Meridian, MS
- Alliance, NE
- Corpus Christi, TX
- Victoria, TX
- Pecos, TX
- Alpine, TX
- Odessa, TX
- Big Spring, TX
- Sweetwater, TX

—In Memoriam—



Jose Garza passed-away on Friday, August 6, 2010 at 6:35am. Mr. Garza had been a driver for RCX in Laredo, TX since April 23, 2004.

Family was very important to Jose and he is survived by numerous family members who will always cherish their memories of this loving family patron.

“Mr. Garza was a very good and pleasant man to be around and was very much liked by all his co-workers and railroaders alike. Everyone always had good things to say about Jose. I very much enjoyed knowing and working with him. He will be greatly missed by all of us.” John Trujillo, Laredo, TX Location Manager.