

RAILCREW *press* NEWSLETTER

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

Helpful Phone Numbers

Payroll - 877.928.5046
Benefits - 800.481.9979
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

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Prevent Your Vehicle From Skidding

Submitted by Warren Grogan, Field Safety Advisor

Skidding is more likely to occur when there is ice, snow or water on the road; however, it is important to remember that most skidding is a result of bad driving. A car will only skid if it is being driven at an inappropriate speed or if provoked to do so by aggressive steering, braking or acceleration.

To prevent skidding, you should never ask your car to do more than it can do with the traction available. As a result, in poor weather conditions you should:

1. Slow down
2. Increase stopping distance, so if the vehicle in front stops unexpectedly you have enough space to brake to a stop without skidding.
3. Take extra care when approaching a bend or curve.
4. Be gentle and progressive when steering, accelerating and braking.

Your car is more likely to skid when the road is icy or covered in snow. In such conditions, to avoid skidding or traction loss, you should slow down. You should also steer and brake very gently. Your stopping distance must be increased by up to ten times greater than in normal conditions.



You should be extra careful when traveling on elevated road ways and bridges. Ice will often form here first. If your car has an outside temperature gauge, keep an eye on it. If you don't have an outside temperature gauge then look at the windows of other cars and see if ice is forming. In freezing rain, black ice can form which lies invisible on the road. Black ice isn't black. It is transparent and extremely hazardous.

In icy conditions the problem is the loss of traction. **DO NOT DOWN SHIFT WHEN IN MOTION ON ICE OR SNOW.** Down shifting will cause the tires to lock up and you will lose control of the motion of the vehicle. When driving on ice, you will notice your steering becomes lighter and tire noise will also decrease. If this happens then you are likely to be driving on ice. To

prevent traction loss, lift your foot gently off the accelerator. This will allow your car to slow smoothly and gently. If you need to continue driving, then do so slowly using a high gear from a stopped position. Avoid accelerating too quickly so your tires won't spin. Accelerating too hard can also cause skidding.

If you accelerate too hard when moving onto a slippery road the drive wheels will spin without allowing the car to move forward. In icy conditions some wheel spin may be inevitable. To minimize the spin try engaging a higher gear when starting, not slowing.

Braking hard on a slippery road can also cause your car to skid. Your wheels can lock up and you will continue to move with little to no braking effect. The locked wheels will also prevent you from steering. If this happens you should release the brake pedal to free the wheels then reapply the brake less harshly. If your car is ABS fitted your wheels won't lock. Don't think ABS eases all problems when driving on a slippery road. It doesn't.

On a slippery road if you approach a corner too quickly there is a good possibility that your car will skid. This is even more likely if you also brake harshly while in the curve. You turn the steering wheel to corner but there is no response and the car continues on ahead. This is a classic front wheel skid. If this happens, remove your foot from the accelerator. This throws the weight balance of the car forward and helps the tires find grip. Do not use the brake. As the tires find traction carefully steer the car into the direction of the skid. For example, if the rear of the car skids to the left, steer quickly and smoothly to the left.

Refer a new hire and
get some bonus \$\$'s...
Details on Page 4!

Check out *HOLIDAY FOOD SAFETY* on Page 4!!

525 and counting... "Get On BOARD" is coming to you soon!

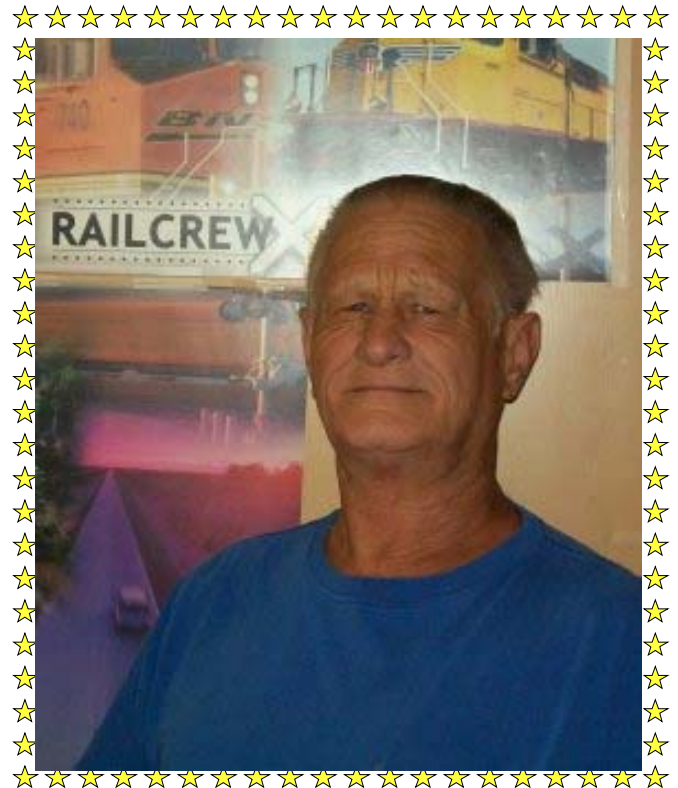
Billy Johnson	Alliance	Walter Harvey	Blytheville	Deborah Reynolds	Lincoln	Wesley Haas	Lincoln
Daryl Craig	Alliance	Winston Harrison	Blytheville	Dennis Dushaw	Lincoln	Cassandra Kabriel	Marysville
Davina Thurston	Alliance	Abel Ruiz	Del Rio	Don Massa	Lincoln	Kathryn Andelt	Marysville
Douglas Slocum	Alliance	David Uribes	Del Rio	Ed Newell	Lincoln	Troy Crow	Marysville
Jessica Prelle	Alliance	Gilberto Meza	Del Rio	Gary Lierz	Lincoln	Clyde Gray	Ravenna
John Burgett	Alliance	Javier Balderas	Del Rio	Inno Bratsovsky	Lincoln	Oliver Dreher	Ravenna
Joyce Davis	Alliance	Javier Zapata	Del Rio	Janet Kuligowski	Lincoln	Ruth Bebb	Ravenna
Lisa Stonecypher	Alliance	John Alderete	Del Rio	Janice Marks	Lincoln	Estelle Vela	San Antonio
Mary Lewis	Alliance	Jose Vasquez	Del Rio	Jeffrey White	Lincoln	Gary Rodriguez	San Antonio
Melanie Bertram	Alliance	Juan Saldivar	Del Rio	Jerry Stuck	Lincoln	James Berry	San Antonio
Nichole Ylander	Alliance	Eleazar DeLuna	Eagle Pass	Jim Ritchey	Lincoln	Joe Herrera	San Antonio
Paula Bullard	Alliance	Emmanuel Gaytan	Eagle Pass	Jim Slepicka	Lincoln	Joe Ojeda	San Antonio
Reynaldo Hernandez	Alliance	Juan Martinez	Eagle Pass	John Hanson	Lincoln	Joel Coulter	San Antonio
Robert Fulton	Alliance	Manuel Sanchez	Eagle Pass	Joyce Brown	Lincoln	Jose Palomo	San Antonio
Russ Smith	Alliance	Michael Rodriguez	Eagle Pass	Kirk Bauer	Lincoln	Leonard Hill	San Antonio
Scott Woods	Alliance	Samuel Mello	Eagle Pass	Larry McNew	Lincoln	Manuel Cruz	San Antonio
Shantelle Graves	Alliance	Leroy Clinger	Kearney	Marvin Griggs	Lincoln	Marla Rodriguez	San Antonio
Sharon Dexter	Alliance	Paul St. John	Kearney	Maxine Simmons	Lincoln	Melvin Anthony	San Antonio
Sheila Wohlert	Alliance	Robert Ferguson	Kearney	Merry Swenson	Lincoln	Richard Ozan	San Antonio
Therese Ruppenar	Alliance	Salvador Martinez	Kearney	Ruby Covill	Lincoln	Robert Henry	San Antonio
Jimmy Babb	Ark City	John Bickerstaff	Lenexa	Russell Herrold	Lincoln	Sylvia Delacruz	San Antonio
John Shook	Ark City	Allan Brown	Lincoln	Steve Vivier	Lincoln	Thomas Murphy	San Antonio
Randy Miller	Ark City	Carol Jean Miller	Lincoln	Tamra Craig	Lincoln	Victor Lewis	San Antonio
Steve Pate	Ark City	Chris Martin	Lincoln	Thomas Green	Lincoln	Winford Webb	San Antonio
James Cowley	Blytheville	Darrell Sanburg	Lincoln	Tony Seeger	Lincoln		

Jerry Hunter is a Shining Star!

Jerry Hunter had many years of transportation experience prior to joining RailCrew Xpress. He drove large trucks for 35 years in and around the Fort Worth area until 2008. Jerry received his latest Smith System Training in December 2009.

Jerry has been recognized by both RailCrew Xpress and the Union Pacific Railroad for his safe driving on Saturday, October 23, 2010. The Union Pacific crew stated that Jerry became aware of a vehicle traveling at about 50 MPH on the feeder road while the RCX van was stopped at a 4-way stop sign. Jerry noticed the oncoming vehicle not yielding and stopped before he entered the intersection and avoided a major collision. Jerry has had training with the Smith System and was practicing many of the keys that he has learned. The Engineer for the crew wishes to thank Jerry for paying attention, driving defensively and taking time to learn the Smith System.

Jerry says that in his spare time he loves to play golf, fish and go boating. With the safety he is practicing all the time, he will be able to enjoy these activities for many years to come.





October Anniversaries

THANK YOU ALL FOR YOUR HARD WORK AND DEDICATION!

DEWAYNE HARTWELL	10/2/1994	16	JOHN WALTON	10/1/2007	3	STACI MARSHALL	10/6/2008	2
MICHAEL GALLAGHER	10/28/1997	13	JUAN CRUZ	10/2/2007	3	RANDAL JOHNSON	10/7/2008	2
JOSEPH RAMIREZ	10/5/1998	12	WILLIAM MORGAN	10/3/2007	3	RICHARD LOWRY	10/7/2008	2
JUAN CASTILLO III	10/8/1998	12	KRISTIN WEATHERSBEE	10/3/2007	3	TIM CHERRY	10/8/2008	2
JANET SUTTON	10/4/1999	11	CHERYL WOODRUFF	10/3/2007	3	JAMES LOLLIES	10/9/2008	2
PEGGY TAYLOR	10/4/1999	11	FRIEDA KEMP	10/4/2007	3	JOE GOMEZ	10/10/2008	2
BOB WIDEMAN	10/4/1999	11	REGINA KORKOW	10/4/2007	3	JANICE WOMACK	10/10/2008	2
KENNETH CROUCH	10/14/1999	11	SUSAN THOMAS	10/8/2007	3	CHRIS HARPER	10/13/2008	2
MARIA CALDERA	10/16/1999	11	EMORY LONGBOTHAM	10/9/2007	3	FREDERICK CHASSEY JR	10/14/2008	2
JOHN TRUJILLO	10/16/1999	11	JOSEPH BUNCH JR	10/10/2007	3	TAMBRI KALSTABAKKEN	10/14/2008	2
MICHAEL BARNES	10/31/1999	11	JACKIE DORAN	10/10/2007	3	LEIGH SKINNER	10/14/2008	2
MYRTLE HOLBROOK	10/5/2001	9	RICHARD OZAN	10/10/2007	3	BRADLEY BERRETH	10/15/2008	2
STONEY MARTIN	10/10/2002	8	NATHANIEL WATKINS	10/10/2007	3	KATHRYN SLATER	10/15/2008	2
SHIRLEY BRETHOUR	10/6/2003	7	HEIDI MILLS	10/11/2007	3	THOMAS TRUMAN	10/16/2008	2
DONALD DENTS	10/8/2003	7	JAMES NEWELL	10/12/2007	3	CHRISTOPHER CURNEAL	10/20/2008	2
ALLAN MCINTOSH	10/9/2003	7	CAROLYN HOLBROOK	10/15/2007	3	CARLA FISCH	10/20/2008	2
GREGORY FARROW	10/21/2003	7	ANGELIA JACKSON	10/15/2007	3	LORI MOORE	10/20/2008	2
WESLEY HAAS	10/5/2004	6	SEAN JONES	10/15/2007	3	SHERYL BOONE	10/22/2008	2
JAMES SLEPICKA	10/7/2004	6	ROOSEVELT MARSH	10/15/2007	3	ROBERT CLAAS	10/22/2008	2
LARRY JENKINS	10/12/2004	6	CHARLES STEPHENSON	10/15/2007	3	BRIAN SULLIVAN	10/22/2008	2
ROY BAXTER	10/15/2004	6	TYRONE SEEGER	10/16/2007	3	SHANE HALTER	10/27/2008	2
EMMETT TOWNSEND	10/26/2004	6	ANASTASIA HORN	10/17/2007	3	LARRY JOHNSON	10/27/2008	2
GLADYS KILLEBREW	10/3/2005	5	JANA JOHNIGAN	10/17/2007	3	ROBERT REGNIER	10/27/2008	2
THOMAS GREEN	10/6/2005	5	HOBERT CLAPP	10/18/2007	3	LARRY RIMEL	10/29/2008	2
GAIL WATSON	10/7/2005	5	ARTHUR FERRELL	10/18/2007	3	STEPHANIE EDWARDS	10/30/2008	2
CAROLYN FENNER	10/14/2005	5	B. ELIZABETH FORTISCUE	10/18/2007	3	RICHARD SALLEY	10/30/2008	2
ALLEN BOWEN	10/17/2005	5	TAMRA CRAIG	10/19/2007	3	JOHN STRICKLAND	10/30/2008	2
JANA TIBBIT	10/17/2005	5	EDDIE JOHNSON	10/19/2007	3	CHESTER LOGUE	10/31/2008	2
ROSS WILLIAMS	10/17/2005	5	HUMBERTO SALAZAR	10/22/2007	3	JOSEPH CASARES	10/1/2009	1
NORI SERNA	10/20/2005	5	AUDREY PETERSON	10/24/2007	3	MARIA IBARRA	10/5/2009	1
BEVERLY BOETHEL	10/24/2005	5	RANDY PRALL	10/24/2007	3	EARLENE WELSHHONS	10/6/2009	1
OLLIE IRVIN	10/25/2005	5	JACKSON MILLER	10/26/2007	3	MARJORIE HILL	10/10/2009	1
LINDA CIGAINERO	10/1/2006	5	ANGRIS MINOR	10/26/2007	3	ABNER DIEPENBROCK	10/11/2009	1
JOHN FOSENBURG	10/3/2006	4	TOBIN WEGNER	10/26/2007	3	LLOYD GIGOUT	10/12/2009	1
JERRY GAYLOR	10/6/2006	4	LAMONT BROOKS	10/29/2007	3	DON MASSA	10/12/2009	1
EVERETT TAYLOR	10/6/2006	4	SEAN MCGRAW	10/29/2007	3	DIANNE BROWN	10/14/2009	1
DANIEL TELFORD	10/10/2006	4	SHARRON PINKNEY	10/29/2007	3	SAMUEL BRISBY	10/15/2009	1
ANNIE DAVIS	10/12/2006	4	DONALD TAYLOR	10/29/2007	3	TIMOTHY WEBSTER	10/15/2009	1
RONNIE MILAM	10/23/2006	4	FRANK FROST	10/30/2007	3	ROBERT HILLIARD	10/16/2009	1
NICKIE NICHOLS	10/23/2006	4	MICHAEL BALDINI	10/1/2008	2	MARION JEROME	10/19/2009	1
CHARLIE JONES	10/24/2006	4	ALLEN KAUFMAN	10/1/2008	2	JESSICA PRELLE	10/21/2009	1
LAMARCUS FINCH	10/25/2006	4	RAYMOND KNAPIK	10/1/2008	2	STEVEN BECK	10/23/2009	1
ROBERT SMITH	10/25/2006	4	RONALD MITCHELL	10/1/2008	2	ALAN JOHNSON	10/23/2009	1
ALLAN BROWN	10/27/2006	4	EDWARD KABRIEL	10/2/2008	2	ANITA KESSLER	10/23/2009	1
ROBBIE MATTHEWS	10/27/2006	4	MARVIN GRIGGS	10/3/2008	2	WYATT WILLIAMS	10/25/2009	1
ALFRED MONTGOMERY	10/27/2006	4	JOHN WASSENBERG	10/3/2008	2	ANTHONY JONES	10/26/2009	1
WILLIAM BEE	10/30/2006	4	JAMES BELL	10/6/2008	2	TIMMIE LILES	10/26/2009	1
CHRISTOPHER PENNY	10/30/2006	4	SAMRA COLLIER	10/6/2008	2	JENNIFER CLINGER	10/28/2009	1
JOEL COULTER	10/1/2007	3	BARBARA HUNT	10/6/2008	2	CLETUS MUFF	10/28/2009	1
CHERIE RUTAN	10/1/2007	3						

Referral Bonus Program... get some \$\$'s!!!

RCX recently updated the "Employee Referral Program". When a driver refers a potential applicant and the applicant notifies the manager **during the interview process** who referred them to RCX, the referring driver will receive a \$50.00 referral fee. The \$50.00 referral bonus is paid to the referring driver after the applicant completes the new hire process, is finalized as a driver, and works his first day (training days are not included).

RCX is Hiring!

Current Open Positions

Drivers:

- South Morrill, NE
- North Platte, NE
- Bridgeport, NE
- Kearney, NE
- Ravenna, NE
- Lincoln, NE
- Fremont, NE
- Broken Bow, NE
- Council Bluffs, IA
- Sioux City, IA
- 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



Out with the Old, In with the New: Home Food Safety Traditions

Reckless Thawing

Old Habit: More than one out of four Americans admit to thawing their frozen turkey or other main meat dish on the kitchen counter, in the oven or even under hot water in the kitchen sink.

New Tradition: To prevent the spread of harmful bacteria, frozen meats should be thawed — and marinated, for that matter — in a refrigerator set below 40 degrees Fahrenheit. Or, if pressed for time, you can thaw a wrapped frozen turkey (breast-side down) in a sink filled with cold tap water, making sure to change the water every 30 minutes.

Holding Out on Hot Stuff

Old Habit: When preparing a cooked dish that needs to chill (for storage or serving purposes), nearly four out of five home cooks think it's necessary to wait until foods cool before putting them in the refrigerator.

New Tradition: Once upon a time, placing hot foods in the refrigerator could lower the overall temperature of the fridge and cause foods to spoil. Not anymore! To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking...no need to wait.

Covered Dish Delivery

Old Habit: Three out of five holiday revelers typically travel for at least one hour with their homemade holiday dish to a relative or friend's home.

New Tradition: Pay close attention to how much time passes from the time you leave your door until your dish is eaten. If it's more than two hours, consider packing your cold dish in a cooler or hot dish in an insulated bag to keep it safe and bacteria-free.

Rocking the Gravy Boat

Old Habit: While a majority (71 percent) of home cooks remember to bring gravy to a boil before serving it, many forget the same rule also applies during the encore presentation. In fact, more than half just reheat leftover gravy in the microwave until it's hot before serving again.

New Tradition: In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second or even third time around.

Festive Floor-grazing

Old Habit: Nearly one out of four Americans say they abide by a specific "rule" to determine how long food is safe to eat after it falls on the floor, with the majority giving a green light to food rescued within three seconds.

New Tradition: Tragic as it may be when a holiday treat topples to the floor, it's never a good idea to eat it. In the spirit of "out with the old, in with the new," toss it.

Top Tips for Office Eating

And when the holidays are over and you start bringing leftovers for lunch...stay healthy with these office tips!

Tools of the Trade

Make the most of your desktop dining experience by stocking up on these essential food safety supplies:

- Hand sanitizer
- Disinfectant wipes or paper towels and spray cleanser
- Office refrigerator or insulated lunch bag with freezer pack
- Labels for leftovers
- Refrigerator thermometer (make sure your office fridge is set properly below 40 degrees F)
- Meat thermometer (always reheat leftover lunch foods to an internal temperature of 165 degrees F)

Quick Tips

- Clean out fridge after 5 days
- Wipe down splatters in the microwave
- Sanitize or replace sponge frequently



Source:

www.HomeFoodSafety.org

SAFETY



**The Measure
of Success**