



Always Moving Forward

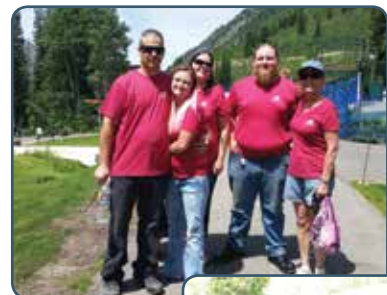
SNOWBIRD

The annual corporate summer party was held this year on June 20th at Snowbird Resort in Little Cottonwood Canyon, Utah. The beautiful mountain setting was 25 degrees cooler than the scorching 100 degree Salt Lake valley temperature. Snowbird normally known as a world-class facility for fantastic skiing in the winter months also has a variety of summer activities for all ages to enjoy.

Among the activities are a Mountain Coaster, Alpine Slide, Vertical Drop, Ropes Course, Bungee Trampoline, and Aerial Tram. The Aerial Tram takes passengers up 2900 vertical feet to the top of Hidden Peak where you can see spectacular views including the entire Salt Lake valley.

The day included a delicious barbeque lunch where employees and guests could relax and visit.

Thank you to A&K for the fun outing and Jenya Stroh for her efforts organizing the event.



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Employee News

Laci Norton, daughter of Cheryl and Les Norton, graduated June 4, 2015 from Bingham High School in South Jordan, Utah. Laci will be attending Utah State University in Logan, Utah to pursue a degree in Audiology.



● Nice weather means BBQ time at Corporate Headquarters. The first of the season was held on June 4th and was hosted by our Sales department – as pictured Jenya Stroh, Shantell Higbee, Jeff Long, Jordan Hopkin with daughter Ella and Brooke Braga. They grilled brats and prepared a wonderful variety of salads and desserts. This summer employees spouses, significant others, kids, grandkids have been invited to attend the BBQs.



Wellness **SPOTLIGHT**

RIDING FOR A CAUSE!

Three years ago on May 19, 2012, I lost my grandmother, Deborah Nocentelli due to complications of Diabetes treatment management. She was truly the “ROCK” which held our family together. I miss her every day. I was given the opportunity to challenge myself to ride 50 miles in the “Tour de Cure” for the American Diabetes Association on Saturday, June 6, 2015 in Mandeville, LA, in her memory. Chances are you also know someone who has been affected by diabetes and you already know how important it is to stop this disease.

The power we have together far outweighs what I can do alone! With the continued support of A&K Railroad Material, Inc. and so many great friends and family, I reached my goal by raising over \$1000, which will help the American Diabetes Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure.

Thank you!
Katrina



HEALTHY QUICK TIP: Use frozen frequently. Vegetables, fruit, fish, and chicken breasts are all great options. The key here is to buy frozen foods without added sugar, fat, or salt. For example, if you are buying frozen broccoli, the only thing on the ingredient list should be broccoli.

FAST FOOD MENU OPTIONS: Pick up a Rotisserie chicken and remove the skin. You now have a lean protein already cooked and seasoned. Add to salads or make a healthy whole grain chicken sandwich.

We are looking forward to receiving your feedback and ideas for upcoming issues. Please submit to Katrina Gougis.

Be happy and healthy, - A&K Wellness Committee

QUOTE OF THE MONTH
*“LIFE BEGINS at the END
of your COMFORT ZONE”.*
Anonymous