



Always Moving Forward

Affiliated Railroads Facebook Page

Check out our new Affiliated Railroads Facebook page at: www.facebook.com/affiliatedrailroads.

Affiliated Railroads is a non-corporate designation encompassing four affiliated short line freight railroads. These railroads are located in four states and comprise approximately 400 track miles. The railroads include: The Grenada Railway in Mississippi, with connections to the Union Pacific, BNSF, CSX, NS and CN at Memphis, TN; The Natchez Railway in Mississippi with connections to the CN; The V&S Railway in Kansas with connections to the BNSF and UPRR; The V&S Railway in Colorado with connections to the UPRR, BNSF and K&O.

The new Facebook page has great pictures and very interesting information about each of the lines including the freight they haul, customers they serve and historical facts.

While you're there, don't forget to hit



Vacation Plans?

Did the summer slip away too quickly? Autumn begins this month; before you know it the snow will fly!

We believe it is important for each employee to take advantage of the benefits of vacation time. As such, any unused vacation days will expire at the end of each year with no carryover to the following year. Don't delay; schedule your vacation time with your supervisor now especially if you have a considerable amount of vacation days available for use. Remember that we will be closed for the holidays starting December 26th returning on Monday January 5th so employees should consider using vacation days for that week. Please plan to use your vacation time, as you will be a better employee and we will be a better Company because you do.



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Employee News

Kansas City employees played in a softball league this summer. Dan Britten, Nichole Atwood, Jose Ortiz, Sue Thao, Katie Copeland, Beth & Claire Wyatt, Jim Huenefeldt, Rick Gasser, Angelica Rodriguez, Karl Renner, Robert Reigle, Bill Donnelly, Ryan Spencer, and Sandy Groff made up the team named A&K Longshot Express. This picture was taken at a game when Rhonda Nicoloff was in town and was able to attend. They played 10 games and ended up with one win.



It was challenging learning to work together, but improved over time and most importantly had a lot of fun just playing! A softball BBQ was held at the office to end the season.



BBQs

- Two more BBQs were held at Corporate Headquarters.
- The first was hosted by part of our Administration group including Lonnie Wallace, Jeri Rasmussen, Allen Vickers, Denise Burnside, Lisa Earl, Cheryl Norton and Talisa Miller. The menu was BBQ Pork, baked potatoes, fresh spinach and coleslaw salad, and butterscotch cream pie for dessert.



- The second was hosted by the Salt Lake Real Estate Department including George Ross, Brad Ross, Justin Harryman, Mark DeWald, Ashli Vass, Jesse Askee, Derek Harryman, Alejandro Conde and Tevita Suwai. They planned a southern style BBQ of beef brisket, pulled pork, coleslaw, red beans and rice, macaroni and cheese, and fresh fruit pie for dessert. They took a break just long enough to enjoy the meal then rushed back to work to avoid the camera!

Wellness SPOTLIGHT

No gym, no problem! Keep one or more of these items handy in your truck or carry on!

- Jump rope
- Resistance bands
- Free weights
- Wrist or ankle weights
- Exercise ball

Here's a couple of on the go Healthy app tools. We'd love to hear how they may work for you!

Myfitnesspal.com **Mapmywalk.com**

A&K EMPLOYEE TESTIMONIAL: "Myfitnesspal.com is a great app! During the past 6 months my uncle and brother have used it and they both lost almost 60 pounds each so far. I have used it for 5 weeks and I have lost over 10 pounds. This week alone I have lost 3 pounds. I hope everything goes good."

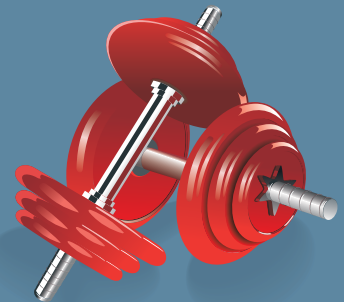
— Philip Rotellini-Eagle Lake, TX

HEALTHY QUICK TIP: Try Brown rice this month. It's a healthy carbohydrate and helps you to feel fuller longer.

FAST FOOD MENU OPTIONS: Try a Baked potato and small chili – only 480 calories on your next Wendy's visit.

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

You have to get up every morning and say to yourself, "I CAN DO THIS!"