

Southern Division



Newsletter



It all depends on you... Please give your Fair Share



Nov 1-82

CHICAGO TERMINAL NEWS

For those of you who are longing to see the familiar surrounding of the West Coast (Tacoma/Seattle) area are in for a treat. Don Sullivan of the Superintendents Office in Chicago has just returned from a somewhat short vacation in that area.

For all of you ex-Pacific Northwest people Don is happy to report that everything is green and as beautiful as ever. Mount Rainier is still as majestic as it has always been, like a monument standing tall over the entire area.

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Daughter of PAT and JOHN KOSTUCH, Granddaughter of R.W. ALBERTS, and niece of DARLENE & SAM BRUSCATO, Miss CANDI KOSTUCH (pictured on the left) has been selected as one of the 100 semi-finalists to compete in the MISS TEEN ILLINOIS PAGEANT, which is to be held at Chateau Louise Resort, Dundee, Illinois on November 26, 27 & 28, 1982.

Miss Kostuch was chosen by her teachers at the Elmwood Park High School to represent them. There were 1500 entrees from schools throughout the state.

If CANDI wins (as we all hope she does) she will then go to Florida in January to represent the the state of Illinois.

GOOD LUCK, CANDI !!!!!!!!!!!!!!!

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Division Engineers Office at Bensenville welcomes two new additions to their staff:

GLEN PHILLIPS - Track Timekeeper and CARMEN LUGO - Steno

WELCOME ABOARD !!!!!!!

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JOEY ALBERTS General Track Foreman at Western Avenue, has had his 4th Surgery. Joey is doing fine and is at home again on the road to recovery.

GET WELL SOON !!!!!!!!!!!!!!!

* * * *

KATHY RAINEY, Adminstrative Secretary, is in the Hinsdale Hospital where she is having some tests taken. Hope to see you up and about soon!!

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CHICAGO TERMINAL NEWS (Continued)

Our little birdie has been on the move again. Correspondent JUDY BARRETO and Husband RAY are expecting their first child around the 29th of January. Our Best Wishes and Congratulations go out to you both!!!!!!

We would also like to CONGRATULATE JUDY and RAY on their FIRST Wedding Anniversary which they celebrated on October 30th.

CONGRATULATIONS !!!!!!!!!!!

* * * *

Congratulations and Best Wishes are expressed to STEVE(Bensenville Carman) and VIRGINIA NELSON on becoming the proud parents of a 6 lb. 12 oz. baby Girl, STACEY JUSTINE NELSON. This is the first for the newly weds. CONGRATULATIONS AND BEST WISHES FROM THE BENSENVILLE CAR DEPARTMENT!!!!!!!!!!

M. R. Donovan
Mech. Foreman - Bville

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ATTENTION: As I mentioned in last months issue the Suburban Division is no longer, it is now known as N.I.R.C.R.C. Railroad. They are headquartered at 204 S. Canal, Chicago - Effective November 2, 1982 with the following telephone numbers.

NOTE: All Agent Telephone numbers on the West and North Line have remained the same. All other telephone numbers have been changed and are now tied in with the RTA Centrex System.

204 S. CANAL

Dir. Sub. Operation	836-6934
Asst. Dir. Sub. Oper.	836-6936
Trainmaster	836-6927
Supv. Sta. Services	836-6938
Schedule Examiner	836-6928
Road Foreman	836-6937
Asst. Chief Clerk	836-6926
Steno-Clerk	836-6935
Visitor Tel-Clerk	836-6925
Crew Caller	836-6939
Crew Announcement Recorder West Line	836-6923
Crew Announcement Recorder North Line	836-6924
Yardmaster Track 19	836-6931

WESTERN AVENUE

Traveling Engr.	836-6953
Yardmaster	836-6946
Gen. Car Foreman	836-6947
Car Foreman	836-6950
Chief Clerk	836-6949

WESTERN AVENUE (continued)

Steno Clerk	836-6948
Elec. Shop Foreman	836-6940
Gen. Foreman Loco.	836-6955
Diesel Foreman	836-6956
Storekeeper	836-6957
Engineering Supv.	836-6951
Steno-Clerk	836-6952
B&B Foreman	836-6942
Section Foreman	836-6943
Asst. Elec. Mtr.	836-6941
Elec. Bldg.	836-6944

Special Agents 836-6954

FOX LAKE

Trainman Room 836-6921

ELGIN

Trainman Room	836-6922
MIC	697-0299
Crossing Flagman	741-0910

BLUE ISLAND

Trainman Room 836-6920

CONGRATULATIONS AND BEST WISHES are expressed to the proud parents BARBARA and ART DANZ on the arrival of a 6lb. 3oz. baby boy, TIMOTHY HERBERT ALEXANDER DANZ at 2:30 a.m. on November 4, 1982. Mother and Son are doing fine.

CONGRATULATIONS!!!!!!!!!!!!!!

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HAZARDOUS MATERIAL

The Milwaukee Road has always made a concerted effort to see that all hazardous material cars handled by the Railroad meet all FEDERAL RULES AND REGULATIONS, as well as being safely handled while in the care of the Railroad.

With the recent problems other Railroads have experienced in the handling of hazardous material, the Milwaukee is actively campaigning and reiterating its efforts to see that every hazardous car, whether loaded or empty, has proper paper work, is placarded as required, switched and hauled in compliance with published regulations.

Particular areas we are stressing to our Superivorsrs, Train Crews, and Clerks is the placarding and proper train placement of these cars.

All Milwaukee Road train crews on the Southern Division have been instructed to make a visual inspection of all cars containing or last containing hazardous material to be sure all four placards are properly displayed prior to the pulling of such cars from an industry. If any placards are found missing our crews have been instructed not to pull the car until such time as the industry places all four placards on it.

We have also implemented procedures as to the inspection by the train crews of all cars received at an interchange point from other railroads. Once again if any placards are missing the Milwaukee will not accept the cars until the connecting line has the four proper placards applied to the car(s).

Our Agents have contacted all shippers and receivers of hazardous commodities on the Southern Division, stressing the importance of these rules and regulations. So far we have had excellent cooperation from Industries and Railroad personnel alike.

For your further information there is a \$10,000 fine which can be assessed by the FRA if these rules are not complied with, but more important than this is the safety of our employees.

If you have any questions or encounter any difficulties with the proper handling of hazardous material please feel free to call P. A. Marbut, Manager of Hazardous Material - Chicago, Room 221 at extension 3480, Mr. R. W. Reidl, Director - Hazardous Material Control at extension 3480 Chicago or myself, Bill Kranz-Director Customer Services - Southern Division at extension 3970.

by: Bill Kranz
Director Customer Services
Southern Division

SAVANNA AREA NEWS:

Our CONDOLENCES and SYMPATHY are expressed to the family of:

WILBUR LARTZ, retired Chief Clerk, Master Mechanic office at Savanna Illinois on the loss of his wife DOROTHY ENGLEKING LARTZ who passed away on Thursday, October 14, 1982.

RICARDO NAVARRO - Retired Maintenance of Way employee who died October 1, 1982, after a long illness. Ritchie was 79 years old and was an employee for 53 years with the Milwaukee. Ritchie as I remember him was a most accomodating gentlemen.

MICHAEL CRAVATTA on the loss of his brother DAVID J CRAVATTA who passed away on September 22, 1982.

GET WELL WISHES FOR A SPEEDY RECOVERY ARE EXPRESSED TO:

D & I Engineer Lyle "CASEY" Jones who has recently had open heart surgery at Madison.

JOSEPHINE CHAMBERLAIN of the Trainmasters office at Savanna who is undergoing tests in Dubuque for a heart problem.

Rail Mill Foreman HOWARD VON HADEN who was in Savanna Hospital for a few days getting his heart beat back to normal.

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MASON CITY NEWS

RODNEY WILSON, son of Conductor DENNIS and MRS. ANNA MARIE WILSON was presented with the Eagle Scout Rank on October 24, 1982 at Troop 14, Trinity Lutheran Church, Mason City, Iowa. RODNEY also received the God and Country award from the Church.

CONGRATULATIONS!!!!!!

Warren Stewart
Sales Dept.
Mason City

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It's that time of the year again when we are asked to help support the many care services funded by the United Way/Crusade of Mercy. This year the Milwaukee Road is taking part in these campaigns.

All Milwaukee Road Employees will be contacted by your Committee Chairman in the Chicago Terminal and outlying suburbs affected. Group meetings are being scheduled in the Bensenville Area. Look to your Notice Boards for further details.

IT ALL DEPENDS ON YOUPLEASE GIVE YOUR FAIR SHARE



OFFICE OF SOCIAL COUNSELING

R. Hickle - Director of Social Counseling

While the most serious and common problems we see among the employees of the Milwaukee Road involve the use of alcohol, we do see a number of other drug problems. Probably the most common of these other drugs is marijuana.

To begin with, possession of marijuana is illegal. I am not prepared to discuss whether or not it should be legalized or "decriminalized," whatever that means, but we do find employees who are otherwise law-abiding, who now have criminal records because they were found in possession of marijuana.

Secondly, while there is some very good evidence that marijuana has some very serious effects on the body, we still do not have enough information to make any absolute statements. One must remember that in a parallel case, we didn't really discover how dangerous tobacco cigarettes were until the late 1930's. People didn't smoke many cigarettes prior to World War I. It took about twenty years of heavy cigarette smoking before the results began to come in. It may be that marijuana will present the same pattern.

Lastly, people who come to depend on marijuana for recreation and use it to deal with uncomfortable situations eventually discover that they haven't developed the interpersonal and social skills which are so important to getting along in this world, and find it easier to fog up their head by lighting up a joint than it is to solve the living problems that face us all.

Is Marijuana keeping you from a good life? Give us a call.

MEDICAL SERVICES HEALTH TIP
by
Fred Rodriguez, R.N., M.S.N.
Medical Services Specialist

Is there a threat to your life?

The culprit that could be threatening your life, sneaking up and attacking when you least expect it is coronary artery disease, resulting in a heart attack.

A noted cardiologist and professor of medicine at Loyola University Medical Center, Dr. John F. Moran, recently wrote an excellent informative article "Keeping The Life Line Open" in the Loyola magazine, in which he outlined the meaning of coronary artery disease, causes and prevention.

Dr. Moran states that for half of the individuals who develop coronary artery disease, their first symptom is their last. They simply drop dead. Coronary artery disease is still the leading cause of death in this country and responsible for 35 percent of all deaths in the 30- to 40-year age group.

How do we get coronary artery disease? Coronary artery disease results from the buildup or deposition of cholesterol fibrous tissue - plaque - in the lumen, or opening of the arteries. "Like limestone in a waterpipe, lumen builds up until the artery is clogged, and it blocks or interferes with the blood flow." It's a diffuse disease because it can occur anywhere in the body -- the brain, kidneys, legs or neck -- but it is particularly dramatic when it occurs in the heart.

Dr. Moran further points out that when an artery of the heart is closed off, an imbalance occurs between the amount of oxygen carried by the blood to the heart muscle and the oxygen needed by the heart to function properly. The result is a heart attack, with the severity of the attack dependent upon the amount of ventricular muscle damaged. Patients will not show any symptoms until they approach 75 to 80 percent obstruction or blockage.

Some of the factors connected with an increased risk of heart disease are -- sex, heredity, age and race. While we cannot do anything about these in preventing coronary artery disease, there are some very important measures we can take to help prevent a heart attack.

A life long readjustment of eating habits to reduce calorie and salt intake, while maintaining a nutritional balance, appears to be the only long-term change that has any value.

Avoid the traditional American diet, rich in calories, animal fats and refined sugars and low in complex carbohydrates and fiber.

Exercise is valuable; physical inactivity appears to be linked to heart disease. Persons who exercise have one and one-half to two times lower the risk of developing cardiovascular disease. All exercise programs should be tailored to each individual's life style. Benefits gained are lowering our resting heart rate, lowering of body fat and an outlet for anxiety, tension and stress.

Smoking, in addition to narrowing blood vessels, speeds up the heart rate and raises blood pressure. According to recent statistics released by the American Heart Association, an estimated 120,000 deaths from heart disease could be avoided each year if smokers quit.

Improvement in medical care and diagnosis and people doing things to avoid heart disease are making headway in our war against the culprit "coronary artery disease" to the point that 26 percent fewer victims have been claimed in the past several years.

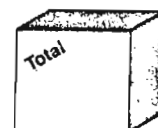
Certainly, early identification of high risk individuals, increasing awareness by the public of life style factors, such as diet and exercise, is paying off.

Is there a threat to your life? Take the following easy test and find out.

Note each risk factor and draw an X in the box that applies to you. Total the numbers for your score. Remember: this chart does not provide a medical diagnosis. Individuals react differently to various risk factors and some factors, such as stress, are difficult to measure and are not included. The chart is to remind you that the way you live can mean how long you'll live.

- 0-11 Risk well below average
- 12-17 Risk below average
- 18-24 Risk generally average
- 25-31 Risk moderate
- 32-40 Risk at a dangerous level
- 41-62 Danger urgent. See your doctor now.

Age	Heredity	Weight	Smoking	Exercise	Cholesterol	Blood Pressure	Sex
10-30	No known history of heart disease	More than 5 lbs. below standard weight	No cigar or pipe	Intensive occupational and recreational exertion	Below 180 mg Diet contains no animal or solid fat	100 or lower readings	Female under 40
2	1 relative over 60 with heart disease	-5 to +5 lbs standard weight	Cigar and/or pipe	Moderate occupational and recreational exertion	181-205 mg Diet contains 10% animal or solid fat	120 or lower readings	Female 40-50
3	2 relatives over 60 with heart disease	6-20 lbs overweight	10 cigarettes or less a day	Sedentary work, no intense recreational exertion	206-230 mg Diet contains 20% animal or solid fat	140 or lower readings	Female over 50
4	1 relative under 60 with heart disease	21-30 lbs overweight	20 cigarettes a day	Sedentary work, moderate recreational exertion	231-255 mg Diet contains 20% animal or solid fat	160 or lower readings	Male
5	2 relatives under 60 with heart disease	35-50 lbs overweight	30 cigarettes a day	Sedentary work, no recreational exertion	256-280 mg Diet contains 40% animal or solid fat	180 or lower readings	Stock male
6	3 relatives under 60 with heart disease	51 or more lbs overweight	40 cigarettes or more a day	No exercise	281+ mg Diet contains 50% or more animal or solid fat	200 or more upper readings	Bald stocky male
Your factor	Your factor	Your factor	Your factor	Your factor	Your factor	Your factor	Your factor



QUIZZ CORNER:

UNIVERSITY

Try your hand at our latest quizz donated by : ENTRANCE EXAM
Cathy Koenig

<p>1.</p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>SAND</p> </div>	<p>2.</p> <p style="text-align: center;"> <u>MAN</u> BOARD </p>	<p>3.</p> <p style="text-align: center;"> <u>STAND</u> I </p>	<p>4.</p> <p style="text-align: center;"> R E A D I N G </p>
<p>5.</p> <p style="text-align: center;"> <u>WEAR</u> LONG </p>	<p>6.</p> <p style="text-align: center;"> R R O A D S A D S </p>	<p>7.</p> <p style="text-align: center;"> T O W N </p>	<p>8.</p> <p style="text-align: center;"> CYCLE CYCLE CYCLE </p>
<p>9.</p> <p style="text-align: center;"> L E V E L </p>	<p>10.</p> <p style="text-align: center;"> <u>0</u> M.D. P.H.D. B.S. </p>	<p>11.</p> <p style="text-align: center;"> KNEE LIGHTS </p>	<p>12.</p> <p style="text-align: center;"> I I I I ○ ○ </p>
<p>13.</p> <p style="text-align: center;"> C H A I R </p>	<p>14.</p> <p style="text-align: center;"> D I C E D I C E </p>	<p>15.</p> <p style="text-align: center;"> T O U C H </p>	<p>16.</p> <p style="text-align: center;"> <u>G R O U N D</u> F E E T F E E T F E E T F E E T F E E T F E E T </p>
<p>17.</p> <p style="text-align: center;"> <u>M I N D</u> M A T T E R </p>	<p>18.</p> <p style="text-align: center;"> H E ' S / H I M S E L F </p>	<p>19.</p> <p style="text-align: center;"> E C N A L G </p>	<p>20.</p> <p style="text-align: center;"> D E A T H / L I F E </p>
<p>21.</p> <p style="text-align: center;"> <u>G . I .</u> C C C C C C </p>	<p>22.</p> <p style="text-align: center;"> <u> </u> P R O G R A M </p>	<p>23.</p> <p style="text-align: center;"> C B L O O K </p>	<p>24.</p> <p style="text-align: center;"> J Y O U U M E S T </p>

GOOD JOB to all of those involved in the preparation of the Northern and Southern Division Timetable No. 3, which took effect on Sunday October 31, 1982
LOOK'S GREAT!!!!

As a matter of information the territory between Davis Junction and Janesville became part of the Southern Division on November 1, 1982.

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I would like to say HAPPY BIRTHDAY and CONGRATULATIONS to all those who are celebrating an Anniversary or Birthday in the month of November. I know we cannot list all of you separately, but we do express our Best Wishes.
Editor.

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OTTUMWA

Our Condolences and Sympathy are expressed to Doug Richardson, Carman at Ottumwa on the loss of his brother on October 27, 1982.

Congratulation to HARVEY RHOADS, son of BEN RHOADS, Machinist at Ottumwa, who just became an M.D. (General Practitioner)

Good luck!!!!!!! Michele Cunningham
Ottumwa Car Dept.

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I'm sorry for the delay in getting our October Newsletter out, but due to a press failure in the Reproduction Dept., it was delayed. All concerned that are in the Reproduction Department did a fine job in putting out Newsletter together so it could be distributed even if it was a little late.

THANKS to the Repro Dept - Chicago for your help.

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HAVE A HAPPY AND SAFE TURKEY DAY -----

GOBBLE! ! ! ! GOBBLE !!!!!

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