

RIGHT ON TRACK

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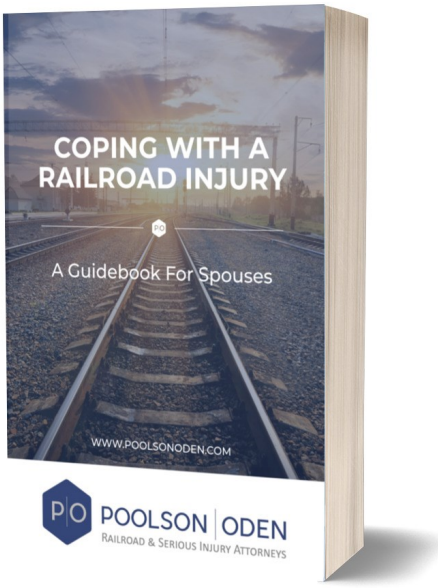
COPING WITH A RAILROAD INJURY

A GUIDEBOOK FOR SPOUSES

Coping With A Railroad Injury is our firm's fourth published book, and we are very excited about this one!

Supporting the family unit is part of our firm's core values. Being parents and spouses, ourselves, we understand the strain on a family when a monetary provider goes out of work. We also understand the strains now with Covid-19 and the state of our country and communities.

We wrote this book to better guide those matriarchs/patriarchs of the family, the spouses of the hard-working railroaders, to give and lend support to those who support their spouse and families. If your spouse is ever hurt on the Railroad, you may not know where to begin. You may have questions about what you can do to help, how to file a claim, how to handle the physical and emotional journey, and most importantly any changes at home. We wrote this book to be a guide to help you along the way.



"We can't always control what happens to us, only our response. And it is in this response that we find empowerment, strength, inspiration, and our opportunity to craft a better culture."

Our book is currently on Amazon. Feel free to contact our office to request a free copy. Call toll free (833) 505-2122

Around The Office



Amelia, Danny's daughter, performed her 2nd dance recital!



Davis and Amelia Poolson playing cabbage ball.



WHAT WE DO & HOW WE DO IT

About Poolson Oden Law Firm –

The law firm of Poolson Oden focuses on helping individuals who have been seriously injured or hurt.

Danny, Carisa, and their staff view their clients as family members, and find fulfillment in protecting the rights of railroad workers nationwide. Danny and Carisa take pride in connecting with their clients and putting them at ease during their case. During a time when an injured worker fears hiring an attorney, Poolson Oden helps lead its clients to their best possible future after an accident or on-duty injury.



Single Person Train Crews: Irresponsible, Inefficient, and Unsafe - Part 1a

Rail carriers – like many corporations – are obsessed with the short-term operating ratio, and the desire to cut costs – especially labor costs – all with the goal of delivering short-term maximum value to stockholders. It is this drive that has been propelling rail corporations – all of them "Fortune 500" entities, which are some of the most profitable and powerful companies today – to push for single employee train crews on mainlines throughout the country. From a Wall Street perspective, this is an entirely logical and rational way to run a railroad. But rail workers, shippers, passengers and the public at large – and others who have a vested interest in safe and efficient operations - have a different take on this. For them, this concept raises numerous red flags regarding safety, efficiency, train operations in general, and the health and vitality of the rail industry in the years ahead.

Background: The rail carriers are fond of stating that there is no "evidence" to show that single crew operations are any less safe than multiple crew members. This is disingenuous on their part, as we all know that single crew train operations barely have been experimented with in North America. Saying there is no evidence that single crew operations are not as safe as those staffed with the traditional two-person crew begs the question, is there evidence that they are as safe? Of course, the answer is no.

In the case of single person train operations, just a handful of such operations have been experimented with. Two such experiences come to mind, both being unit train operations from Point A to Point B on low density tracks, including the Indiana Railroad and the Quebec, North Shore & Labrador. Another infamous example of single train crew operations (that no longer exists) was the Montreal, Maine & Atlantic (MM&A), where after two months of running trains experimentally with a single crew member, a train ran away down a steep grade, derailed and exploded, wiping out much of the downtown of a scenic lakeside Canadian town, killing 47 people, plus two known, related suicides.

The rail carriers argue that as Positive Train Control (PTC) nears complete implementation, that the second crew member is no longer needed to maintain safe train operations. Once again, the carriers' rhetoric regarding safety rings hollow when we learn that as early as 2004, the carriers declared their intentions and desires to run trains with a single crew member, long before PTC was considered and then mandated by the Rail Safety Improvement Act of 2008.



A lone rail worker makes his way to a locomotive on Union Pacific. If UP and the other major rail carriers have their way, the standard train crew will be reduced from two to one in the cab of the locomotive across the U.S. This short-sighted profit-driven move will diminish the safety and health of rail employees, as well as put the public at greater risk. In addition, it will result in inefficient rail operations that will slow down and impede rail operations.

The rail carriers argue that with low wage, non-union trucking as their competition, and with autonomous and platooning of trucks on the horizon, the rail carriers must cut crew costs to stay competitive. Once again, the carriers' arguments are a bit disingenuous, when you consider that a two-person crew is easily capable of handling 200 or even 300 truckloads on one train!

The rail carriers assert that even the Federal Railroad Administration (FRA) claims that there is no reason to abstain from single person train crews. This is the same agency that proclaimed on April 9, 2014, its intent to require two-person crews "for most main line train operations including those trains carrying crude oil." FRA Administrator Joseph C. Szabo at that time flatly stated, "We believe that safety is enhanced with the use of a multiple person crew - safety dictates that you never allow a single point of failure … Ensuring that trains are adequately staffed for the type of service operated is critically important to ensure safety redundancy."

So, we have on the one hand, the rail industry and the oversight administration taking the position that single person train crew operations are safe, efficient, and necessary. While on the other hand, the railroad workers and their unions of both crafts – engineer and conductor – are dead set in opposition. Who to believe? Let's take a closer look at the situation..

To be continued...Part 1b next month.

Railroad Workers United

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*Call **504.766.2200** or send an email to admin@poolsonoden.com to add your friends, family, and coworkers to our newsletter list!*

Peanut Butter Custard Blast

INGREDIENTS:

- 2 cups Oreo cookie crumbs
- 2 tablespoons sugar
- 1/3 cup butter, melted

FILLING:

- 1-1/2 cups sugar
- 1/3 cup cornstarch
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 6 cups 2% milk
- 6 large egg yolks, beaten
- 1 cup creamy peanut butter

TOPPING:

- 2 cups heavy whipping cream
- 1 tablespoon confectioners' sugar
- 6 peanut butter cups, chopped
- 1/2 cup chopped salted peanuts



DIRECTIONS:

- Preheat oven to 375°. Combine cookie crumbs and sugar; stir in butter. Press onto bottom of a greased 13x9-in. baking dish. Bake until set, about 8 minutes. Cool on a wire rack.
- For filling, in a large saucepan, combine sugar, cornstarch, flour and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes. Remove from heat. Stir a small amount of hot mixture into egg yolks; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes.
- Remove from heat. Stir in peanut butter until smooth. Pour over crust. Cool to room temperature. Refrigerate, covered, at least 2 hours.
- In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar; beat until stiff peaks form. Spread over peanut butter mixture. Sprinkle with peanut butter cups and peanuts. Drizzle with chocolate syrup.

To Make ahead: After peanut butter custard is poured over the crust, refrigerate overnight. Before serving, top with the sweetened whipped cream, peanuts, peanut butter candy and chocolate drizzle.

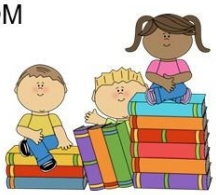
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Client & Community Spotlight

Settlements:

Successful settlements were reached for two (2) clients last month. Thank you for allowing us to be a part of your legal team!

Thank you for your Referrals!

We signed up three (3) new clients last month. Thank you for all of the referrals! It's because of you that we are continuing to build a successful firm and are able to provide the best service to our clients. We appreciate your referrals and please continue to pass along our name to anyone that may need our help.



HAPPY BIRTHDAY DANNY!

get well!
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Women's Health now available at the Covington & Westbank locations!

Horoscope | August 2020



Aries: After a long stressful period, you finally feel a little playful. Don't take undue risks, but let go and have fun.



Leo: It's your month to celebrate! Mid-month birthdays can be real events. Stars say this will be a great year. Enjoy your day.



Sagittarius: Your optimism will be tested in August. You may feel vulnerable. Do everything you can to increase your sense of security. Be ready to change your mind.



Taurus: Delays occur that complicate things. You'll get some wires crossed in August. End of the month gets better.



Virgo: You might be hard on yourself in the first few weeks because you can't keep up with all your "shoulds." Pay special attention to work that is very detailed. You could miss something. All this will pass.



Capricorn: Cappies may feel industrious at mid-month. Be careful not to take your eyes off the future, especially now. You'll want to use your energy to make an important plan.



Gemini: Personal responsibilities are demanding early in the month. Money is still a concern, but stick to your money plan. You will see how important it is shortly.



Libra: Fears appear by mid-month. Some are real, others seem to come out of nowhere. Librans, should avoid following the crowd this month.



Aquarius: Time to pull back the kids. Aquarians may feel deeply proud of them or deeply disappointed this month. Either way, some young people are heading in the wrong direction.



Cancer: The stars are welcoming this month, but some Cancerians hold a long-standing grudge. Discern whether the person is actually toxic, or if there needs to be forgiveness here.



Scorpio: Scorpions have had a lot of time to themselves. Now is the time to plan a different path and gather your tribe.



Pisces: Luck is on your side! Enjoy the benefits of your work. Do something spontaneous in August. Cupid could pay a call.

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Look Inside!
Coping with a Railroad Injury
A Guidebook for Spouses

"If people are doubting how far you can go, go so far that you can't hear them anymore." – Michele Ruiz