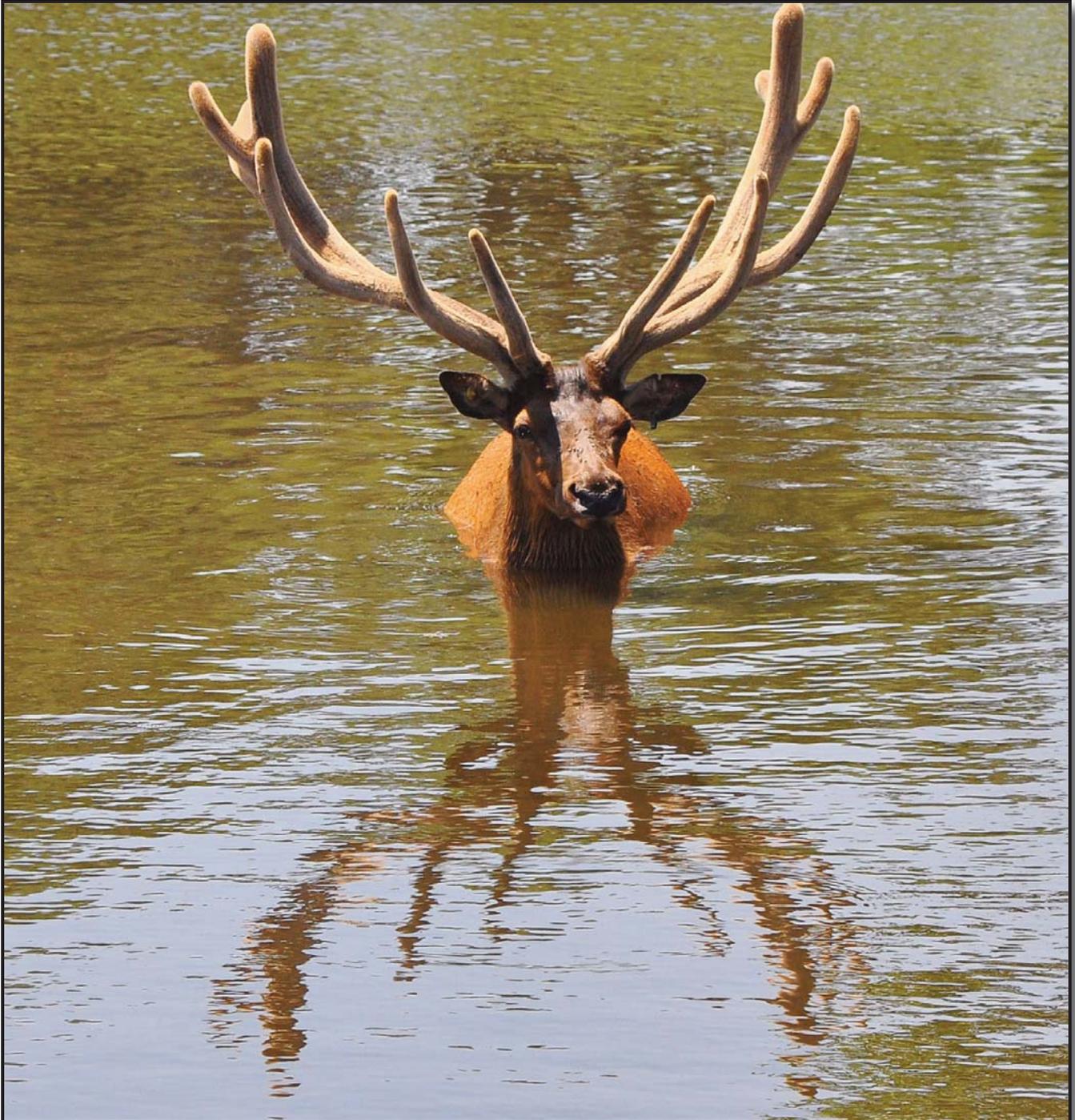


the ROADRUNNER

Nebraska ♦ Department ♦ of ♦ Roads

August/September 2013



Summer Splash

An elk at Pioneers Park Nature Center in Lincoln finds respite from the heat.

Photo by Jay Bailey

Nebraska Department of Roads

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Governor Dave Heineman

Highway Commission

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E.J. Militti, Jr.	Ronald Books
David Copple	Greg Wolford
James Kindig	Jerome Fagerland

Administration

Roads DirectorRandall D. Peters
Deputy DirectorMoe Jamshidi
Deputy DirectorKhalil Jaber

Divisions

BridgeMark Traynowicz
Business Technology SupportBill Wehling
CommunicationMary Jo Oie
ConstructionClaude Oie
ControllerMarilyn Hayes
Government AffairsAndy Cunningham
Human ResourcesSue Larson
Legal CounselJeff Schroeder
Materials & ResearchMick Syslo
OperationsTom Sands
Planning & Project DevelopmentMike Owen
Program ManagementAmy Starr
Rail & Public TransportationEllis Tompkins
Right-of-WayRobert Frickel
Roadway DesignJames Knott
Traffic EngineeringDan Waddle

Districts

District 1Thomas Goodbarn
District 2Timothy W. Weander
District 3Kevin Domogalla
District 4Wesley Wahlgren
District 5Craig Lind
District 6Gary Thayer
District 7Kurt Vosburg
District 8Mark Kovar

EditorLinda M. Wilson
Type & LayoutDiane German

The information in this newsletter is contributed by employees, retirees and friends of NDOR.



Surface Transportation Program Announced

In July, the Nebraska Department of Roads' Director, Randy Peters, released the fiscal year 2014 Surface Transportation Program. This publication details how the department plans to use the taxpayer's highway user dollars to provide the best state highway system possible for all Nebraskans and the traveling public.

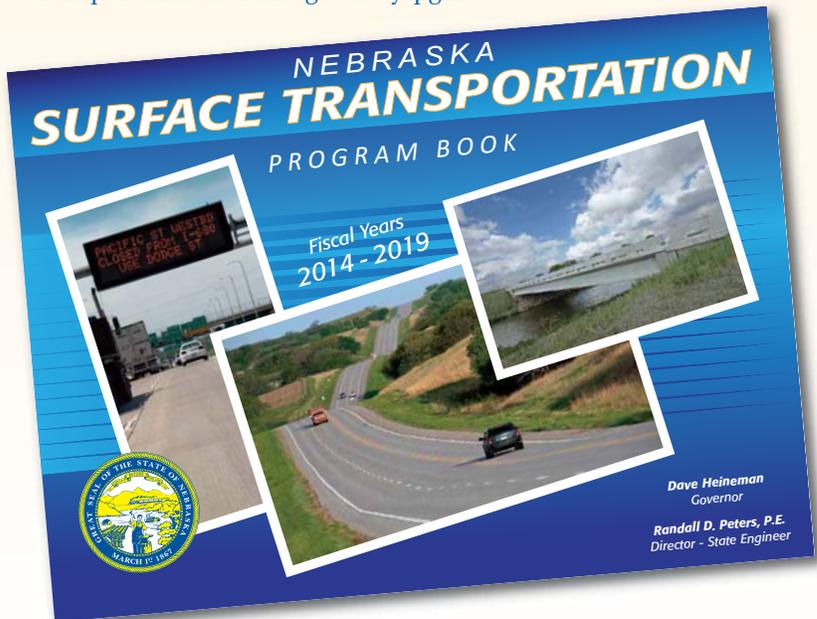
The 2014 State Highway System Program is published at \$431 million and is funded from state and federal highway user taxes and fees. The Local System Program for city streets and county roads totals \$312 million and is funded with state, federal and local highway user revenues.

A total of 139 new projects will be let to contract on the State Highway System during fiscal year 2014 (July 1, 2013 through June 30, 2014). Projects throughout the state will range in size from small intersection improvements involving lighting and traffic signals to pavement and bridge preservation projects such as joint and crack sealing and bridge repair to large resurfacing and reconstruction projects.

Some of the larger projects include a new viaduct over the UPRR south of Hershey; 6.5 miles of asphalt resurfacing and bridge improvements between Danbury and Lebanon in Red Willow County; 9.9 miles of asphalt resurfacing and bridge repair on Nebraska Highway 12 east of the Santee Spur; replacing the concrete pavement on 6.8 miles of Interstate 80 in Cheyenne County; and 13 miles of asphalt resurfacing and bridge repair on Nebraska Highway 12 east of Valentine.

The fiscal year 2014 program is also the first to include projects funded with the Build Nebraska Act. These projects include the construction of the Wahoo Bypass around the north and west edges of the city; a new railroad viaduct that comprises the second phase of the Kearney Bypass; and projects to add traffic and auxiliary lanes to ease traffic congestion on the interstate system in Omaha.

The 2014-2019 Nebraska Surface Transportation Program is available at www.transportation.nebraska.gov/hwy-pgm. ♦



Lehn New Dist. 8 Construction Engineer

Jason Lehn is the new District 8 Construction Engineer for the Nebraska Department of Roads. District 8 includes Brown, Boyd, Cherry, Garfield, Holt, Keya Paha, Loup, Rock and Wheeler counties. Lehn, a licensed professional engineer, is the first construction engineer in District 8 since 2002. Prior to this, District 8 Engineer Mark Kovar had been performing both duties.



Jason Lehn

Technician during the summer of 2004 performing preliminary surveys. After graduating college, he was hired full time as an Engineer I in Ainsworth as part of the pool engineer program. In 2007 he was promoted to Engineer II, and then promoted to Engineer III after earning his Professional Engineer License in 2010.

Lehn believes NDOR is a great place to work, providing a variety of experiences that have prepared him for this position. "I began working as an inspector then project manager on a range of projects from asphalt overlays to bridge projects to urban reconstruction projects. I spent two years performing roadway design in the district under the supervision of Lorraine Legg and Mark Osborn from Roadway Design. I have been the District Environmental Coordinator

for the past four years."

Since District 8's construction section has an experienced and talented group of personnel, Lehn said his goal is "to ensure that we collectively uphold the department's mission to 'provide the best possible statewide transportation system for the movement of people and goods.'"

In describing his approach toward management, Lehn noted, "I believe in treating people like professionals, entrusting responsibility and authority, continuous improvement, regular feedback and building a team. I believe a manager has to be adaptive."

In addition to his NDOR career, in 2010 Lehn purchased the local lumberyard and hardware store in Long Pine. When spare time allows, he enjoys traveling, hunting, fly fishing, restoring antique cars and tractors, building/improving his home and property, and spending time with friends and family. ♦



By Carrie Williams
Human Resources

In the belief that the most important resource an organization possesses is the people that comprise the organization, the Nebraska Department of Roads' Human Resources (HR) Workforce Development provides a Leadership Development Program. This program was created to provide NDOR employees with opportunities to develop and enhance skills in the areas of leadership and management through experiential and classroom activities, mentoring relationships and self-analysis.

Leadership Development Program Revamped

Traditionally, leadership development has focused on developing the leadership abilities and attitudes of individuals. Different personal traits and characteristics can help or hinder a person's leadership effectiveness and require formalized programs for developing leadership competencies. Yet, everyone can develop their leadership effectiveness. Achieving such development takes focus, practice and persistence.

Since 2009, the Nebraska Department of Roads has had an internal Leadership Development Program consisting of three certificate levels. The purpose of the Leadership Development Program is to build

the strength of our current and future supervisors and managers through training and development so that they can continue to be the leaders of the Nebraska Department of Roads.

Beginning in the fall of 2013, the NDOR's Leadership Development Program will be a manager-driven program. Division Heads and District Engineers (DH/DE) will be asked to select two individuals from their area for each of the first three certificate levels. They should be excellent candidates for the Leadership Development Program, or have an interest in learning more about the role of leadership. The DH/DE will identify which of the three levels

(see **Leadership** on next page)

Leadership *(cont'd. from page 3)*

employees will participate in, based on the established criteria, and submit the participant names to HR Workforce Development.

Our existing program includes 155 participants. In addition, 21 employees have completed at least one level within the program.

Two Approaches

NDOR's Leadership Development Program may be utilized in one of two different approaches:

1. Employees looking to move into a supervisory or leadership position, in preparation for a supervisory position.
2. Employees currently in a supervisor, managerial, or leadership position, looking to advance their skills and knowledge.

This year, HR Workforce Development has reviewed and updated the program. HR Workforce Development is offering a large number of new courses, which will provide additional opportunities for NDOR employees to further their skill development in leadership. A few of these courses have been added into the required curriculum of the program levels. Others are offered as an elective course for people to complete as time allows. In addition, each level now includes recommended criteria to determine likely participants.

Participants in the newest level, "Manager Maturity," will be chosen by the Director's Office. Participants within the first three levels will be selected by DH/DE.

Open to All

Because there are many employees that may wish to take individual classes without participating in the entire program, class offerings will continue to be open to all employees. Employees may select and register for individual courses, with supervisor approval, using the LINK-Employee Development Center.

This revised Leadership Development Program is time-bound.

Participants in the program now have an 18-month period to complete all of the requirements of the program level. The cycle of this program will run from January 2014 - July 2015. At that time, the participants will be recognized for their completion. In January of the following year a new 18-month cycle will begin.

Those individuals currently enrolled in the program will be able to continue training, with DH/DE approval, to complete that certificate. As with other enrollees, they will be expected to complete the coursework by July 2015. Any participants unable to complete the course work necessary for certificate completion will be evaluated individually to determine if it is feasible to continue in the program.

For additional information regarding this program, please review the Leadership Development Program Guide found on the HR Workforce Development webpage of the Intranet, or contact Carrie Williams or Travis Haberman with the HR Workforce Development Team. ♦

Recommended Criteria

Manager Readiness, Level 1

- Individuals working to become a supervisor within the next year
- Entry level supervisors
- First level supervisors

Manager Effectiveness, Level 2

- 2+ years supervisory experience
- May still be in a front line supervisory position, or second level supervisory position

Manager Proficiency, Level 3

- 4+ years supervisory/manager experience
- Served in multiple supervisory positions within NDOR and/or other organizations
- Mid-level manager position

Manager Maturity, Level 4

- Advanced level supervisors and managers
- Section heads
- Existing division heads and district engineers



2013 Nebraska Girls State Visitors

Three high school juniors recently had the opportunity to learn about the duties of their counterparts at NDOR. *Seated, l to r:* Sydney Doyle, Deputy Director from Stapleton; Brandi Bailey, Director from Lakeside; and Rena Garretson, Deputy Director from Monroe. *Standing:* Deputy Director Moe Jamshidi, Director Randy Peters and Deputy Director Khalil Jaber.



Pictured l to r: NDOR Director Randy Peters joined other dignitaries, including Joseph Werning, FHWA Division Administrator; Nebraska Governor Dave Heineman; NDOR District 2 Engineer Tim Weander; Nebraska State Senator from Fremont, Charlie Janssen; Mark Leusink, General Superintendent, Cramer & Associates, Inc.; E.J. Militti, Jr., Nebraska Highway Commissioner; and State Senator from Wahoo, Jerry Johnson, for the July 24th ribbon cutting of the Fremont South Bridge on US-77, over the Platte River.

Fremont South Bridge over Platte River Three Years Ahead of Schedule

A ribbon-cutting ceremony was held July 24 to dedicate the US-77 Platte River Bridge connecting Dodge and Saunders counties. Governor Dave Heineman, NDOR Director Randy Peters, other dignitaries and more than 100 spectators were on hand to commemorate the event.

Construction is almost complete on the new \$16 million four-lane bridge, which spans the Platte River at a length of 1,400 feet and is 81 feet wide, nearly double that of the old bridge's width of 26 feet. Two lanes of the bridge are open, with northbound and southbound traffic going head-to-head in the north lane until the other two lanes are finished.

The Nebraska Department of Roads oversaw the project, under the direction of Micky Jacobs, Project

Manager from NDOR's Fremont office. Cramer & Associates, Inc. of Grimes Iowa, was the prime contractor, with oversight by Mark Leusink, General Superintendent.

Workers broke ground on the project in December 2010. Construction was expected to take five years but was finished in two.

Jacobs and his crew of inspectors, along with the contractor's workers, had to put in the majority of work-hours on this project during a "construction window" from August 1 to January 31 as defined in the special provisions, to accommodate environmental commitments. During the two periods of 184 days of condensed construction time, they and the contractor worked four separate crews on staggered shifts, seven days a week, taking only four days off

during this entire time.

Peters noted, "The bridge not only was built in two years, when we were looking at five initially, it's also a new precedent for doing it in an environmentally sensitive way."

Governor Heineman said the bridge is a reflection of the state's values and commitment to fiscally responsible growth.

In addition to Cramer & Associates, others involved in the bridge's construction included subcontractors, suppliers, bridge designer HDR, Inc., NDOR - Bridge, Planning & Project Development, Construction and Roadway Design Divisions, and *many* others.

Construction on the entire project will continue after the bridge is completed, and includes tearing down the old two-lane bridge, which was constructed in 1955. ♦

New Painted Contrast Markings Increase Visibility, Save Money

Perhaps you've noticed the new white and black dash line markings that divide highway lanes along some sections of the interstate system in NDOR's Districts 1 and 2 in eastern Nebraska.

According to Matt Neemann, NDOR Traffic Control Engineer, placement of these new contrast markings began in June, with more planned in the near future in those districts as well as in Districts 5 and 6 in western Nebraska.

According to Neemann, these markings are a safety enhancement for lighter color paved roads. The new lines are a different form of contrast markings that are more visible on white concrete pavement than the previous tape markings, and will help delineate the lane lines in dawn and dusk conditions.

The contrast markings consist of a standard 10-foot long white dash line followed by a 10-foot long black dash line, with a 20-foot gap in between. Previous contrast markings used by the department have consisted of using 4-inch preformed white tape 10 feet in length with 1½-inch black tape on each side and a 30-foot gap in between.

Cost Effective

The material being used for the new contrast markings is a two component, durable polyurea, with embedded reflective glass beads on the white line and non-reflective black grit on the black lines. The material has an expected life of 4-6 years, about the same as the tape. A big advantage, in addition to giving a better contrast, is the liquid pavement markings are more cost effective - at least half the price of the tape markings, according to Neemann.

The NDOR is installing contrast markings on approximately 78 miles



Photo by Jay Bailey

This section of recently painted contrast stripes is located on I-80 west of Gretna, near Church Road. Advantages over the previously used contrast tape include better contrast and cost savings.

of interstate and freeway systems. They are primarily being installed along east-west roadways, with the exception of some of the interstate system running north and south, including parts of I-680 with the highest traffic volumes.

Four Districts

There are 45 miles of the new painted contrast stripes on I-80 in Districts 1 and 2, between the US-77 south junction, Mile Marker (MM) 397, and Giles Road, MM 442, as well as 6 miles on I-680 in Omaha, from I-80 to Fort Street. In District 6, over 20 miles of contrast striping will be done by the end of the summer on four segments of I-80 between Big Springs, MM 106, and Lexington, MM 237. Also, after completion of the Roscoe to Paxton project in the fall, an additional 12 miles of striping will be completed, for a total of 32 miles in District 6. In District 5, an additional 11 miles will be included after the completion of the Potter-Brownson project in Spring 2015.

Neemann said the painted contrast

stripes have been used in quite a few other states, including many on the East Coast, as well as some in the Midwest, including Kansas, Missouri, Oklahoma and Texas. NDOR did research in some of these states before proceeding with the new process.

The use of the black and white contrast markings follows the Federal Highway Administration's (FHWA) Manual on Uniform Traffic Control Devices (MUTCD) guidelines, which state that black is an allowable color, when used in conjunction with certain other colors, including white, where a light-colored pavement does not provide sufficient contrast with the markings. In this case, it is considered a contrast-enhancing system.

As the use of painted contrast stripes continues to increase across the interstate systems in Nebraska, Neemann believes the benefits of comparable durability, better contrast and cost efficiency will ensure an even greater presence in the foreseeable future. ♦

New Kearney Transit Facility Provides Improved Service for Rural Nebraskans

Officials from the Nebraska Department of Roads recently joined the U.S. Department of Transportation's Federal Transit Administration (FTA) to celebrate the opening of the new Reach Your Destination Easily (RYDE) Transit Facility in Kearney.

The facility will provide reliable transit service for hundreds of daily riders in rural central Nebraska and significantly improve maintenance and operations of RYDE transit vehicles.

The FTA Regional Administrator Mokhtee Ahmad joined NDOR's Rail and Public Transportation Engineer, Ellis Tompkins, and Transit Liaison Manager, Kari Ruse, in recognizing the importance of this facility to rural Nebraskans. The new 27,000 square-foot facility will provide climate-controlled bus storage and maintenance areas for up to 24 transit vehicles and house RYDE's Transit's regional offices. Previously, RYDE vehicles were parked outside and exposed to harsh weather conditions. Moving them inside will be a vast improvement, extending the life of the fleet and lowering maintenance costs.

RYDE Transit is a service provided through the Community Action Partnership of Mid-Nebraska, a non-profit organization that seeks to improve access to transportation, education, housing and medical care for people living in rural communities in south central Nebraska. RYDE Transit provides approximately 400 to 450 rides per day through scheduled, curb-to-curb service for residents in rural areas of Buffalo, Adams, Franklin, Kearney and Gosper counties. NDOR administers state funds for the transit service.



Photos courtesy of the Community Action Partnership of Mid-Nebraska

The new 27,000 square foot RYDE (Reach Your Destination Easily) facility, located in Kearney, offers climate-controlled bus storage and maintenance areas for up to 24 transit vehicles.

Funding Provided

The U.S. Department of Transportation (DOT) provided nearly 100 percent of the funding for the \$4.5 million facility, plus approximately \$239,000 for related technology upgrades used to schedule rides and provide drivers with route changes and GPS-based routing. Of the total from DOT, \$4.4 million was provided through the American Recovery and Reinvestment Act (ARRA). Additional funding for construction and vehicles was provided by a 2006 earmark of \$1,991,241, with the expectation that ridership will increase as well as efficiency.

Ruse stated that the facility is a model for the country, with many unique features. The building was designed to fit the Leadership in Energy and Environmental Design (LEED) green building standards and includes a geothermal system to heat and cool the building. She stressed that the facility is a milestone for rural transportation in the state.

According to Tompkins, "The new Kearney RYDE transit facility is a great example of cooperation between a local agency, the State of Nebraska and Federal Transit to utilize Federal ARRA funds to build a new facility to provide office space, training rooms and inside storage for all the RYDE transit vehicles in Kearney. This will greatly enhance the service to Kearney and the surrounding area by RYDE." ♦



NDOR's Rail and Public Transportation Engineer, Ellis Tompkins, provided remarks during celebration of the new RYDE (Reach Your Destination Easily) transit facility in Kearney. Federal Transit Administration officials stand behind him, including FTA Regional Administrator, Mokhtee Ahmad, left.



*Photo by Patrick Haynes,
Nebraska State Historical Society*
A 1913 Model T touring car is parked near the new historical marker at Elkhorn commemorating the Lincoln Highway and the well-preserved three-mile segment of roadway that was once along the route.

Lincoln Highway Centennial and 500th Historical Marker Event Celebrated

On June 29 the 500th state historical marker was placed in Nebraska at Elkhorn, commemorating the Lincoln Highway.

The marker is located on an original brick section of the highway, between 180th and 192nd Streets, paved in 1920 and one of the best-preserved stretches.

This dedication also falls in the centennial year of the Lincoln Highway, the nation's first transcontinental highway organized in 1913. During the event, Senator Beau McCoy honored Eagle Scout James Kopsa for his efforts to restore Lincoln Highway signs. Historian Drake Hokanson spoke about the highway's significance.

Preservation of this rare brick section of highway, sponsored by the Nebraska State Historical Society, has been assisted by the Nebraska Department of Roads and Douglas County. For more than fifty years travelers have learned about Nebraska's historic places through the highway marker program.

The marker program was begun in 1957 when state legislation authorized a program to erect uniform "Highway Historical Markers" in cooperation with the Nebraska Department of Roads. The first was placed in 1961 at Chimney Rock. Once focusing on highway turnoffs and rest areas, the program has grown to include many other locations recognizing historical places and events. It was deemed appropriate to dedicate this marker to commemorate the Lincoln Highway.

Today, most of the markers are underwritten by local groups and individuals. A Transportation Enhancement project funded by the Nebraska Department of Roads has assisted in repairing damaged markers.

Centennial Celebration

After the dedication of the historical marker, a two-day centennial celebration of the Lincoln Highway was held July 1-2 in Kearney, the middle part of the great highway, to showcase the highway's profound effect on the country. The celebration was attended by more than 12,500 people.

East and west coast centennial auto tours converged onto Kearney's Main Street from the Lincoln Highway, arriving from Times Square in New York and San Francisco Park, California. Cars from 1913 were on exhibit, and a parade of 140 antique and classic cars from across the country highlighted the celebration. A wide variety of speakers, historical characters, tours, music and food topped off the event.

Before 1913, travel by car was both an adventure and a challenge due to the poor quality of dirt roads. The Lincoln Highway was the first coast-to-coast road made for driving: instead of dirt, the highway was paved with concrete or gravel. The New York to San Francisco route made it possible for anyone with a car to drive across the country. The highway's construction was an early sign that cars would transform American society.

The 500th Historical Marker event was sponsored by the Nebraska State Historical Society in collaboration with the office of the Douglas County Engineer. The Lincoln Highway Centennial Celebration was sponsored by the Lincoln Highway Association. ♦

We Get Mail...

June 25, 2013

Wes Wahlgren
District Engineer

Dear Mr. Wahlgren,

On June 15, we had the pleasure of meeting your employee, Melody Richards. We were on our way to Omaha for a get-away weekend taking Hwy. 30 to Hwy. 92. Darin asked me to organize his billfold, which included \$965, his ID and countless credit cards. Once I completed that, I placed the billfold on his lap.

We encountered road work and had to take a detour which took us south of Hwy. 92 onto gravel roads. Darin made a stop, not realizing his billfold fell off his lap when he got out of the truck. Later realizing we did not have it, our excitement of enjoying a nice couple's weekend turned to despair and great disappointment.

We started to head back home, hoping to find the wallet on the gravel road. Meanwhile, Melody had picked it up, took it home and tried to contact us. We were just west of Rising City when Cabelas, one of the credit card issuers, phoned. They advised us that they had received a call from someone who had the credit card/billfold in their possession. I can't even describe our feelings of relief and surprise. We called Melody immediately and she explained that when she was traveling home via the same gravel road, she noticed something on the road.

We arrived at Melody's home in Osceola and she happily returned the billfold to us. I tried to give her a reward for being so honest and going out of her way to contact us. When she refused to take the money, we insisted, asking her to use the money to buy something for herself.

We discovered Melody worked for the Department of Roads and how much she enjoyed it. We were so grateful and astonished that there are still folks that are honest and truly good. I am writing this letter commending Melody and her kind act. Not only did we appreciate her good deed, but also the wonderful representative she is for your local Department of Roads' office as well as the community of Osceola. Her acts renewed our faith that there are still great people in this world.

Darin Drage/Kacey Cabbage
Chapman, Nebraska

Editor's Note: The helpful Roads' employee, Melody Richards, is a Hwy. Maintenance Worker Sr. in District 4 at Osceola.

June 10, 2013

Randy Peters, Director

Dear Mr. Peters,

Earlier this month I read the media reports about the sixth place ranking of Nebraska's state highway system. Please accept my congratulations and appreciation for the role played by the Department of Roads in creating such an exceptional status for our state. I believe it is even more impressive that this success was achieved while maintaining exceptionally low administrative and operational costs.

Thanks to you and the staff of the Department of Roads for serving our citizens and visitors in such an outstanding way.

Senator Al Davis
District 43

July 29, 2013

Randall D. Peters, Director

Dear Director Peters,

This letter is to commend one of your employees, Rich McKenney of Ord. On July 16, our camper trailer blew out a tire on Highway 183, five miles north of Taylor. Mr. McKenney went out of his way to help, loaning us his cell phone, making sure we were out of danger and assisting in changing the tire. We are grateful to him because it was very hot and truck traffic was particularly heavy that day.

We wanted to let you know that we greatly appreciated his kindness and assistance. He is a fine employee and a credit to the department as well as our fine state.

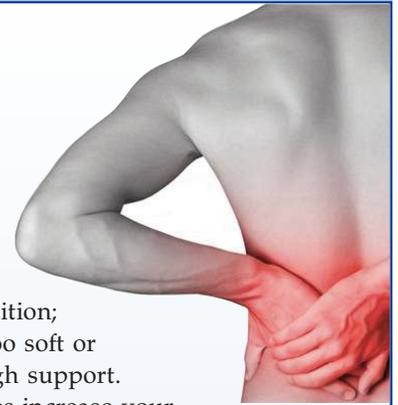
Doug & Linda Nichols
Lincoln, Nebraska

Editor's Note: The helpful Roads' employee, Rich McKenney, is a Hwy. Maintenance Supervisor in District 8 at Burwell.

The Department of Roads receives numerous complimentary letters. The letters printed here are representative of those often sent praising the many fine and deserving employees of the Department of Roads.



Get Off My Back!



By Amy Haycock, RN

Our back has three natural curves to its anatomy. A simple pulled muscle in the back can incapacitate a worker for several weeks leading to costly medical bills and lost productivity. Back supports may help somewhat but ultimately

proper training, including proper lifting techniques and posture, is the most effective way to combat the problem.

Many back injuries cannot be attributed to a single causal factor; in other words, they tend to be the result of cumulative damage suffered over a long period of time. However, certain actions, motions and movements are more likely to cause and contribute to back injuries than others. Force, repetition, posture and stress are the factors associated with increased risk of back injury.

Avoid Injuries

Anytime you find yourself doing one of these things, think, **"DANGER - My back is at RISK!"**:

- Heavy lifting; although an employer may test up to 50 pounds lifting ability, 35 pounds should be the limit without a second person or adaptive device to move heavy loads.
- Twisting at the waist while lifting or holding a heavy load, like snow shoveling.
- Reaching and lifting; store heavy items at waist height.
- Lifting or carrying objects with awkward or odd shapes; keep the load close to the core of your body; lift with legs not low back.
- Working in awkward, uncomfortable positions; gardening posture is a common culprit.
- Sitting or standing too long in one position; every hour do desk exercises for one minute.

- Slipping on a wet floor or ice; consider wearing slip resistant shoes.
- Sleeping in a bad position; mattresses that are too soft or do not provide enough support.

In order to avoid injuries increase your physical fitness. Start with walking if you do nothing currently. Then gently add in some weight bearing exercises like yoga, golf or weights.

Posture Important

Next pay attention to your posture. Bending knees and using your leg muscles are critical to back health. Adjust your work space to provide best ergonomics to daily tasks.

Be aware of the weight of your purse or brief case. Buy bags that accommodate back health. Book bag injuries are avoidable; keep in mind these backpack safety tips before sending your child off to school:

- Use both shoulder straps
- Lap belts or roller bags may be helpful
- Pack heavy items close to back
- Keep the weight of the bag less than 15 percent of body weight

Posture is important. When you slouch, your ligaments and muscles have to work harder to keep you balanced. You might experience muscle strain and headaches from poor posture. Although good posture should be natural, you might feel wooden or stiff at first if you've forgotten the sensation of sitting and standing up straight. The key is to practice good posture all the time. You can make improvements at any age.

For more information go to: www.mayoclinic.com/health/back-pain/



This Diamond is a Worker's Best Friend



During this construction season, please be extra careful and attentive when approaching roadwork zones.

Please Drive Smart in Highway Work Zones.

All in the Family

Information for "All in the Family" should be sent to the Communication Division. Appropriate information will be included in future Roadrunners.

Please note: Birth announcements will be published as long as written permission is received by the Communication Division. This is necessary, as NDOR is required to adhere to privacy laws under the Health Insurance Portability and Accountability Act (HIPAA).

Condolences

Materials & Research sends condolences to Dean and Rhonda DeButts on the death of Dean's mother. Dean is a Hwy. Materials Designer and Rhonda is a Transportation Planner III. To Dennis Meinecke on the death of his mother. Dennis is a Hwy. Materials Designer. To Rob Christian on the death of his mother. Rob is an IT Infrastructure Support Analyst/Sr. Also to Mick Syslo, whose grandmother recently passed away. Mick is Materials & Research Engineer.

Condolences to Kent Miller on the death of his father. Kent is an Engineer IV in Bridge.

Right-of-Way sends condolences to Joel Walker on the death of his father. Joel is an Appraiser III in the Right of Way Division. Also to Daryl Behrends on the death of his mother-in-law. Daryl is a Highway Right-of-Way Agent II.

District 4 sends condolences to Bob Zwiebel on the death of his mother. Bob is a Hwy. Construction Tech in Grand Island. To Nancy Ziegelbauer-Snyder on the death of her father. Nancy is a Hwy. Maintenance Worker Sr. in Hastings. Also to Lynette Kowalski on the death of her father, Lawrence Kowalski. Lynette is a Hwy. Construction Tech in St. Paul. Lawrence was an NDOR retiree.

District 8 sends condolences to Dennis Connot on the passing of his mother. Dennis is the Hwy. Maintenance Superintendent in Valentine. To Shaun Emerson on the death of his grandfather. Shaun is an Auto/Diesel Mechanic in Ainsworth. To Rob Strand on the death of his nephew. Rob is the District Mechanic in Ainsworth. Also to Matt Ost on the death of his father-in-law. Matt is the lead mechanic in Ainsworth.

Births

Congratulations to Maria and Habib Olomi on the birth of their daughter, Deanna, on June 19. Maria is a Chemist II in Materials & Research.

Jack Rosecrans is a proud great-grandpa to Georgia Ann, born July 7. Jack is a Public Information Officer II in Communication.

Rod Favors is the proud grandpa of twin granddaughters, Brynley Katherine and Brooklyn Marie, born July 24. Rod is a Hwy. Maintenance Supervisor at District 3 in Columbus.

Congratulations to Tony and Kelly Lambert on the birth of their grandson, Joshua Anthony, born July 30. Tony is a Hwy. Const. Tech at District 4 in Hastings.

Congratulations to Dave Koelzer on the birth of his granddaughter. Lucille Kay was born on July 10. Dave is a Hwy. Construction Tech IV/Supervisor at District 4 in Grand Island.

Congratulations to Russ and Dianna Frickey on the birth of their granddaughter, Raelyn Irene, born June 29. Russ is a Project Manager at District 5 in Bridgeport.

Congratulations to Pam and Marve Schmitz on the births of their granddaughters. Tailey Jeanne was born March 4 and MaKenna Marie was born April 26. Pam is a Construction Tech II at District 8 in Ainsworth.

Congratulations to Austin and Amy Cook on the birth of their daughter, Kailey Marie, on February 19. Austin is a Hwy. Maintenance Worker Sr. at District 8 in Ainsworth.

Congratulations to Shaun and Kayla Emerson on the birth of their son, Brantley Bradley, on April 22. Shaun is an Auto/Diesel Mechanic at District 8 in Ainsworth.

Congratulations to Brenda and Marty Graff on the birth of their granddaughter, Elsie Rae, on June 9. Brenda is a Hwy. Maintenance Worker Sr. at District 8 in Ainsworth.

Congratulations to Jake Adkisson and Tarin Kinney on the birth of their son, Jaksen James, born April 11. Jake is the Final Reviewer at District 8 in Ainsworth. Grandparents are JD and Susan Hoover. Susan is a Staff Assistant and JD is a Hwy. Maintenance Worker Sr. at District 8 in Ainsworth.

Weddings

Congratulations to Preston Holley and Katrina Sramcik who were married July 13 in Tecumseh. Preston is the son of Pat and Penny Holley. Pat is an Engineering Unit Supervisor in Bridge.

Congratulations to Craig and Rachel Degenhardt who were united in marriage on June 1. Craig is a Hwy. Maintenance Worker Sr. at District 4 in Hebron.

This 'n That

Congratulations to Terrance Masters on his retirement on June 13 after 29 years of service. Terry was a Hwy. Materials & Tests Technician III in Materials & Research.

Emma Krause won Junior Female Handicap Champion for the Lincoln Chapter of the Izaak Walton League Youth Summer Trap League and will be an 8th grader at Mickle Middle School. Daniel Krause won a blue ribbon at the Lancaster County Fair for BB Gun Shooting for his age class and will be a 5th grader at Pershing Elementary School. Their parents are Nikki and Shane Krause. Nikki is a Business Manager I in Operations.

Congratulations to RoadToasters club members on earning the Distinguished Club Award. Also, congratulations to the 2013-2014 RoadToasters officers: President – Bob Foreman; Vice President, Education and Vice President,

(see **All in the Family** on next page)

Service Awards

Congratulations to these dedicated individuals for their work and continued service with the Department of Roads. They celebrate their service dates in *August and September 2013*.

10 Years

Raymond Berry, District 6
Cameron Craig, District 6
Eddie Dahlke, District 2
Todd Greunke, District 3
Keith Jarvis, District 8
Kenneth Konwinski, District 1
James Lymber, District 6
Jeffrey Otto-Berglund, District 3
Randy Veskerna, District 2

20 Years

Eugene Arduser, District 4
Richy Johnson, District 3
Melissa Sheard, District 2

30 Years

Gregery Blunck, District 3
Jerry Grooms, District 4
Danny Kuss, District 7
Ryan McKay, Construction
Charles (Rex) Wilson, Plan. & Proj. Dev.

40 Years

Kevin Hindley, District 2
Roger Niemann, Roadway Design
Lloyd Peterson, Program Mgmt.
Robert Samek, District 1
Raymond Walrod, District 7

NDOR Events Calendar

— August —

- 1 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528
- 4-10 **National Stop on Red Week**
<http://safety.fhwa.dot.gov/intersection/redlight/outreach/>
- 5- 30 **Charitable Giving Campaign**
Contact Diane Holthus @ 402-479-4580
- 14 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 16 **Bd. Public Roads Class. & Stds.**
9:00 a.m., NDOR Auditorium
Contact LeMoyné Schulz @ 402-479-4436
- 8/16 – 9/2 **Impaired Driving Nat'l. Enforcement Crackdown**
<http://www.nhtsa.gov/Impaired>
- 23 **Bd. Examiners for Co. Hwy. & City Street Supts.**
10:00 a.m., NDOR Materials & Research Conference Rm.
Contact LeMoyné Schulz @ 402-479-4436
- 23 **Hwy. Commission Meeting/
District 6 Program Hearing**
8:30 a.m., Holiday Inn Express,
300 Holiday Frontage Rd., North Platte, NE
Contact Greg Weinert @ 402-479-4871
- 28 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628

— September —

- 2 **State Holiday – Labor Day**
- 4 - 6 **Bd. Examiners for Co. Hwy. & City Street Supts.**
Workshop: Sept. 4th, 9:00 a.m. – Sept. 6th, 2:00 p.m.
Fairfield Inn, Kearney
Contact LeMoyné Schulz @ 479-4436
- 5 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528
- 11 **Patriot Day**
- 11 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 15-21 **Child Passenger Safety Week**
<http://www.childsafetylink.ca/en/about/news/child-passenger-safety-week-2013.html>
- 17 **New Employee Orientation Program**
Rm. 152, 5001 S. 14th (the "Hill")
Contact Denice Sears @ 402-479-3656

- 25 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 27 **Hwy. Commission Meeting/
District 2 Program Hearing**
8:30 a.m., Omaha Marriott,
10220 Regency Circle, Omaha, NE
Contact Greg Weinert @ 402-479-4871

— October —

- International Walk to School Month**
www.iwalktoschool.org/
- 7-11 **Drive Safety Work Week**
www.trafficsafety.org/drivesafelyworkweek/
- 4 **Bd. Examiners for Co. Hwy. & City Street Supts.**
Meeting: 8:45 a.m., Hwy. Commission Meeting Rm.
Exam: 9:00 a.m.-4:00 p.m., NDOR Auditorium
Contact LeMoyné Schulz @ 402-479-4436
- 9 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 10 **Put the Brakes on Fatalities Day**
www.brakesonfatalities.org
- 10 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528
- 11 **Bd. Public Roads Class & Stds.**
9:00 a.m., City Library, Alliance
Contact LeMoyné Schulz @ 402-479-4436
- 14 **State Holiday – Columbus Day**
- 16 **Blood Drive – Community Blood Bank**
NDOR Central Headquarters
Contact Diane Holthus @ 402-479-4580
- 20-26 **National Teen Driver Safety Week**
www.teendriversource.org
- 21-25 **National School Bus Safety Week**
http://www.thecarconnection.com/news/1036922_national-school-bus-safety-week-prevention
- 23 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 25 **Hwy. Commission Meeting**
8:30 a.m., Hwy. Commission Meeting Rm.
Contact Greg Weinert @ 402-479-4871

If you would like a key event included on upcoming calendars, call the Communication Office 479-4512 or e-mail linda.wilson@nebraska.gov. Information for the October/November Roadrunner should be received by September 30, 2013.

All in the Family (cont'd. from page 11)

Membership – Linda Wilson, Communication; Vice President, Public Relations – Jan Kollars, Right-of-Way; Secretary and Treasurer – Glenn Williams, Materials & Research; and Sergeant-at-Arms – Jason Volz, Construction. RoadToasters is a communication and public speaking training club sponsored by NDOR and affiliated with Toastmasters International. Meetings are the second and fourth Wednesdays of each month, from 12:00 to 1:00 p.m., in the Highway Commission Room at Central Headquarters.

Congratulations to Linda Wilson, who earned her Triple Crown Award in Toastmasters – three educational awards in one year – High Performance Leadership, Advanced Leadership Silver and Advanced Communicator Silver. Congratulations to Glenn Williams who earned his Advanced Communicator Gold Award. Congratulations to Jason Volz, who earned his Competent Communicator Award. Linda is a Public Information Officer II in Communication, Glenn is a Highway

Cartographer Sr. in Materials & Research, and Jason is an Engineer V in Construction.

Congratulations to Lydia Allen and Benjamin Allen, both of Ainsworth High School, qualified for the Nebraska State Track meet in Omaha in May. Lydia, a sophomore, participated in triple jump and Ben, a freshman, threw the shot put. They are the children of Terry and Erin Allen. Erin is the Administrative Assistant at District 8 in Ainsworth.