

the Roadrunner

Nebraska ♦ Department ♦ of ♦ Roads

October/November 2002



Photo by Bobbi and Steve Olson

Service Awards

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

30 Years

David Anderson, District 3
Robert Anderson, Information Systems
Leon Burow, Roadway Design
Jimmy Eisenhauer, District 3
Lawrence Fast, District 5
Joyce Harring, Controllor
William Hitzeman, Construction
Daniel Jones, District 7
Jerry Koloen, District 2
Bruce Norton, Materials & Research
Mark Ottemann, Planning & Proj. Dev.
Wayne Pavlicek, District 1

20 Years

Ronald Arnold, District 1
Douglas Churchwell, Materials & Research
Ricky Johnson, District 6
Christopher Kuehner, District 2
Brian Needham, District 6
Thomas Scranton, District 3
Timothy Sell, District 7

10 Years

Dennis Boyd, Bridge
Clayton Carnahan, District 1
Vikki Catron, District 5
Richard Geschwender, Roadway Design
Cheryl Linder, Roadway Design
John Lyons, Roadway Design
Larry Mathiesen, Logistics
David Meints, Roadway Design
Thomas Miller, District 2
Steven Nelson, District 6
Larry Ogden, District 8
Steven Segelke, District 5

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From the Director

Personal Responsibility Key to Reducing Highway Fatalities



John L. Craig

By John L. Craig
Director, Nebraska Department of Roads

Driving is an inherently dangerous act. At this time last year, I reported the rate of deaths on our state's roads was lower than the previous two years, but cautioned that we must remain vigilant to maintain that trend. In 2001, 246 people died on Nebraska roads, the second lowest number in more than 50 years. Four Nebraskans were killed in train-vehicle crashes in 2001, down from 5 fatalities in both 2000 and 1999. Also, no fatalities were reported for NDOR employees on the job since 1999.

Then, in January, an alarming trend began, with 34 people killed in motor vehicle crashes in Nebraska, almost surpassing the record high of 35 deaths, set in January of 2000. This was a 325 percent increase over the 8 fatalities reported in 2001.

While difficult to pinpoint the cause, some highway safety officials attributed the high January numbers to a milder winter. This may have kept people from slowing down as they would when roads are snow-packed or icy.

Regardless, the situation has not improved. In May alone, there were 29 deaths, and only one of these individuals was wearing a safety belt. By the end of August, 208 people had died so far this year on Nebraska roads, 62 more than the same time last year—a 42 percent increase. Eight of those fatalities involved train-vehicle crashes. Only 35 of the vehicle occupants were using a safety belt.

In September, I attended a Nebraska Leadership Conference on Safety Belt Usage, which was initiated primarily due to the efforts of Randy Peters, Traffic Engineer, and others involved with the Highway Safety Summit held last year. Kay Farrell, President/CEO of the Safety & Health Council of Greater Omaha, Inc, currently leads these efforts.

From materials provided at the conference, I learned some startling statistics that are worth repeating. Of all drivers and passengers involved in a motor vehicle crash in Nebraska in 2000, 79 percent were reported wearing safety belts. However 77.5 percent of motor vehicle occupants killed in crashes in Nebraska in 2000 were not restrained. That is especially troublesome, since studies show that safety belts cut the risk of death or injury in a crash by 50 to 55 percent.

While education and enforcement efforts have been credited with a trend toward higher seat belt usage among U.S. motorists—a record 75 percent this year—Nebraska is below average in safety belt usage, and the roadway fatalities and injuries reflect this problem.

Safety belts save an estimated 9,500 lives each year. Increasing safety belt use is still the single most effective thing we can do to save lives and reduce injuries on America's roadways. I join our partners in the highway industry and safety organizations in urging drivers to "click it...don't risk it!" University of Nebraska Football Coach Frank Solich is the Honorary Chairman of a statewide campaign asking drivers to buckle up.

October 10 was "Put the Brakes on Fatalities Day." The purpose of a nationally designated day was to draw attention to the nation's high rate of traffic fatalities, about 42,000 per year, or 115 fatalities every single day, with the goal of increasing awareness about what each of us can do to turn this around.

Last year, no fatalities were reported on that day on Nebraska's highways, and October had the lowest number of fatalities on record for the month of October since 1944. We want to continue that trend.

As we continue to focus on what we as individuals can do to make a difference, wearing seatbelts, observing speed limits, staying well rested, alert and attentive, we can decrease the trend of high traffic fatalities. Individual drivers can make the difference!◆

Progress Apparent on Hwy. 81 Expressway

Great strides are being made on the Highway 81 expressway in District 4. With the recent completion of two projects, more than 38 percent of the expressway system in District 4 has been completed.

An approximate nine-mile segment of new two-lane Highway 81, from just south of Fairmont to just south of Geneva, was opened to traffic in September. Weather permitting, there is a good chance to have it opened to four lanes before the end of the year. Lyle Kohmetscher is the project manager for the \$16.9 million work. Another four-mile segment, between Bruning and Strang, was completed in July. Bill Cuda was the project manager for this \$4.9 million project. The last project now under construction south of Interstate 80 is Strang North and South. Bob Ruxton is the project manager for this \$8.7 million project, which is anticipated to be completed in Fall 2003. This project will complete work on Highway 81 between I-80 and the Kansas state line.

These projects, as with other expressway projects, change existing two-lane roads into four-lane highways. Several segments of Highway 81 in District 4 have been designated as test areas for different types of asphalt and different types of subgrades (the underlying roadbed).

A stretch north of Chester was designated to test several different types of asphaltic concrete and drainable base strategies under the Strategic Highway Research Program. This will be replaced with concrete pavement this fall. The project around Geneva utilized lime-treated base,



Above - Recently completed segment of Highway 81 near Geneva.
Left - Workers are preparing a bridge deck on Highway 81 near Geneva.

granular subdrains and will also have a section of old Highway 81 that will be cracked and sealed before being overlaid. The Strang project will have fly-ash stabilized base as well as some of the strategies previously mentioned.

All of these projects have drawn much interest from local groups and from the Trans-American Highway Association, which promotes the Highway 81 corridor.

Work on the approximately 109 miles of the Highway 81 Expressway from the Kansas line to just south of Columbus has been ongoing since 1991. Work on Highway 81 expressway projects south of I-80 began in July 1994. These completed projects include: Chester North and South, Chester to Hebron,

Hebron North and South, Hebron to Belvidere, Belvidere to Bruning, Bruning to Strang, Fairmont to McCool Junction, and McCool Junction to I-80. These projects comprise approximately 41.45 miles of the expressway system.

One project north of I-80 has been completed with seven more projects remaining. The project was completed approximately ten years ago, and is a five-mile segment from Highway 64 to the Platte River south of Columbus. The remaining seven projects are: York North and South, York North, Stromsburg North, Stromsburg South, Shelby East and West, East Junction N-92 North, and Osceola East and West. It will take at least another ten to twelve years to complete these projects.◆

Safety Campaign Targets Driving Habits

“When You’re in the Driver’s Seat...You Make the Difference! Drive Safely in Work Zones.” That was the theme for this year’s work zone safety campaign, focusing on each driver’s responsibility to reduce the number of fatalities in Nebraska’s work zones.

Last year, there were 11 work-zone related fatalities on Nebraska roads, compared with 12 in 2000. Nationwide, 1,079 motorists were killed in work zones in 2001, and 1,093 motorists were killed in 2000, the deadliest year on record.

This year, 9 work-zone related fatalities were reported in Nebraska from January through July, according to NDOR’s Traffic Engineering Division. In addition, during that seven-month period, there were 151 work-zone related injury accidents. While the verdict is out for the remaining months, Nebraskans appear to be headed toward a safer outcome in 2002.

NDOR’s Employee Safety Office reports that for the first seven months of 2002, there were no highway worker deaths, the same as last year. Three injury accidents were reported during that time period.

This year’s highway work-zone safety campaign, launched by the Communication Division in April, was aimed at keeping the statistics low by zeroing in on key

problem areas, including paying attention and maintaining a safe speed and following distance.

This year’s campaign kick-off was tied in with National Work-Zone Safety Awareness Week, April 8-12, 2002. In April, all media outlets received a packet of information that included a news release, flier, fact sheet and pictorial “clip-art” messages for publications. In addition, posters were distributed to NDOR headquarters offices and district offices. An article, including safety tips, was also published in the April/May 2002 Roadrunner.



**When you’re in the driver’s seat,
You make the difference!**

Buckle Up. Drive Smart!

Nebraska ♦ Department ♦ of ♦ Roads

www.nebraskatransportation.org

Paid radio advertisements were broadcast on a total of 24 radio stations across the state from May 20 to June 30. Two thirty-second radio spots were alternated and messages aired several times each day during the six-week time period. These safety messages were planned to reach the traveling public, in areas near highway construction projects. Radio spots aired in the following towns: Columbus Grand Island, Norfolk, North Platte, Sidney, Valentine, York and Lincoln. In addition, paid radio sponsorships aired in the Omaha area throughout the summer.

Paid newspaper advertisements ran for nine weeks throughout the spring and summer, with the first ads running during the week of May 20. Ads ran in the following 19 targeted areas identified by the District

Construction Engineers:
Bassett, Columbus, Crawford, Elkhorn, Geneva, Grand Island, Gretna, Kearney, McCook, Norfolk, North Platte, Scottsbluff, Seward, Sidney, Tecumseh, Valentine, Wayne, West Point, Wymore and York.

Work-zone safety ads were also published four times during the summer in the Neighborhood Extra, a supplement to the Lincoln Journal Star.

Throughout this year’s work-zone safety campaign, NDOR’s goal has been to help ensure the safety of its employees, contractor’s personnel and motorists by increasing awareness of potential safety hazards when driving through or near highway work zones. The statistics point to a successful campaign. ♦

D-3 Team Repeats Win at NDOR Snow Roadeo

By Denise Wallman
Logistics Division

Controlled right turn, diminishing clearance, and an alley dock were just some of the obstacles that challenged 48 contestants in the 9th annual NDOR Snow Roadeo, held August 21 at the UNK Traffic Safety Center in Kearney. Three teams from each district competed for the coveted "Champions" title. They were chosen from 212 teams that battled at the district level to qualify for a spot at the State contest.

For a second time, winning this year's Champions title was Shawn Pohlman and Leonard Nadrchal from District 3. The runner-up team was John Saxton and Buddy Darnell from District 5. Both teams earned the honor of competing in the National Snow Roadeo and attending the Western Snow & Ice Conference in Denver, Colorado, September 24-27.

District 4 was declared the "Top Overall District" after the best three-team combined scores were calculated. Claiming the district prize "traveling trophy" was: Duane Bosak, Ken Konwinski, John Fangmeier, James Higel, Dave Schwartz and Melvin Bacon.

The Snow Roadeo course consisted of 9 obstacles, and it challenged these experienced snowplow operators to "show their stuff." As each team drove the course, the obstacles represented situations they might encounter during winter snow removal operations.

This year, penalty points were given for errors made while driving the course. Final scores were determined by subtracting the penalty points from the possible points for each obstacle. In addition to driving, each team had to complete a written quiz and conduct a pre-trip vehicle inspection to find the defects that were planted. ♦



Runners-up (l to r) Buddy Darnell and John Saxton are shown with John Craig, Director and Chris Ford, District Maintenance Superintendent.



Best Over-All District: Representing District 4 (l to r) - Allen Horak, District Maintenance Superintendent, Ken Konwinski & Duane Bosak (Fullerton), John Fangmeier (Hebron), Dave Schwartz (Aurora), Jim Higel (Hebron), Melvin Bacon (Aurora) and John Craig, Director.



First Place: 2002 Champions, Leonard Nadrchal, left center, and Shawn Pohlman, right center are shown with District 3 Engineer Kris Winter and Director John Craig.

Right - To maneuver through diminishing clearance, the snowplow driver must keep the vehicle in a continuous motion, judge distance, and properly align the vehicle without hitting any obstacles.



Couple's Photos Preserve Rural History

It all started on their honeymoon, when Steve Olson purchased a used Nikon N50 camera and two lenses for his wife, Bobbi, hoping that photography would be a hobby they could enjoy together.

More than a year later, it has blossomed into a shared passion that has enriched their lives and brought enjoyment to others.

Steve, who heads the Staff Development Section in the Human Resources Division at NDOR, and Bobbi, an Administrative Assistant in the Traffic Engineering Division, especially enjoy photographing rural Nebraska. They spend their evenings and weekends traveling on rural roads across the state, and have logged over 20,000 miles, a majority of them within 30 miles of Lincoln.

Bobbi and Steve use a style known as "blended" photography. With this method, they share techniques, standing side-by-side shooting from different perspectives. They maintain their own individuality while utilizing each other's strengths, talents, and leadership abilities to achieve common goals.

In the process, they have encouraged each other and broadened their skills. Steve says that he has helped Bobbi increase her technical skills by offering suggestions such as switching to a different camera lens. Likewise, Bobbi has taught him to examine the artistic side—framing and looking at things from a different perspective.

According to Steve, communication is the key. "Each person brings what they have, and as we communicate with each other, it builds into new ideas and photos we never would have come up with."

While it's not for everyone, Bobbi and Steve agree that blended photography has worked well for them. So well, in fact, that they sometimes are unable to remember who took a particular shot, since they've both contributed to the final product.

Bobbi and Steve appreciate the diversity of the state and the challenge of capturing ordinary sights in extraordinary pictures by being at the right place at the right moment.

Bobbi noted, "Sometimes it's just a matter of seconds that you have to snap a picture and then it's gone...you won't ever get that chance again. I think that's what keeps us hooked—getting that 'wow' picture. You just look at it and you know it's going to be a good one."

Bobbi's favorite subjects include wheat and fence posts. Steve prefers roads, windmills and barns.

They have won some awards, including recent recognition at the Nebraska State Fair, where they took home 25 ribbons, including the People's Choice—the best of all black and white photos at the Fair. They also exhibited their photos recently at the State Office Building in Lincoln and their photos are displayed periodically at the Ville Grille in Lincoln. In addition, their photos are featured in a bi-weekly column "On the Road in Otoe County" in the Nebraska City News Press.

Steve says that while the recognition helps validate the quality of their work, it's not the most important part. However, he admits, there is a great





satisfaction in knowing that people are willing to exchange money to possess their photos. Future plans include submitting their work to some national publications.

Much deeper than fame or monetary rewards, Bobbi and Steve strive through their photos to make people see things in a different way and to preserve some of the history around them.

According to Bobbi, "Local people will say 'is that the same windmill that's over the bend? I never knew it looked like that.' We're trying to remind people to notice the little things around them and to enjoy the scenery, because they really have the best of it all. Also, while that barn may be around today, it might be gone forever tomorrow."

Steve agrees, adding that their photos have opened a gateway to living history. He says some of their most priceless experiences occurred while meeting families at the farms they've visited while taking the photos.

As Bobbi and Steve have both



grown in their abilities, they have tried some new techniques, including coloration, polarization and neutral density filters. While they now use more expensive cameras and equipment, Steve notes that some of their best images were taken with a less expensive camera.

"The camera doesn't make the image. A camera is to photography what pots and pans are to cooking. But good cameras do help in a couple of ways: they are more durable and reliable, giving added flexibility; and they give you credibility."

Steve summed up their love of this

activity. "Photography is an intimate art. It's not as much about what other people say as how happy you are with the image you got. And there are some images that we've gotten that we just love, they really inspire and motivate us, or help us feel like we've been able to express ourselves. That's what it's all about...and the time we spend together getting to know each other is precious."◆



Photos by Bobbi and Steve Olson

Restored Vehicle Serves as Traveling Tribute

In June, after nearly three years, Tom Miller accomplished his goal of restoring a 1935 Ford dump truck and dedicating it to Department of Roads employees who died while on the job. While the project was filled with numerous challenges and setbacks, Miller says he has a great sense of satisfaction with the outcome.

Miller, a Highway Maintenance Worker Sr. at the Elkhorn Maintenance Yard in District 2, had outlined his plans for the vehicle restoration in an article in the June/July 1999 issue of the Roadrunner. He began the project in October that year.

Miller was well prepared for the undertaking, having completed several other projects, including the restoration of a 1950 Ford patrol car for the Nebraska State Patrol. He examined photos of the truck from historical records provided by NDOR photographers Jay Bailey and Arvid Olson. He then began locating some of the original parts.

Hours of Labor

While the truck was 90 percent intact and had no rust, the grill radiator shell was missing, along with the radiator—both very hard to find for a truck, according to Miller. He said they located the grill shell on a Wahoo, Nebraska farm, hanging on a barn wall. Although the bottom half was smashed in, his father, John Miller, was successful in repairing it after many hours of labor. The radiator was found at a swap meet in Fremont.

The truck has its original flathead V-8 and 4-speed transmission with a gear splitter. A rebuilt carburetor, fuel pump and distributor were installed. The truck, which was last operated in 1952, started and ran perfectly with fresh oil, gas and water.

Miller noted that the most challenging part of the project was preparing the frame to accept all mounted and working parts of the power take-off drive shaft and box

hoist. With no blue prints to look over, everything was measured and re-measured before it was permanently installed.

The restoration involved shortening the frame of the 1935 Ford truck from a 157-inch wheelbase to 131½ inches, a complicated process. Miller said the Ford was too long for the dump box and power take-off. With the removal



Tom Miller restored this 1935 Ford dump truck, dedicating it to NDOR employees who died while on the job.

of two cross members and one drive shaft extension, the rear axle assembly was moved forward on the frame and bolted into factory holes already there. The overload springs were an option and installed. The leftover frame rails were then cut off.

Miller used a durable enamel automotive paint, choosing the color of the truck from a 1935 paint chip book. He noted that there weren't many bright yellow vehicles in 1935 except on the Mayfield school bus of that era. He chose that color after conferring with many retired NDOR employees about their recollections. The tailgate of the truck was painted by overlapping two-inch masking taped stripes.

According to Miller, the logo on the doors of the truck that reads "State of Nebraska Department of Roads and Irrigation Equipment No. 21935" was made in his spare time over a two-week period. He drew a hand-made stencil on paper, centered it with a razor knife and cut it out by hand.

The truck is equipped with six kerosene fire pots. Miller said these were used at the job site; if the truck broke down they could be placed around the truck and lit after dark.

As one would expect with such an undertaking, Miller received a lot of help along the way. He appreciated the unlimited patience of his wife, Peggy, and help from his two daughters—especially Pam, who pushed and pulled the truck in and out of the shop before it was running. In addition, his father's support, skill and knowledge with the restoration were tremendous. His long-time friend from Omaha, Ralph Crisp, who is 82 years old, found all of the hard to find parts for the V-8 engine and was the one responsible for actually getting the engine to start and run.

Miller said he would use the truck around his farm when needed. He also plans on attending area car shows and driving the truck in antique car tours. He said he especially enjoys meeting people and answering their questions about the vehicle and its restoration.

Bittersweet Completion

The completion of the project is somewhat bittersweet, according to Miller, as his friend and former NDOR employee, George Koster, requested a ride in the vehicle when it was finished. He passed away before that happened.

But according to Miller, "the first time I took it down the road I knew George was there with me."

Miller said he wants the truck to be a traveling tribute to help ensure everyone remembers the equipment as well as the sacrifices made by those who toiled on the job. Whenever the truck is on display, a sign reads: "The restoration of this truck is dedicated to George E. Koster, Bill Wisheart and all Department of Roads employees who have died doing their job."

Future challenges await Miller, as he plans to locate and restore a snowplow to accompany the truck.◆

We Get Letters ...

August 15, 2002

Laird,

Over the years the world wide web has become a more and more valuable tool for many in industry. Industry is able to find out what is new and current 24 hours a day. The web has also become a valuable way for everyone to communicate. For example, you and I have the ability to communicate from anywhere on the planet for next to nothing in cost, and again 24 hours a day.

Throughout my career I have found it necessary to reference agency websites to ensure thorough and accurate information prior to working for the agencies. An awful lot of my preparation for this coming winter's NDOR training is easily accessible via your website. These past few weeks I have been able to download your documents, save and print easily while developing the training manual for your employees. The website your organization has is second to none in my opinion.

Please pass on the good word to your staff for such a fine job!

Regards,

Timothy R. Murphy, P.E.
President
Murphy Pavement Technology
Chicago, IL 60619

Editor's Note: Laird Weishahn, Materials & Research Division, received this e-mail. Barb Biffle is NDOR's Web Communication Officer, and Terry Masters is pagemaster for the Materials & Research Division.

August 6, 2002

Dear John Craig,

I just wanted to thank you and your staff for helping us improve our building at the State Fair Park. Sergeant Randy Leader has told me that the concrete work looks terrific! Of course, the concrete forms which you so generously provided were a tremendous help and greatly reduced our cost on this project.

Please let Randy Seybert know how much his help was appreciated. Our staff was very impressed with both his knowledge and his friendliness. I have been told that he was a terrific person to work with and that always makes a job go easier.

Thanks to your staff, our building is now much more secure and handicap accessible. Please extend our appreciation to everyone at the Department of Roads, and also the inmate workers, who assisted with this project.

Sincerely,

Colonel Tom Nesbitt
Nebraska State Patrol

Editor's Note: Randy Seybert is the Highway Maintenance Supervisor at the District 1, Superior Street yard.

July 30, 2002

Dear Sirs:

On 7-09-02 I was traveling to Auburn, Nebr., at which time my car stopped on Highway 75 north of Auburn. I had called my son to tell him I had car problems, as he was in Auburn. In the meantime, two of your young men came along and pushed the car over to the side of the road, waiting until my son got there.

I really appreciated their help at a very stressful time. These two are at the top of my Good Samaritan list. Their names are Mike Helms and Galen Dettmann of Auburn.

Sincerely,

Reah Sitzman

Editor's Note: Mike Helms and Galen Dettmann are Hwy. Maintenance Workers Sr. at District 1 in Auburn.

September 3, 2002

Dear Mr. Craig,

We would like to commend your employee, Sally Larsen, from the Valentine office, for her fine service to us as we filed for a roadside haying permit during this drought crisis. We'd be pleased if you would forward our remarks to her immediate supervisor.

Ms. Larsen has been exemplary in her knowledge of procedures, organization, quick handling of our permit application, cheerfulness and courtesy. In addition, we had a question on the process, and she went out of her way to research it for us and respond to us. This was deeply appreciated.

This drought has been a stressful time for all—including your employees who have this added duty of issuing haying permits. Sally Larsen's helpfulness and kindness is a bright spot!

Sincerely yours,

Al & Dot Davis
Hyannis, Nebraska

Editor's Note: Sally Larsen is a Staff Assistant I at the District 6 office in Valentine.

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.

TURF & GARDEN

By Dick Gray
Agronomist



It's Fall Planting Time

Turf - Let's leave the grass higher this fall, say 2½ to 3 inches. This height will better insulate the root system for the winter. Mid-October is the time for a weed and feed—all the dandelions should have germinated by then and this is a great time to get rid of them. Keep the water flowing at ¾ to 1 inch per week for most areas. From the "TURF" magazine: "A single grass plant can have up to 375 miles of roots and as many as 14 million individual roots. The healthier and more extensive the root system, the more efficiently turf can use the water in the soil." Aerating the soil helps keep a healthy and more efficient root system.

Trees - Your trees and shrubs will need your help this fall, too. Keep them watered and remove any damaged branches. The effects of drought do not always show up the first year. The plants can limp along for a year or two and then collapse. Keep them watered to relieve the weather stress. Remember your evergreens this winter; if

we have not received sufficient moisture, then water them during the winter on nice days.

Garden - Think spring, think color, think tulips!!! Excavate the tulip bed to a depth of 8". Replace 2" of soil and mix in bone meal in this layer. Space your tulips out on this prepared area, pointy side up, and cover with the rest of the soil. Soak the area thoroughly and repeat the soaking in 4 to 5 days.

Tomato Report for 2002: German Johnson - needs tall cages, medium fruit, not very productive; Striped German - Yellow with red striping when ripe, big fruit, big cages, good flavor, low acid; Cherokee - heirloom variety, two-toned tomatoes with a dark brownish top and a dark red bottom, excellent flavor and good size; Grape Tomato - need a grandchild to pick these (they are built low to the ground); Heartland - excellent producer, medium to large fruit, medium plant, good flavor; Jet Star - medium fruit and plant, very productive; Caspian Pink - the star of the patch, very meaty, excellent flavor, medium to large fruit, needs a tall cage, very productive, even the grasshoppers preferred this one; Big Boy - needs a tall cage, medium to large tomatoes, good flavor; Celebrity - medium fruit and plant, good flavor, good producer; Early Cascade - early, small, good flavor and slice beautifully, good producer; Empire - not the greatest; Better Bush - medium plant, medium to large fruit, excellent producer.

Take the snow blower in for its annual tune-up. Hope you have a good fall and winter. *See you in the spring—gone hunting!* ♦



Health & Safety

By LoyAnn Rossel, RN,COHN-S

Sensible Dieting

Want to be inspired? Here is a picture of Steve Biltoft, Logistics, before and after he went on a sensible diet that included all the food groups—just less quantity. Steve lost 85 pounds in 7 months. Doesn't he look great?

There are so many different diet plans available, because it is a big money-maker. Some of the diets encourage severely restricting certain food groups. This can be very dangerous because they can change your body chemistry or raise your cholesterol, leading to illness and possibly death. Some diet pills that involve "natural" herbs can raise your blood pressure. Some diet plans are boring or too expensive.

You can lose weight without spending any money. Just use the food pyramid to decide how to balance your meals. It suggests having 6 to 11 servings a day of bread (whole grain), cereal, rice and pasta. (This sounds like a lot but one cup of pasta is 2 servings.) Eat at least 5 servings



Steve Biltoft, before and after losing 85 pounds.

of fruits and vegetables every day. Two to three servings each of milk products and meat products with sparing use of fats and sugar rounds out the daily requirements.

Combine this with at least 30 minutes of moderate activity each day and you could be on your way to weight loss while maintaining or improving your muscles.

If you are the type that can't do it alone, find someone to buddy with or join a weight loss club with a good reputation. Having someone to report to makes it harder to go off the diet.

Wouldn't it be great to have started your diet *before* January 1st and already be on the road to weight loss? ♦

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.

Births

Jim Agena is a proud grandfather of Kamry MaKenzi, born September 3. Jim is a Hwy. Materials & Tests Technician in Materials & Research Division.

Bob Hogg is a proud first-time grandfather of Emily Ann, born August 16. Bob is a Financial Aid Accountant in Controller Division.

Congratulations to Kathy Largent, Information Systems Division, on the birth of her third grandchild, Gavin Ty, born on September 3.

Congratulations to Don and Irma Schulz on the birth of a grandson, Jonathan Robert, born September 3. Don is Chief Negotiator in Right-of-Way Division.

Congratulations to Irene Regelean on the birth of granddaughter Allison Grace. Irene is an Agent II in Right-of-Way Division.

Mark and Jane Beethe are proud parents of a baby boy, Jackson Robert, born August 13. Mark is an Appraiser in Right-of-Way Division.

Bob and Connie Simard are proud grandparents of Brandon David born August 22. Bob is the Traffic Signal Engineer in Traffic Engineering Division.

Congratulations to Bev Vonasek on the birth of her first grandchild, Alease Dawn, born August 16. Bev is Railroad Liaison Manager in Rail & Public Transportation Division. Dick Genrich in Information Systems is her great uncle.

Congratulations to Michael Peltz, Hwy. Construction Tech III at District 2, on the birth of a son, Austin Michael, born July 2.

Congratulations to Marvin Lech, District 2 Construction Engineer, on the birth of twin grandchildren, Caroline and William, born August 21.

Congratulations to Bob King, Hwy. Maintenance Supervisor at District 2 in Plattsmouth, on the birth of his grandson, Jackson Douglas, born August 1.

Congratulations to Jamie and Melanie Hansen on the birth of a daughter, Carly, born on May 16. Jamie is a Mechanic at District 4 in Aurora.

Congratulations to Jim and Marie Chapman on the birth of a grandson, Landen Cade, born September 23. Jim is a Hwy. Maintenance Worker Sr. in Hastings.

Aaron and Sarah Deaver are proud parents of a son, Jonathan Daniel, born September 3. Aaron is a Hwy. Maintenance Worker in District 5 at Sidney.

Pete and Myrna Boyer are grandparents of Kayden Nold. Pete is a Hwy. Maintenance Worker Sr. at District 6 in Mullen.

Weddings

Congratulations to Jennifer Meyers, Hwy. Design Tech Supervisor and Brent Greever, Hwy. Right-of-Way Designer III, who were married in Lincoln.

Congratulations to Lynn Spieker who married Art Weiland on September 28. Lynn is a Hwy. Contracts Assistant in Construction Division.

Congratulations to Betty Hauser, Hwy. Maintenance Worker Sr. at District 6 in Broken Bow. She was married July 13, to Rick Sturgis.

Congratulations to Todd Piper, Temporary Construction Tech at District 6 in Broken Bow. Todd is getting married October 5.

Condolences

Information Systems Division sends condolences to Michael Niedermeyer on the death of his wife's grandfather.

Materials & Research Division sends condolences to Barb Baumfalk and to Dennis Baumfalk, Information Systems, on the death of their sister-in-law.

Condolences to Rick Wienke on the death of his father. Rick works at District 1 in Dorchester.

District 2 extends condolences to Tom Goodbarn, Assistant District Construction Engineer, on the death of his father.

District 4 sends condolences to: Tom and Anna White on the death of Anna's grandfather. Tom is a Hwy. Maintenance Worker Sr. in Sutton. To Jim and Marie Chapman on the death of Marie's father. Jim is a Hwy. Maintenance Worker Sr. in Hastings. To Troy Kirby on the death of his grandmother. Troy is a Hwy. Maintenance Worker Sr. in Ayr. And to Shawn and Michele Boutin on the death of Michele's grandfather. Shawn is a Hwy. Maintenance Worker Sr. in Red Cloud.

This 'n that

Vern Ray Stephens, a Hwy. Construction Tech III of District 1 in Tecumseh, was the Class "C" Horseshoe Pitching Champion at the Johnson County Fair.

Harold Hudiburgh started July 29, at District 4 in Aurora as a Highway Maintenance Worker .

Thoughts and prayers on a safe return for John Beavers, Highway Construction Tech III at District 6 in Broken Bow. John has been called

to duty for the National Guard. John leaves for Fort Riley Kansas, then off to Germany and then Bosnia.

Braden Smets graduated from Navy boot camp September 7. Braden is the son of Nick and JoAnn Smets. Nick is a Construction Tech II at District 4 in Kearney. Braden's grandfather is Bill Smets, Hwy. Maintenance Superintendent at District 6 in Lexington.

D-6 "Keeps on Going" Award Recipients Named

Connie Sawyer, Staff Assistant in the North Platte Maintenance Yard, and Connie Lyons, Highway Construction Management Technician in the District 6 Office at North Platte, were the first recipients of the "Keeps On Going Award." They were selected for their ability "to keep on going, and going and going" in support of the district and department's mission.

Les O'Donnell, District 6 Engineer, said the traveling award, a bunny, will be presented at each quarterly award ceremony by the past recipient to someone whom they think "keeps on going." At that time, the presenters will receive an Energizer Pin. According to O'Donnell, this serves as an impact award, not only to recognize an employee, but to provide an avenue for an employee to recognize fellow employees. ♦



NDOR Events Calendar

— October —

- 2 **National Walk to School Day**
- 3 **State Government Nebraska Mgmt. Exposition**
State Capitol – Contact Lois Danico @ 479-4331
- 3 **Project Scheduling Meeting**
*8:30-11:30 a.m., NDOR Auditorium
Contact Craig Anderson @ 479-4666*
- 4 **Bd. Examiners for Co. Hwy. & City Street Supts.**
*Meeting 8:45 a.m., Hwy. Commission Meeting Rm.
Examination 9 a.m.- 4 p.m., NDOR Auditorium
Contact Andrew Cunningham @ 479-4569*
- 7-11 **Drive Safely Work Week**
- 8 **New Employee Orientation Program**
*NDOR Central Headquarters
Contact Steve Olson @ 479-3601*
- 10 **Put the Brakes on Fatalities Day**
- 14 **State Holiday – Columbus Day**
- 20-26 **National School Bus Safety Week**
- 23 **Blood Drive – Community Blood Bank**
*NDOR Central Headquarters
Contact Diane Holthus 479-4580*
- 24-25 **District Programming Meeting**
*1:00-5:00 p.m., NDOR Auditorium
Contact Craig Anderson @ 479-4666*
- 25 **Bd. Public Roads Class. & Stds.,**
*a.m. (tba), outstate meeting (tba)
Contact Andrew Cunningham @ 479-4569*
- 25 **Hwy. Commission Meeting**
*10:00 a.m. Hwy. Commission Meeting Rm.
contact Shirley Schafer @ 479-4530*

— November —

- 1 **Bd. Examiners for Co. Hwy. & City Street Supts.**
*10:00 a.m. Hwy. Commission Meeting Rm.
Contact Andrew Cunningham @ 479-4569*
- 5 **New Employee Orientation Program**
NDOR Central Headquarters – contact Steve Olson @ 479-3601
- 5 **Rail Summit**
*Embassy Suites, Lincoln
Contact Bev Vonasek @ 479-4515*

- 6 **Freight Summit**
*Embassy Suites, Lincoln
Contact Bev Vonasek @ 479-4515*
- 8 **Project Scheduling Meeting**
*8:30-11:30 a.m., NDOR Auditorium
Contact Craig Anderson @ 479-4666*
- 11 **State Holiday – Veterans Day**
- 14 **Letting** 1:30 p.m. NDOR Auditorium
Contact Karl Fredrickson @ 479-4528
- 14-15 **District Programming Meeting**
*1:00-5:00 p.m., NDOR Auditorium
Contact Craig Anderson @ 479-4666*
- 15 **Hwy. Commission Meeting**
- 22 **Bd. Public Roads Class. & Stds.**
*9:00 a.m., NDOR Auditorium
Contact Andrew Cunningham @ 479-4569*
- 21-22 **State Holiday – Thanksgiving**

— December —

National Drunk & Drugged Driving Prevention Month

- 10 **New Employee Orientation Program**
*NDOR Central Headquarters
Contact Steve Olson @ 479-3601*
- 12 **Project Scheduling Meeting**
*8:30-11:30 a.m., NDOR Auditorium
Contact Craig Anderson @ 479-4666*
- 13 **Hwy. Commission Meeting**
*10:00 a.m. Hwy. Commission Meeting Rm.
Contact Shirley Schafer @ 479-4530*
- 19 **Letting** 1:30 p.m. NDOR Auditorium
Contact Karl Fredrickson @ 479-4528
- 25 **State Holiday -- Christmas**

If you would like key events included on upcoming calendars, call the Communication Office 479-4512 or e-mail lwilson@dor.state.ne.us. Information for the December/January Roadrunner should be received by November 15.

Nebraska Department of Roads
Communication Division
1500 Hwy 2
PO Box 94759
Lincoln NE 68509-4759
27-6900

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