

THE UTE LETTER

234 Edition of the Nebraska City Utilities News

June 2018

FROM THE DESK OF JEFF KOHRS:

During the last several weeks Mark has been dealing with some issues at the water plant. High service pumps 4 & 5 in one way or another had gone down and weren't able to pump in normal operating mode. Mark had lots of help to stay on top of this situation. As I'm putting this together I believe everything is back to normal and we should be able to operate as usual. Great job Mark and all who assisted.

I had an opportunity to watch Ron Lechner and his crew work on getting ready to tie in the new section of water main around 22nd St and 2nd Ave for a little while last week. It was an interesting process to see the preparation and work it takes to put a project like that together. Sounds like they're just about ready to start tying in services. Thanks for letting me observe.

We had another storm roll through the evening of June 11. A lot of locations around town had significant tree damage and with that knocked out power, brought down services, and took out transformer fuses among other things that caused the outages. Hats off to Carl for his handling of the power restoration. He did a great job keeping track of all his guys that were working in various locations until the last customer had power restored. Thanks also to the guys working on those outages. I was listening on the radio and would hear someone call in that they were finished with the outage they were working on and would ask Carl, "Where do you want us to go next?" That happened all night long until the last customer's power was restored. Guys you did a great job. Thanks Mary Lynn for answering the majority of the calls and for other department heads that stopped down to see if they or their guys could assist.

With the hot weather please stay safe and keep hydrated. Let's be careful out there.

GAS AND WATER DEPT:

Bryan Turner

Summer is here and it's really heating up so everyone be careful out there. Ron's crew has been busy with the installation of a new water main on 2nd Avenue. They are taking their samples now, so hopefully everything comes back good and they can start tying services on. Dan's crew has been busy with maintenance projects and installing gas services. Tommy and Derek, with the help of Johnson Service Company cleaned out the Lift Stations on 9th St. and 3rd St. Hopefully, that will help with the issues at 9th St. until we can get it replaced.

The sewer main project out on Maplecrest is nearing completion and ME Collins has started work at the Motel by the Mall, and they've broken ground for the new Senior Housing Development by the Hospital. John is finishing up the Annual CP readings so we will be planting Anodes soon. Brad has been extremely busy with all the locates and mapping. Shawn's been busy working on meter's and trying to keep everyone cool up front. Again, let's be careful out there with the heat and watch out for all the kids out there running around this summer.

ELECRIC DEPT:

Carl Abbott

Spring weather was very brief this year, as we have been experiencing July/August heat already this summer. The crews are very busy keeping up with the numerous construction projects, and storm damage. The development of Nemaha Valley subdivision is moving quite rapidly, there are 10 new homes going up. We still need to complete the final single-phase underground section and one block of overhead 3 phase primary to complete this project. The Senior Housing project, Arbor Links Cottages and half-way house has started here in NC. The new line construction for the State bridge project in Lorton is nearly completed. We have 2 transmission poles to replace, some work at NCVH, and NC Public School's main office. The radio tower in Palmyra will soon be taken down by a contractor and considerable clean-up work will need to be done at that site. We are working to complete the new primary and secondary wires and broken pole installations on north 11th and west 2nd Avenue areas from the damage caused by storms. We will also be changing out the regulators in Otoe along with Sub 904 improvements.

I would like to welcome our two new full-time employees Doug Rubey, Jon Griebe, and our summer interns Chase Hain, and Christian Hans. Todd Fleck has accepted a very much needed and valuable position vacated since the retirement of Rich James. Stuart Abbott has accepted the Foreman's position. Congratulations to all.

Please take the time to introduce yourselves and help us teach and develop our new employees. As each of us continues to gain experience, their ground level of training is very important to the continued growth of the Utilities, and the electric department. Please work Safely, ask questions, use your PPE, and do not forget tailgates.

SERVICE DEPT:

Mary Lynn Hall

Well summer has arrived ahead of schedule and I'm sure we all wish we could have had more spring weather. We are attacking our gas meter change out program. Shawn has stocked the gas meter inventory and Kathy is scheduling Al & Ken appointments, keeping it running smoothly. Locates of course never seem to let up, especially with all the construction in progress. The new truck #36 has arrived. Craig has spent time preparing it to join the fleet and is now his new service truck.

I would like to say "Welcome" to our new employees, interns and summer help. If I can be of any help to any of you, please stop in.

Monday evening, June 11th we had a storm roll in that hit our community causing trees to come down, lines down, area power outages, individual outages, etc. I am very impressed by the leadership, knowledge and dedication of our Electric Department. All hands were on deck working together to restore our community. Thank you for making my job easier with the public the way you represent our company.

STORES DEPT:

Sharon Smulling

Well the weather is heating up!!! Please work safely in this heat. In the Stores Department, we have cooling towels, Sqwincher, and sun screen. Just stop by and Sharon and I can help you out.

As of this writing (June 14th), I received word that Tony came through his surgery well. They did have to "open" him up and remove a section of his colon. His recovering time will be longer, but he should be on the mend in no time. I want to thank everyone in advance for all your help in keeping the warehouse and material in great running order. I truly appreciate all your help. It will take a team effort, and Nebraska City Utilities has the best team out there!

WATER PLANT:

Mark Lant

Hello NCU Family and Friends from us here at the Water Plant. We have been keeping busy here with repairs to our Pumphouse VFD Units this past month. We are also scheduling with Layne Western to rehab our number 2 well. As you all know, it has been rather warm this spring and so we are pumping a good amount of water as well. Steve, Casey, and Shane are all doing a great job and we are Blessed to have such a good crew here. We hope you are all doing well!! Stay safe have a great month.

JULY BIRTHDAYS:

Carl Abbott	7-11-53
Jeff Liesemeyer	7-31-78
Howard Orndorff	7-07-62
Reno Stitt	7-31-66
Bryan Turner	7-09-63

JULY WORK ANNIVERSARIES:

Kyle Connell	7-25-17
Jake Coyan	7-13-15
Craig Davis	7-02-84
Lori Neeman	7-01-03
Brian Spurlock	7-30-12
Miki Van Renan	7-13-95

NEW EMPLOYEE SPOTLIGHT:

My name is **Doug Rubey**. I am one of the new Apprentices working with the Electric crew. I previously worked at Manildra Milling in Hamburg. My wife, Jeri and I been married for 2 years. We have 4 girls: Olivia 8, Averi 6, Everlie 3, and Isla 1. I enjoy coaching and spending time with my family.

My name is **Jon Griebe**. I am one of the new Apprentices working with the Electric crew. I received my Associate degree in Applied Science and Utility Lineman at Omaha Metropolitan Community College. My girlfriend, Alicia Bailey and I have one son, Dawson 3. I played a year of college football. I enjoy spending time with my family, hunting, fishing, biking, hiking, and sports.

FrontLineEmployee

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HELPING YOUR TEEN **FIND A JOB**

Their first summer job is when many teens discover how the real world works. If finding one is getting off to a slow start, try these tips to locate one sooner.

- 1 Use LinkedIn or another employment-related search engine. Narrow your results by including search terms like, "part time" + "summer jobs" and your location.
- 2 Don't underestimate the desperation small businesses have for help. Small businesses are burdened by to-do lists that include real skill-building tasks. So ask. Your teen may be exactly what they need.
- 3 To better compete for that one job at the horse stable all the kids want, search the Internet on "how to take care of horses." Have your teen read up and "learn the ropes." Then, let them head out to ace the interview.
- 4 Consider an unpaid position volunteering in the community. Volunteer experience can help your teen's resume stand out from the rest when competing for future jobs or on school

applications. Not to mention the valuable lessons they will learn and contacts they will make serving the community.

Overhaul your **MORNING ROUTINE**

Don't slug through a morning routine that barely gets you out the door. Maximize your routine for improved work/life productivity. The payoff will be a happier you. More excitement about goals, a better mood, improved health, and finding more meaning in your job can all flow from an optimized morning routine.

Experiment with a few tweaks, and keep notes about any positive impacts on yourself. Everyone is different, so don't simply copy an online "do this" formula. Whether it is drinking a glass of water first thing after awakening, avoiding the snooze button, doing 20 pushups, making your bed without fail, or meditation — hundreds of ideas exist. Some will be perfect for you.

Start at: www.inc.com (search, "morning routine ideas").

IS LONELINESS A HEALTH PROBLEM?

Chronic loneliness can have negative health effects, so CIGNA surveyed 20,000 Americans to gauge the prevalence of this emotion. One in five respondents reported no close relationships at all, and one in four reported having no one with whom they can have a meaningful conversation. Those aged 18-22 — despite their proficiency with social media — report being most lonely. Loneliness is a symptom of a larger problem, because those less lonely reported getting more sleep, spending more time with family, not overworking, and getting proper exercise. If loneliness affects you, take action, engage or reach out to Continuum EAP for help overcoming it.



DIY TEAM BUILDING

Team building improves communication, increases morale and boosts productivity. But what if your employer doesn't offer off-site team-building retreats? How can small teams benefit? Try do-it-yourself team building! Even simple exercises can rejuvenate you.

Find exercises (hundreds are at online bookstores) that:

Focus on building trust.

Offer the experience of being open with feelings.

Allow team members to practice nonjudgmental thinking about each other.

Give each team member the opportunity to feel vulnerable but have the vulnerability rewarded with safety and acceptance.

Team desire to maintain emotional closeness following team building is its own motivation to reduce conflict and practice healthier communication. Refreshing the commitment team members have for one another, even with one team-building exercise, helps walls from forming between members. This dynamic arises from workplace stress — it's all normal. Understanding the gains from team building will have you doing it more often.

Try this exercise: One team member shares a negative experience of their workday with another team member — the more personal the better. One co-worker repeats what was shared, but focuses only on the positive aspects of the negative experience.

The goal is to identify the positive benefits of negative experiences. Then, switch roles. With this experience, team members learn to reframe negative experiences into positive ones that build resilience, while feeling accepted and supported.

In a relationship with a **PROBLEM GAMBLER?**

If you love someone who has a gambling disorder, then you are no stranger to secrecy, lying, reckless borrowing, unpaid bills and broken promises.

It's time to get help.

Start with a professional counselor and step one — get support for yourself and the isolation you feel.



Next steps: work on change, intervention, and taking actions that can motivate the gambler to enter proper treatment.

Loved ones of pathological gamblers experience anxiety in the same way that other people do who are in relationships with addicts. Coping fails to help and can make problems worse.

Compulsive gambling is a mental disorder, not a willpower failing that resolves itself with a crisis that inspires sudden motivation to quit “this time forever.” Talk to an EAP professional for help locating an expert who understands gambling disorders and helping the family.

Pet travel tips

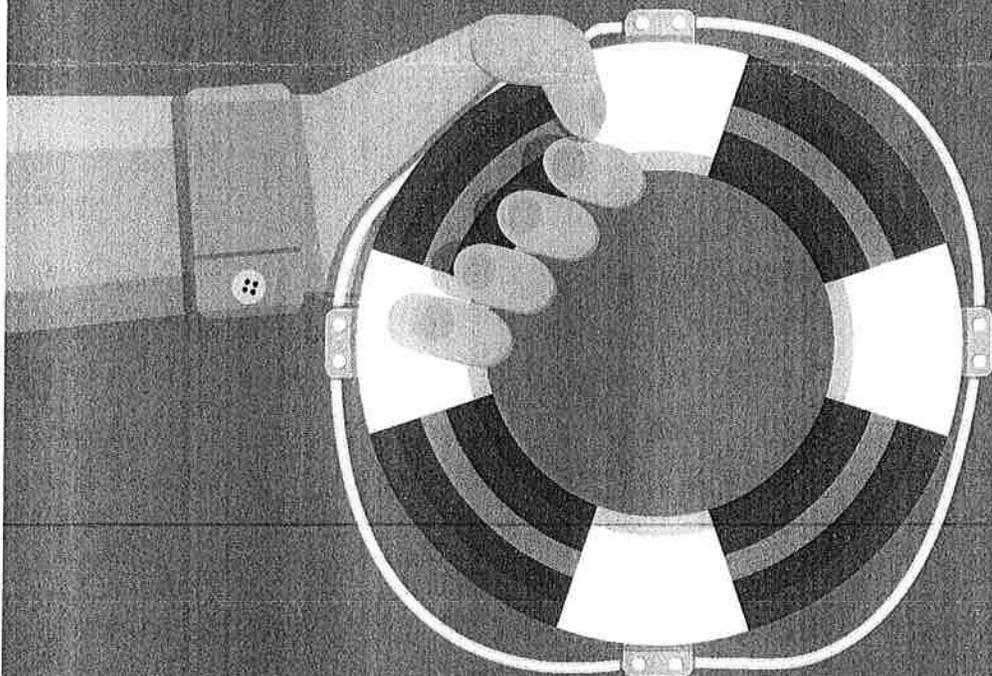
As travel plans heat up this summer, the Center for Pet Safety wants to remind you that distracted driving can be caused not only by your cell phone but also the family pet.

It's important to keep everyone on the road safe, so the center recommends a pet safety harness in the backseat of your vehicle. Pet travel harnesses come in two forms: those that prevent distraction and those that provide actual crash protection.

And while it may seem intuitive to “buckle up” your pet's carrier - DON'T - unless the manufacturer has crash test video to demonstrate structural integrity. Using a seatbelt to secure a carrier can actually crush it if you get into an accident. Sit carriers on the floor behind the driver or passenger seat instead.

For more four-legged traveler safety tips, visit www.centerforpetsafety.org.

SOMETIMES YOU NEED A HAND



Continuum EAP is here when you need us.

Everyone experiences problems from time to time, but you and your immediate family members have the benefit of an employee assistance program to reach out to for help. Continuum's free and confidential services help people resolve issues in a variety of areas including: stress management, substance abuse, communication and conflicts, marital and family difficulties, depression and anxiety, loss and grief, legal/financial and work-related concerns.