

THE UTE LETTER

237 Edition of the Nebraska City Utilities News

September 2018

FROM THE DESK OF JEFF KOHRS:

Summer seems to be winding down a little bit. We've experienced periods this summer with lots of rain which has made outside work more challenging. Hopefully we'll have an extended fall and can enjoy lots of good weather for both work and outdoor activities.

The rain (and subsequent flooding) we've seen has kept Layne Christensen Company from being able to get into the potential new well field property, south of Concrete Industries. Layne will drill test wells and pump water for a potential new well field for a new water source that could add to our existing water source. We continue to monitor the area and hopefully Layne will be able to access the property and get the work done this fall.

We have advertised and started interviewing potential candidates for the Wastewater Plant Superintendent position and also a Wastewater Plant Operator position. The operator position opened up due to the resignation of James Christolear. We wish James the best as he pursues a different career. Jake Kreifel will continue to work at the Wastewater Plant for a few more weeks until his classes resume.

We will be observing Public Power Week and Public Natural Gas Week the week of October 8th thru October 12th. There are communities all across the country that enjoy Public Power, but Nebraska is unique in that we're the only state in the country that is a 100% Public Power state. We plan on having a proclamation by the Mayor at the Council Meeting of October 1st for both departments.

We will also have some refreshments and handouts for our customers that come in during the week of October 8th, and we will have a couple of drawings for prizes to show our appreciation for our customers.

Thanks everyone for your efforts and for making Nebraska City Utilities a huge asset for our community and surrounding area.

Work safely and let's be careful out there.

GAS & WATER DEPT:

Bryan Turner

Well we kept asking for the rain to stop and now that it has we have been extremely busy. Ron's crew just finished a main replacement on 14th St. and 4th Avenue and are mowing and reseeding yards trying to catch up with the grass. Dan's crew is starting a main replacement on S 66th Rd replacing some steel that is way too shallow. Tommy has been busy with the lift stations, especially 9th St. The good news there is the contract has been awarded and work should begin in about two weeks to replace that station. John has been busy jumping around helping the crews, reseeding yards, keeping up on his readings, and surveying our gas lines looking for leaks. Shawn has been busy keeping up on the meter testing and has been testing the companies' backflow devices.

Apple Jack is next weekend, I hope everyone gets a chance to enjoy it, I know traffic is always crazy that weekend so if you're out and about take a little extra time and be safe. As always safety first, if you see anything out there report it.

ELECTRIC DEPT:

Carl Abbott

The summer has seemed to move too fast, and the fall workload has backed up considerably due to the wet conditions. We did get the Talmage transformer change-out and disposal of some PCB contaminated transformers cleaned up along with some repairs to their system. We have several other small projects completed along with some line patrol repairs. We currently are working on spec's for the replacement of Truck #21 a two man bucket truck, which is a 1999 model, and is probably one of the better trucks we have had in our system for all the many years, but it is time.

The New guys (Doug and Jon) are working on their studies, and really working to learn our system and their way around. Todd has been spending a lot of time getting out sub-stations and maintenance in the system cleaned up again.

Winter will show up here shortly, and we will all be trying to get our vacations used up. So, if you have those hunting or fishing trips on your calendar, please let me put them on my calendar. Fall sports and kids in school and other interests, can sometimes be a major distraction in our jobs. Please be careful on the job and work safely.

The Huskers can improve and W's may be hard to get. But thank the good Lord we play Iowa. That may be the game to determine if we make a bowl game.

STORES DEPT:

Sharon Smulling

Here at the Stores Department we continue to be very busy. In the next week or so we will be having our hard hat inspections. Look for more info at a later date. As always thanks to everyone striving to check out material accurately.

WATER PLANT:

Mark Lant

Hello NCU Family from the Water Plant Crew. It's hard to believe that its September already. Currently here at the Water Plant we are still trying to get our H.S. 4 pump back up and running. After the motor and pump removal everything was sent off to be gone through. It was then brought back and was reinstalled. Unfortunately, on startup we were only pumping 1200 gpm when we should have been pumping 2200 gpm. So, the motor and pump are currently back out and getting checked over. Also, we are still waiting on the wellfield to dry out so we can continue with the rehabilitation of Well #2.

Other than that, we have been keeping busy with general maintenance and plant upgrades. The guys are doing a great job and it is much appreciated. We hope you are all doing well, and that your month is off to a great start. Be Blessed!

OCTOBER BIRTHDAYS:

Chris Koperski	10-03-1971
Dan Maddox	10-05-1965
Rob Schreiner	10-14-1965
Brian Spurlock	10-20-1978
Jacob Walters	10-04-1985

OCTOBER WORK ANNIVERSARIES:

David Hoyle	10-09-1995
Nate McAlexander	10-13-1997
Cathy Meyer	10-07-1991
Sharon Smulling	10-16-1989
Mike Tellez	10-01-2013

City of Nebraska City/NCU

Wellness Event

at

CHI Health St. Mary's

Thursday, September 27th

Participants:

- 1) Please sign up for a session. No need to come earlier than your scheduled appt. time.
- 2) Fasting is required, DO NOT eat or drink after midnight. You may take your regular medications with water in the morning.
- 3) Please fill out form A and form B and bring with you to your appointment to help make the process smoother. We will have extra forms if needed.
- 4) Please bring your insurance card if you plan to receive a flu vaccine.
- 5) If you choose to select additional optional lab tests, please provide cash or check at registration.
- 6) Review the facility map to find the East entrance into the hospital near administration. There will be signs outside to guide you, and parking spots available to you.
- 7) If you are unable to attend the health screening, you may still participate by scheduling an appointment with your physician and completing a medical form. Contact Mona for the medical form. Test results must be submitted to CHI-St. Mary's (attn.: Ashlee Miller) by September 30th, 2018.

Preventing Colds and Flu Quiz

Please circle or check your answers to the following questions.

1. Cold symptoms commonly include all but the following:
 - a. Sneezing
 - b. Sore throat
 - c. Chest pain
 - d. Stuffy or runny nose

2. Which of the following over the counter medications may help ease cold symptoms?
 - a. Decongestants
 - b. Antihistamines
 - c. Pain relievers
 - d. All of the above

3. During an average flu season, what percentage of the population will get the flu?
 - a. 5%
 - b. 20%
 - c. 33%
 - d. 50%

4. Who should get vaccinated for the flu?
 - a. Persons 6 months of age or older
 - b. Pregnant women
 - c. Individuals living with others who are at high risk for developing flu complications
 - d. All of the above

5. Which of the following actions may help prevent colds and flu?
 - a. Stay away from people who are sick
 - b. Get vaccinated for the flu yearly
 - c. Eat healthy, exercise, get enough sleep, and manage stress
 - d. Wash your hands with soap and water or use alcohol-based hand sanitizers if soap and water is not available
 - e. All of the above

6. Which of the following actions may help protect others when you are sick?
 - a. Avoid close contact with people and shaking hands when you are sick
 - b. Cover your mouth and nose when you cough or sneeze with a tissue or cough and sneeze into the inside of your elbow (rather than into your hands)
 - c. Throw out used tissues right away
 - d. Stay home from work if you are ill. This helps you get the rest you need to get well, and reduces the chances of infecting others
 - e. All of the above

7. Symptoms of the flu are usually worse than the common cold. True False

8. Difficulty breathing, wheezing, chest pain, a high or prolonged fever, and symptoms that do not improve in 7 – 10 days are reasons to call your doctor for help. True False

Answers: 1. c, 2. d, 3. b, 4. d, 5. e, 6. e, 7. True, 8. True

FrontLineEmployee

WELLNESS, PRODUCTIVITY AND YOU!

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MENTAL HEALTH at college

Responsibilities faced by college students can be exciting but also stressful. Even well-adjusted students can feel overwhelmed. When fear, depression or anxiety hits, smart students seek help from college mental health counseling services.

Discuss college resources with your student, including where to seek help. To help destigmatize the idea of seeking help, be positive, upbeat and optimistic. Depression and suicide-related issues are serious for young people, and are part of why counseling resources on campuses exist. Federal privacy laws may prevent colleges from notifying you that your student has sought help, so if it is important to you, you can inquire about arranging for a release of information in advance. This does not make you an

overbearing "helicopter parent."

Learn more at www.nytimes.com; search "Suicide college students."

Wellness & prevention for isolated jobs

Whether you are a seafaring mariner on a cargo ship or an IT specialist who enjoys a job with less structure and lots of alone time, take inventory of your health habits. Isolated workers are at risk for sitting longer, skipping meals, suffering from substance abuse, eating more junk food and irregular sleeping patterns.

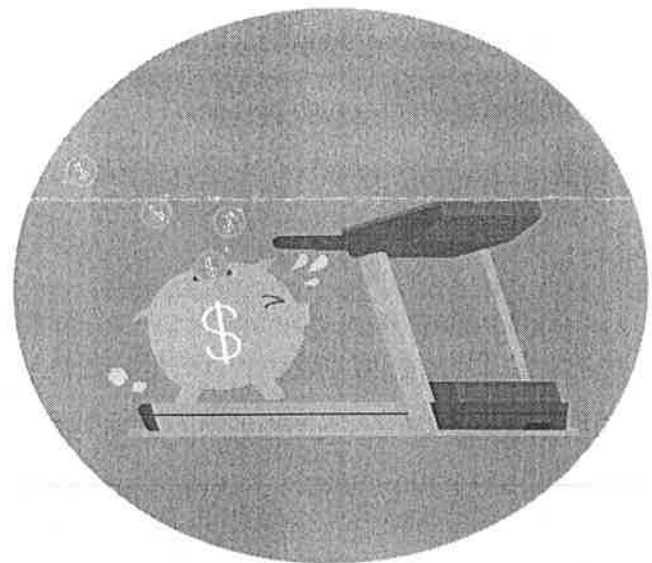
Greater incidences of heart disease, periodontal problems, alcoholism, kidney stones and cancer are all potential consequences. You may love the minimal structure of your position, but structure is good for people. Establish a routine so you are not only productive, but also remain healthy.

Source: www.http://www.teleworkrecruiting.com

TAKE YOUR FIRST STEP TOWARD FINANCIAL WELLNESS

Are you "financially fit"? Financial wellness means having control over day-to-day and monthly finances; having the ability to absorb a financial shock or major expense; enjoying life without living beyond your means; and being on track to meet your financial goals (e.g., retirement). Unfortunately, a majority of people can't say they are financially fit in one or more of those areas, and many struggle with all of them.

Do you need to take the first step toward improving your financial fitness? You may be procrastinating, using denial, and practicing a bit of fantasy in thinking that things will just improve on their own. Start with scheduling an appointment with one of Continuum EAP's financial coaches or connect with your organization to see about participating in our October online Financial Fitness challenge.



Even the smallest step on your journey to financial wellness may help you experience relief because you will know you are steering this process rather than allowing the problem to steer you toward a crisis.

What assertiveness CAN DO FOR YOU

Here are eight benefits to motivate you to be more assertive:

Deciding to be assertive can raise self-esteem because you pat yourself on the back for speaking or taking action.

Assertiveness increases self-awareness by helping you identify your feelings and clarify your needs more quickly.

Assertiveness is a proactive behavior. Rather than wait for something to affect you, you act to effect change. As a result, you get more of what you want out of life instead of waiting for it to come to you.

Assertiveness allows others to learn more about you and understand your needs.

Assertiveness allows you to take more risks, be more creative, and have less fear of failure.

Assertiveness is self-reinforcing. When you are assertive, you empower yourself. You can reduce the natural desire to hold back, postpone a project, not take credit, or fail to test your ideas. Rather than err on the side of caution, you act, knowing that it is better to fail as a step toward success.

All decisions are rooted in assertiveness. Making faster and more effective decisions is a by-product of an assertive person.

At work, knowing what your needs are and acting to get them met improves job satisfaction. This affects your desire and willingness to engage, and this behavior is something employers value because it raises productivity.

HELPING KIDS AVOID PEER **PRESSURE**

Help your child explore what it takes to be successful at thwarting peer pressure. With school back in full swing, there's no time like the present to have this conversation. Make it interesting. Try some fun role play to build skills and the confidence your kids need to make decisions that support your family's values.

Share these tips for staying strong and not giving in to peer pressure:

Saying "No" or "No thanks, I'm good" — Learn to say no with confidence.

Situation Avoidance — Take action to steer clear of events likely to include peer pressure.

Understanding consequences — Acceptance that giving in to peer pressure has consequences and effects.

Valuing self-worth — Have confidence and value self over peer approval.

Resilience — Learn to recover from disapproval of peers (this includes bullying, which often accompanies peer pressure) when making the right choice.

EMPATHIZE WITHOUT BEING A COUNSELOR

Empathizing is how we form meaningful relationships. With empathy, we don't just recognize a person's feelings and experiences — we move closer to them by causing them to feel as though they are deeply heard. This creates bonding. Do you have a knack for being a good listener and empathizer? If so, remember to refer a friend or co-worker to the next step, such as a Continuum EAP counselor or another helpful community resource.

Spending time engaging with the problems of others is generous and may offer relief, but too much involvement can often cause delay or decrease the motivation to take the next step necessary to finding a lasting solution. All of us should try to help others, but professional counseling is an applied sciences occupation. You may not mind lending personal time to offer support as a good listener, but taking on this role for too long could facilitate a crisis if the problem requires specialized help and help is not acquired soon enough.