

kcConnections



A publication of MoDOT Kansas City District

May 14-18, 2012

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KC District Calendar:

May 15
Safety Training for Non-Safety Sensitive Employees

May 15-17
Traffic & Safety Conference

May 17
Clay, Platte & Ray County Area Team Meeting

May 17
Job Status

Have a Great Week!

Putting the Mow in MoDOT

MoDOT's maintenance team is gearing up for the big mow out starting next week along more than 7,000 miles of Kansas City District highways.

The goal is to complete the mowing of all state roads to provide good visibility at intersections and a pleasant -- though not manicured -- appearance by June 15.

MoDOT's nine-county Kansas City District fleet will be fully deployed by May 14. Watch for:

- Mowing operations along busy freeways and expressways.
- Tractors on state routes through cities, smaller towns and suburban areas.
- Tractors and protective "follow" trucks along rural two-lane highways beginning May 29.

Tractors and "follow" trucks will be on the road from 6:30 a.m. to 5 p.m. Monday through Thursday and some Fridays each week through mid-June. In most areas, tractors will make one pass, making cuts of six feet to 15 feet wide, depending on terrain and obstructions.

The next mowing will be in mid-July, and the final effort will begin in mid-September, with completion by Nov. 30.

MoDOT has streamlined its approach to taking care of roadsides by combining



Don Fletcher greases the zirks on a boom mower in preparation for this season's first big mowing, which starts this week.

herbicide applications in March and April with three mowing cycles -- May, July and September through November. It provides our customers for the best value for every dollar spent.

MoDOT is asking drivers who come up behind a mowing operation to treat it just like any other work zone:

- Slow down and focus on the road ahead of you. Turn off your cell phone and eliminate other distractions.
- Be alert for trucks and tractors with lights flashing and moving slowly -- 2 mph to 5 mph.
- Be prepared to stop or drive very slowly behind a "follow" truck, especially approaching a hill or curve on a two-lane road.
- Pass when you can see far enough past the "follow" truck to avoid meeting oncoming traffic.

Be aware!
Remember to be safe while mowing.

WorkLife Center Moves Upstairs To The Northeast Corner

If you're looking for the WorkLife Center and found only empty space, it isn't that they've left town.

Worklife's team, along with Financial Services, Risk Management and Customer Relations, has relocated to the northeast corner of the second floor. For Risk Management and Customer Relations, the move wasn't far. However, cubicles have moved a bit.

Over the last year, the Kansas City District has made some changes that will provide employees with better customer

service and a "one-stop" location for many of their needs. We have combined the benefits and payroll functions with the employment functions in Human Resources. The HR area includes various resources for employees and supervisors. And since paying vendors and paying you are similar functions, MoDOT employees handling those tasks are closer to each other now.

Randy Hartman, Assistant to the District Engineer, said, "The idea is to get groups together that have

commonalities. They all interact, whether it comes to calculating leave time, invoicing or other office tracking.

"We've been significantly affected by the Bolder Five-Year Direction, and it allows us to better share the workload."

Hartman also said bringing more foot traffic into the area where District Engineer Dan Niec and the assistant district engineers are provides more frequent opportunities for MoDOT team members to see each other on a regular basis.

University of Iowa Students Visit Traffic Management Center



University of Iowa doctoral student Nicole Oneyear (left) and post-graduate student Skyler Knickerbocker (right) toured the Kansas City Traffic Management Center Monday, May 7. Traffic Center Manager and ITS Heartland Conference 2011-2012 President Jason Sims congratulate these Heartland ITS scholarship recipients for their advanced work in civil engineering.



Civil engineering students from the University of Iowa visited the Kansas City Scout Traffic Management Center Monday, May 7. Traffic Center Manager Jason Sims (left) and Senior Traffic Studies Specialist Lindsay Harris (right) led the tour.

Safety News: Reducing Salt In Your Diet

Americans consume over 3,400 milligrams (mg) of salt every day. This is more than 1,200 milligrams more than what is recommended for a healthy person and more than 2 times the recommended amount for those of us diagnosed with coronary heart disease.

Lowering your daily salt intake is one way to reduce your risk of heart attack or stroke. The most important thing you can do to lower your daily amount is READ THE LABEL. You can determine the amount of sodium in the product by looking at the Nutrition Facts label. The amount for sodium will be listed in actual milligrams (mg), and the percent (%) of the recommended daily value (2,400 mg).

In addition to the amounts shown on the label, you must also pay attention to your serving sizes. The example shows a single can, but shows 3.5 servings in that can. The label is shown per serving, so if you consume the entire can, you would actually have almost 75% of your recommended daily requirement in just that one little can.

You may also see some of the following terms used as advertising and enticement to purchase a product.

- Sodium-free – less than 5 mg of sodium per serving.

Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings per Container 3.5	
Amount per serving	
Calories 30 Calories from Fat 0	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	520mg 22%
Total Carbohydrate	6g 2%
Dietary Fiber	1g 4%
Sugars	5g
Protein	1g

- Very low-sodium – 35 mg or less per serving.
- Low-sodium – 140 mg or less per serving.
- Reduced sodium – sodium level is reduced by 25%.
- Unsalted, no salt added or without added salt – made without the salt that's normally used, but still contains the sodium that's a natural part of the food itself.

Here are some additional tips to help you reduce the amount of salt in your diet.

- Choose fresh, frozen or canned food items without added salts.
- Select unsalted nuts or seeds, dried beans, peas and lentils.
- Limit salty snacks like chips and pretzels.
- Avoid adding any salt or canned vegetables to home-made dishes.
- Select unsalted, lower sodium, fat-free broths, bouillions or soups.
- Select fat-free or low-fat milk, low-sodium, low-fat cheeses and low-fat yogurt.
- Learn to use spices and herbs to enhance the taste of your food. Add fresh lemon juice instead of salt to fish and vegetables.
- Specify how you want your food prepared when dining out or ask for low salt dishes.
- Finally, don't reach for the salt shaker, use pepper instead of salt.

If you would like more information on healthy diets or removing salt from your diet, contact your Kansas City risk management department.

Employees Discuss Safety With Warrensburg Students



"I just wanted to email and say thank you for presenting to all of my Health classes. I truly appreciate it. I have also had many students tell me they loved the presentation. With recent events in our town, I am glad to say that your presentation is greatly needed and will always be welcome in my class." -- Krystal

Transportation Project Designer Jodi Puhr (in the foreground at right) and Senior Design Technician Melissa Neff (in background at left), along with Senior Traffic Studies Specialist Lindsay Vogt and Transportation Project Manager Randy Johnson presented a program on roundabouts and driver safety Wednesday to three Warrensburg High School health classes. Vogt and Johnson had also presented to two health classes Tuesday, joined by Senior Highway Designers Jacob Wilson and Paul Boenisch.

MoDOT and MARC Greet Commuters in Belton



MoDOT joined Marge Gasnick (left) and Darren Dressler (not shown) of Mid-America Regional Council’s Rideshare program, and Doug Norsby (right) of MARC’s Congestion Mitigation Air Quality program to greet commuters at MoDOT’s Belton commuter lot May 4. Customers arriving at the lot at the southwest corner of Routes 71 and 58 were treated to doughnuts and either orange juice or coffee. Norsby offered to check gas caps for the proper seal. Those taking advantage of the hospitality had to dodge raindrops for much of the morning.

Advanced Work Zone Training on June 6-7

The KC District has scheduled an Advance Work Zone training class. The Advance Work Zone course is 12 contact hours and will be Wednesday, June 6, from 8 a.m. to 4 p.m.; and Thursday, June 7, from 8 a.m. to noon. There will be a thirty minute lunch break on Wednesday. Advance Work Zone training covers or provides employees:

- How to adapt a traffic control plan to meet special needs.
- A basic understanding of the Project Development Manual and MUTCD.
- Advanced knowledge of the technical workings of a work zone.
- The ability to identify work zone deficiencies .

Safety Belts

The Difference Between **Life** or **Death**

Life

This driver was wearing a safety belt and survived.



Death

This driver was not wearing a safety belt, was ejected and died.



Click It or Ticket Campaign is May 21 to June 3.

Kudos.....

“Just wanted to say I am very impressed with the bridge work being done on Hwy. 69 in Clay County. It is going so quickly, and the traffic flow is great, I haven’t noticed much delay at all. Also, today I was following a funeral procession (I wasn’t in it) and was impressed by the construction workers who stopped what they were doing and paid their respects. I don’t know if that is standard procedure, but I was touched by their gesture. Thanks for doing a good job!” -- J. Bush

Bolder Five-Year Direction Calendar

2012

- **April-May 2012:** SG 1-5 positions (support) filled competitively.
- **December 31:** all facility, equipment and operational changes complete.

2013

- **March 31:** all employee reassignments, staff reductions complete.

Bolder 5-Year Direction Questions?

- Visit: wwwi/intranet/hr/
- E-mail: SalaryGrade6-10@modot.mo.gov
- E-mail: SalaryGrade1-5@modot.mo.gov
- Contact your KC District HR representative

May is Motorcycle Awareness Month

Motorcycles are vehicles with the same rights and privileges as any motor vehicle on the roadway.

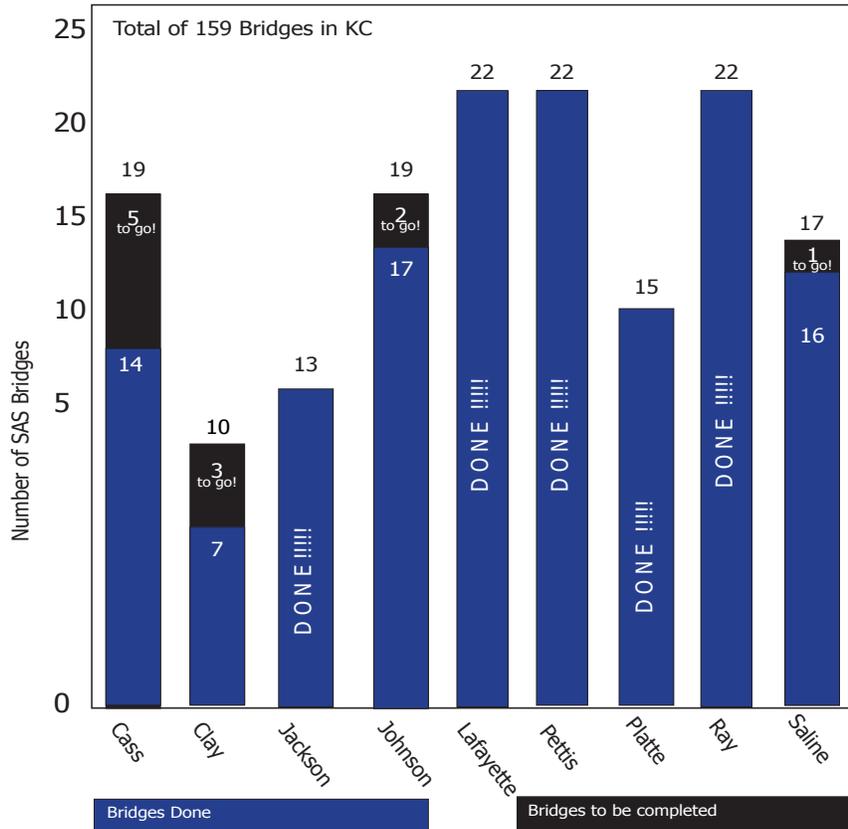
All motorists are reminded to safely “share the road” with motorcycles and to be extra alert to help keep motorcyclists safe. Motorcyclists are reminded to make themselves visible to other motorists.

kcConnections sources

- Construction** Bev Chrisco, 607-2101
- Regional Counsel** LeAnn Francis, 607-2082
- Administration** Sherri McGregor, 607-2184
- General Services** Jody Jordan, 347-4100
- Human Resources** Amy Gagne, 607-2145
- Information Systems** JoAnn MacKay, 607-2096
- Right of Way** Dana O’Malley, 607-2056
- Traffic** Laurel McKean, 607-2107
- Editor** Kerri Lewis, 607-2151

Find MoDOT KC on Twitter, Facebook and Youtube.

KC Safe & Sound Bridges On the Rise to Completion



EAEC Corner: Meet Mike Landvik

Name, title and position on the EAEC. Mike Landvik, Senior Transportation Planner, Representative.

What areas of the district do you represent on the council? Transportation Planning, design and right-of-way.

Why did you volunteer and what do you hope to accomplish while serving on the EAEC? I wanted an opportunity to get outside of my planning box and gain a better understanding and awareness of the different concerns of all employees throughout the district. I hope to aggressively and enthusiastically promote the KCEAEC so that all district employees are aware of it’s mission and will increasingly use it to their benefit.

What’s the best part of serving on the team? Getting a better perspective on the challenges that our employees in



Mike Landvik

the field face, they are the heart of MoDOT and in the district office we rarely get a chance to interact with them.

What is one employee issue you hold near and dear to your heart? Career ladder promotions and other advancement opportunities.



SUMMER OF FUN



Register to donate blood & receive a **Buy One Get One FREE** voucher for the 2012 season at Schlitterbahn!

MoDOT

**Wednesday, May 23
7:00 a.m. - 11:30 a.m.
Conference Room 136**



Schlitterbahn features include:

- A thrilling uphill water coaster
- Two mammoth tubing rivers
- The world's largest tidal wave river
- Three huge slides
- A white water tube chute
- 13 mini slides for smaller children
- Three relaxing beach areas
- Giant hot tub/swim-up refreshment bar.
- Picnics are welcome at Schlitterbahn (no grilling, glass containers or alcohol, please)

Book your appointment today at savealifenow.org, enter **SponsorCode: modot2**

You may also contact Lori Bronson at 816.607.2083 or Lori.Bronson@modot.mo.gov.

**Medical eligibility questions?
Call 800.245.7035.**

