

Ready to kick up a little dust?

Let's cross our fingers that the June rains have come and gone, because it's time for the Z-team to move some dirt! Mike's crew up in Crystal, ND have slogged through 10 inches of rain since we moved on site. Never-the-less, they are still plugging away on constructing the track loop and parking lot. Polk 57 is in the final stages and will finish soon if they can get some sunshine to turn the mud into topsoil. Highway 2 east of Crookston is starting to



The crew at Hwy 2.

heat up and the pressure is on to get ready to pave as soon as possible. We'll start spreading our wings in the next two weeks as four more projects will start up. ACSC Hillsboro has 3 projects combined into one, with a mud pond cleaning, dike stabilization, closure of lime disposal areas, and an extension of lime disposal area. The Grand Forks street job (48th St.) has a mile long diversion ditch and street prep. Mar-kit landfill will be creating a new solid waste cell and also making a new leachate storage pond while closing the existing leachate storage area. Pennington County CSAH 31 is a mile long road job connecting Hwy 59 and Hwy 32. It looks to be a promising summer as soon as the sun starts to shine, so strap up your boots and get ready haul ash/lime/clay/sand (you get the picture.)

Fourth of July

This year we are continuing our tradition of celebrating our nation's independence with a day of independence from work. Unless otherwise noted by your supervisor, we will not be working on Monday July 5th. So make sure you get out and enjoy some fireworks. (From a safe distance of course)

Project Updates:

Finishing Up:

GF Airport Terminal Apron
EGF - 13th St / 20th Ave
EGF - 14th Ave/ 17th Ave
ACSC - Hillsboro Field #5 Site Prep
ACSC - Hillsboro Final Effluent Pipe
Polk County - CSAH 57

Ongoing:

Crystal ND - Track Loop
MNDOT - Hwy 2 Crookston
EGF Campgrounds 2010

Just Starting/ Future:

Pennington County - CSAH 31 TRF
ACSC - Hillsboro Landfill - 3 Phase
NDDOT - Grand Forks 48th St. S
Oakport Township - Phase 1A levees
Kittson County - CSAH 4 - Caribou
Mark-kit Landfill - Cell 6 and Leachate Storage

Shop rats and rugrats

I'm sure you've noticed the buzz of activity in the shop has multiplied recently and there's some really "fresh" faces around. Well, since we've been having some pretty good luck with the young gentlemen coming out of heavy equipment operator school, we decided to try our luck with some guys from the diesel technology department of North Dakota State College of Science in Wahpeton, ND. Our new shop boys are eager to help out and get the equipment back to tip-top shape and they have a great group of mentors to learn from. So don't be alarmed if you walk into the shop and don't recognize any faces. Those guys are in the right place, just make sure you introduce yourself and ask them to fix your horn belt. We've also added another group of guys from Staples. Collin Wakefield, Chad Lardy, Tim Plante, Zach Boutin, and Mike Stoner have come from all over to work in God's country and/or hellshoro. Welcome them to the crew and tell them about the rookies bringing donuts to the safety meetings. We also want to welcome John Hemmes and Tim Kujawa who joined us to help out on the pipe crew. Be sure to check out the website and print off a new updated phone number list with all the new faces on there.



The new shop boys from left: Jesse Jobgen, David Hooge, Dustin Kucher, Alan Sehr, Anthony Ritterman (not pictured: Mike Mangino, Evan Awes)

Cooter's Corner

Helpful maintenance tips from your friendly mechanic.

Tools have started disappearing from the shop and/or mechanics trucks recently. This is a gentle reminder that you need to ask a mechanic prior to using a tool from the shop or their trucks. The mechanics have to pay for replacement tools out of their check, so be respectful of their property and ask prior to borrowing tools and return them promptly when finished.

Trivia:

When does summer officially start?

A: June 21

B: June 22

C: It varies

D: Right after we get the annual "big rains" in mid June.

Injury related news

R.J. Zavoral & Sons, Inc. requires employees to immediately report any work-related injury to your immediate supervisor or Joe Zavoral even if you question whether the injury warrants medical attention. Having a FIRST REPORT OF INJURY on file in the office is imperative for any injury. When seeking medical attention, please request the filing of any work-related injury claim with Meadowbrook Insurance. Calling the office prior to your appointment to get the insurance information is encouraged. Please return the **REPORT OF WORKABILITY** or the **MERITCARE CERTIFICATION OF HEALTHCARE PROVIDER** upon return to work or drop it off at the office at your earliest convenience.

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"We are what we repeatedly do. Excellence, then, is not an act, but a habit.."- Aristotle

Safety Central

The Skinny on Sun Exposure

Skin cancer accounts for more than half of the cancer cases in the United States each year. And most of the more than 1 million cases of nonmelanoma skin cancer diagnosed annually in the United States are considered to be sun-related. Basal or squamous cell cancers are the most common nonmelanoma forms of skin cancer.

What to look for

- Any change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth
- Scaliness, oozing, bleeding, or change in the appearance of a bump or nodule

- The spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, itchiness, tenderness, or pain

How to protect yourself

- Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher.
- Apply a generous amount of sunscreen (about a palmful) several minutes before going outside.
- Reapply every 2 hours as well as after swimming, towel-drying, or perspiring.
- Wear a broad brimmed hat to protect your head, ears, and neck.

C: The summer solstice does not always occur on June 21. In 1896, summer began on June 20 and on 2012 it will again. In 1975 the solstice occurred on June 22nd, but that won't happen until 2203. (The same year Hammar will be done working in Hillsboro.)

