



## Larry Paulsen Receives Excellence in Economic Development Award

Washington, D.C. – Congressman Adrian Smith (R-NE) recently announced the winners of the 2018 Third District Excellence in Economic Development Awards. The awards honor eleven individuals and businesses helping to strengthen Nebraska communities through innovation, hard work, entrepreneurship, and historic preservation.

Larry Paulsen was among the 2018 honorees, being recognized as having “worked tirelessly for many years to create opportunities for others to be successful.” (Read the full press release at <http://bit.ly/ecdevaward2018>).

“I’m proud to announce the winners of our 2018 Excellence in Economic Development Awards who have done so much to expand opportunity in Nebraska,” Smith said. “Tax reform and deregulation are improving the conditions necessary for robust economic growth and I’m excited to see their benefits improving the lives of all Americans.”

The winners will be recognized by Smith before the U.S. House of Representatives.

*Well Done Boss! We are Proud of You!*



*Larry Paulsen receiving the Congressional Excellence in Economic Development Award from Congressman Adrian Smith.*

## Mark Schlichenmayer Earns Life-Saving Award from Paulsen, Inc.

*Quick Action Credited with Saving a Life*

By Dennis R. McFadden • Safety Director



This past summer on June 11, 2018 Mark Schlichenmayer of the Gravel Division, performed CPR on another driver saving the life of Jim Gutherless.

Both drivers were delivering materials to a customer approximately 17 miles from Maywood. After Jim had dumped his truck and pup, Mark noticed that he had gone down. Mark ran over and after seeing that there was no breathing or pulse and that Jim’s eyes were unresponsive, he called 911 and began CPR, continuing until the Emergency Unit arrived.

Jim survived due to Mark’s efforts.

*Read more in MCSAFETY... page 4*

# Department Notes

## Asphalt

Jim Jewell

It's been one of those years. Weather hasn't cooperated, and we have been jumping around quite a bit more than we're used to.

Despite that, with decent Fall weather we should get all of our work completed.

Carl Brown's crew has completed the asphalt work on the I-80 Maxwell to Brady project. It is a nice looking project and has a good chance to win an award. This group has now moved to the Lake McConaughy North job which will take the rest of the season to complete. They also finished the asphalt work on the Kearney Airport.

Tom Propher's group has just finished Grant North, and still have I-80 North on Highway 27, and an overlay on Highway 26 near Oshkosh. We also picked up a small overlay on I-80 near the Colorado border that they will need to jump over and do between jobs.

We have subcontractors working on Indianola to Cambridge in preparation for the asphalt work next season.

I appreciate all of the hard work and dedication of the asphalt crews. Please stay safe as we finish up the season.

## Ready Mix

Brian Engel

The Ready Mix division has picked up a little momentum this fall! I was awfully concerned about how busy we would be back in the spring, due to the small amount of jobs we had quoted, but it is turning out to be a decent year. We have picked up some feedlot work that has helped fill in the gaps and I am a whole lot more comfortable now.

Thanks to all our managers and drivers for the continued effort to service our long time customers, we continue to get calls about jobs they want us to supply them on!!! Thanks for the everyday hard work that it takes to service every customer that calls for concrete!!

Here is a list of some of the larger jobs we have going now. Oppliger Feedlot, Lincoln County Feedlot, Orleans Grain bins, Broken Bow hog buildings, Broken Bow paving, Holdrege paving, Oshkosh Airport, Big Springs Crossovers, Tyson's paving, Cambridge-Indianola Boxes.

The Building crew has started back up on the Franklin Plant building, so we should have that job enclosed for winter work and ready for the spring.

Have a Great Fall!!! Go Huskers!!!



*Ready Mix Hog Building Pour in Progress*

## Paving

Dennis Sandrock

It's been a wet year so far and we hope that it dries up as there is still plenty of work to do.

Darrell, Sam, Mike and Gary have finished at the Kearney Airport. They are now on the Kearney I-80 Interchange Ramps eastbound.

Justin, Steve, Don and Gary finished at the Husker Harvest Day site in Grand Island, and they completed the westbound ramps at the Kearney Interchange. They have now moved back up to the Highway 281 project in

Grand Island with 57,000 sy of 10" paving that goes from Old Potash north to the Highway 2 Overpass.

Jed Paulsen, John Feeney and Cesar have been working on Highway 6/34 through Holdrege.

We still have a project in Overton that has to be done this fall and we are starting the Aurora Airport runway project that we will pave next spring.

We want to remind everyone to work responsibly and safely this fall.

# Department Notes

## Gravel

Chris Hunke

We want to take this opportunity to recognize Mark Schlichenmayer(driver in North Platte) for his prompt action in giving a co-worker CPR. This is proof that the training you go to in the winter months works. Thanks Mark!!!

We would like to congratulate Al Kussman and his wife on the birth of their son. (Eat, Sleep, and Poop).



*Al & Freda with Asher  
Wayne Kussman  
weighing six pounds and  
measuring 21" long*

Lots of rain keeps the gravel department busy. Gates and Indianola-having trouble keeping up. Lex-moving tower. Cozad-slow due to our dredge operator being gone. North Platte-busy with feedlots for Redi-mix. Gothenburg-building inventory. Roscoe and Ogallala-pumping for asphalt jobs.

Thanks to each of you for all of your hard work.

*Remember: Safety is part of  
Everyone's Job. We want you  
and your co-workers to go  
home safe and sound each day.*

## Building

Tim Dean

School is in session and the race to complete work before winter settles in has begun.

Meadowlark Pointe is still a busy place. Dan Schwarz is working to get the interior work completed and our paving crew is scheduled to complete the exterior paving later this fall.

Ross Collins is putting the finishing touches on the Eustis Fair Building and will be headed up the street to help complete the additions to Eustis Farnam High School.

Dan Niles is working on getting the addition to Eustis Farnam High school dried in. He then will be headed to Cozad Community Hospital for the Surgical Suite Remodel. This will be a very challenging and fast paced remodel.

Shane Schutte has completed the renovations to the Paulsen Office and is currently working on an addition to Lexington PMS. Lexington PMS is an ever expanding business focused on liquid feed supplements for cattle.

Tim Hemmingson has been completing work for Gothenburg Public Schools and is finishing up in Hastings at the Kensington Assisted Living. He will be in Franklin this fall to complete the new ready mix facility.

The paving crew led by Martin Adame and Fermin Lopez have a long list of projects to complete before the snow flies. They are finishing up work for NPPD and Nebraska Truck Center in North Platte before heading to the Holdrege Airport and Meadowlark Pointe.

Aaron Stark and his crew have completed foundations at Lexington PMS and are currently in Franklin completing the foundations for the ready mix plant.

Hopefully the weather allows us to have a productive fall. Remember to work safely and efficiently.



*Building Crew Busy at Work at the North Platte State Fish Hatchery*

## Paulsen's Pride Shines through Living-Saving Actions of Mark Schlichenmayer

On Wednesday September 5th Mark was presented with the Paulsen, Inc. Life Saving Award at the North Platte Redi-Mix / Gravel Office which included a certificate, a check for \$2500.00, and a plaque that will hang on the wall at the North Platte Office.

The event was televised by KNOP-TV and is posted on their website as well as a number of Facebook sites.



We all wish Jim Gutherless all the best and thank Mark for reacting and utilizing the CPR training that was provided by Paulsen, Inc.

*Thanks Again and Well Done!!!*



Assess the scene and the person – Call 911 – Perform CPR – Care for the ILL or Injured until EMS arrives. Through the training he was provided Mark didn't have to think – He just reacted!

## DRIVING RESPONSIBLY IS NOT OPTIONAL

We have had several reports of drivers driving erratically, crossing the centerline, passing while on a hill or while driving through intersections and speeding through construction zones; this includes supervisors and flaggers. The other issue we continue to have a problem with is employees backing into objects or other vehicles. This includes heavy equipment. We need to take the time and care to drive responsibly; it not only protects your driving record but our safety rating and the integrity of the company.

Please remember that cellular phones and other hand held electronic devices are not to be in use while driving a company vehicle unless they can be operated hands free and do not present a safety hazard, interfere with company business or operated for personal use. Texting while driving is prohibited by both state-law and by company policy. Any employee violating this policy will be subject to disciplinary action. The state patrol has a special initiative this fall looking for distracted drivers this includes cell phone use.

We all need to follow safe procedures and be sure that we are properly trained, remember if you are not trained and qualified – don't do it until you are.

Remember to SLAM Hazards: Stop – Look – Analyze – Manage and have a great fall!

If you have any questions contact me at 308-325-1911 or Carlos at 308-529-2504.



# Paulsen PEOPLE



## October Birthdays

OSVALDO AGUADO	1
WESTON W COLLINS	1
ONVIL W MORENO FUGON	1
SAMUEL W ROOS	1
STANLEY E UNDERWOOD	1
ELDON R ELSON	2
CECIL B HINRICHS	3
BRETT WOLF	3
RYLEE C WOLDT	8
DON W. DILLON	9
MATHEW J. HIGGINS	12
DAVID L PARKS	13
LONNIE C. CARPENTER	14
TONY DANIAL DIETZ	15
ELEAZAR RODRIGUEZ AGUILERA	15
GERARDO BERNAL	16
MARIO MENDEZ LOPEZ	16
MICHAEL REYNA	18
ALVARO VILLEGAS	18
KANE M NORDMEYER	19
ALFRED W KUSSMAN	21
KAREN A. FERRELL	24
TIMOTHY P. KUMM	24
JOHN W. MYER	24
TIM M. DEVINE	27
WILLIE E SHAW	27
JOHN A VANG	27
SERGIO CONEJO ORTIZ	28
JEFF J. WERNER	28
SAW HTOO	29
BRIAN ENGEL	31

## November Birthdays

JAMES C. JEWELL	2
JOSE M RIVAS ARGUETA	2
RAFAEL DIAZ LEON	6
EDGARDO HERNANDEZ	7
JULIO CESAR PINA	9
CARLOS H AVALOS	11
MATT W. COVER	11
RICARDO LEYVA	11
MARTIN MACHUCA MONTES	11
ABEL E. ALVIDREZ	14
DAN K. HENDRICKS	14
MATTHEW J. HUNKE	14
HILARIO L. JUAREZ	16
RON D. KVASNICKA	16
TRAVIS LEGER	17
JOSEPH M YANCY	17
ROBERTO MACIAS HERRERA	19
SIMON M RANGEL JR	19
DANA C FAVINGER	22
MACEDONIA E HELLER	22
DONALD F. GODDARD	26
MARTIN A ADAME	27

## December Birthdays

ROBERT E. PATTERSON	2
CORT D. BULLOCK	3
MATTHEW J MONAHAN	3
CHASE W NILSEN	5
JED E. PAULSEN	8
SALUD IBARRA	10
MICHEL LIMONTE BENAVIDES	11
MARTIN C BARELA	12
JERET E BURKE	13
SHANE A. SCHUTTE	13
STEVEN R ZABOKRTSKY	15
DALE R BOSE	18
M. DEAN RYKER	18
JUSTICE M NEDELA	19
KELLY P RYAN	22
BRANDON J BECHEL	24
SALVADOR MENDEZ MENDEZ	25
FIDEL AGUADO	26
BOBBY D CROUCH	26
KELLY R. NASLUND	30
RONALD R SMITH	30

## Happy Anniversary!

### 30 Years

Robert E. Patterson

### 25 Years

Dennis Sandrock

### 15 Years

Pedro L. Ortiz

### 10 Years

Jane M. German

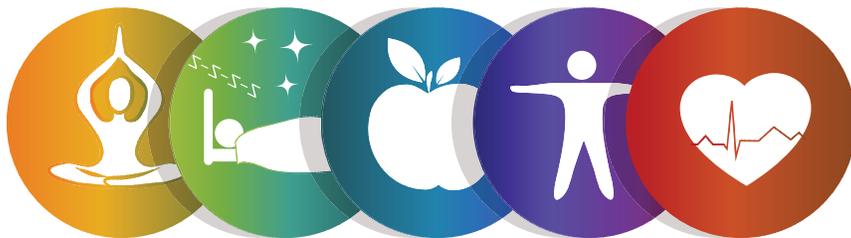
Daniel D. Schwarz

Scott A. Holbrook

James C. Jewell

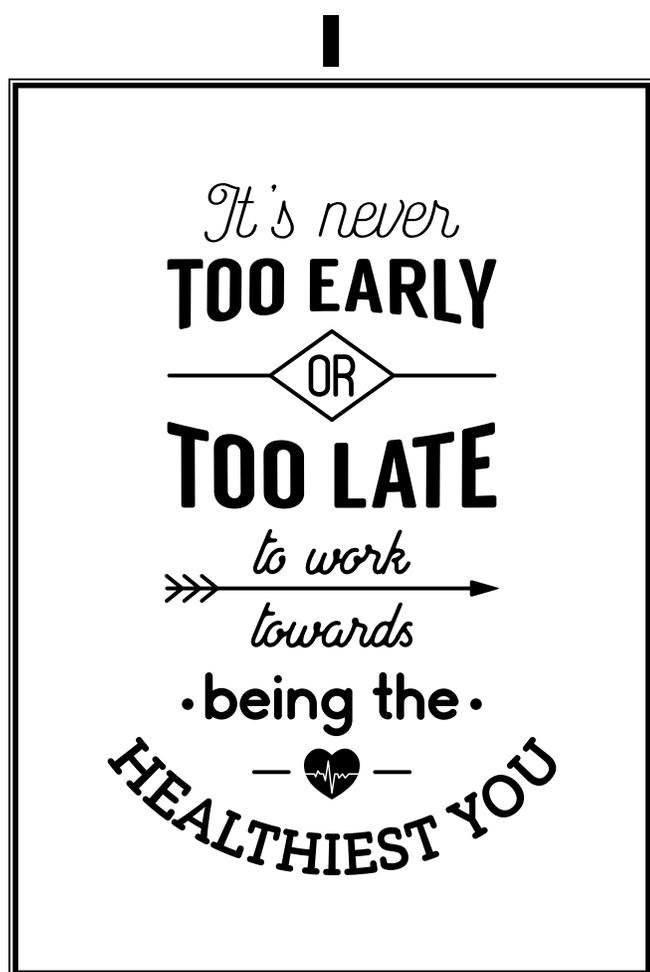
# FOCUS

## on Wellness



### Want to live longer, and have an improved quality of life?

Research indicates individuals hold the key to health through our choices in five key daily habits: healthy diet, regular physical activity, keeping a healthy body weight, limiting alcohol, and not smoking. Research indicates following even just one healthy habit is associated with a lower risk for dying young.



### Try adding in these easy healthy eating habit tips today to take steps towards increased energy and longevity:

1. Eat often. Eating every 3 to 4 hours meets and fuels your body's needs throughout the day.
2. Hydrate. Water is the optimal choice to rehydrate. Choosing water over sodas or other high-calorie drinks can also save significant calories daily.
3. Limit energy draining choices. Skip the soda, sugary coffee, and energy drinks: they may increase your energy temporarily, but will lead to a crash later in the day.
4. Learn when to say when. Overeating can zap your energy and lead to significant weight gain over time. On a scale of 1-10, where 0 is starving and 10 is painfully full, try eating to a 5-6 level, comfortable, but not stuffed.
5. Keep it in plain sight. You'll eat what is available. Head off last minute grabs by keeping healthy snacks with you during the day. Snacks should have protein and fiber to provide lasting energy. For example, grab an apple and handful of nuts or cheese slices and carrots.
6. Keep it colorful and balanced. There are no magic foods. Throughout the day, incorporate vegetables, fruits, whole grains, lean protein (beans, fish, meats), and lean dairy to get the nutrients you need for good health.

Visit <https://www.nutrition.gov/subject/life-stages> and <https://www.choosemyplate.gov/MyPlate> for more tips and resources!

# With the Change of Seasons Comes a Higher Incidence of Injury

## Important Safety Reminders for an Injury-Free Fall

Scott Holbrook, Loss Control Manager  
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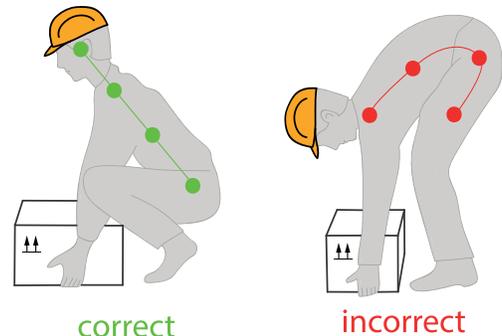
Summer is gone and fall weather will begin to set in! As we know, good old Nebraska weather can change so quickly! So there may be days ahead where we may still see warm days and we know that the cold weather is lurking right around the corner.

So far 2018 has proven to be a challenging year for injuries and accidents! No one should ever attempt an unsafe act just to try and make short cuts or hurry a project along, but yet we do! No one should fear for their job when reporting an accident/injury but yet it happens all of the time! Remember no matter how insignificant you may think an injury or accident is, it must be reported as soon as possible.

Always use the proper equipment to complete your task! Use the buddy system as much as possible, two sets of hands, or two heads are better than one when it's called for!

The beginning of the season and the end of the season are almost always the highest for reported injuries and accidents! We are tired from the long season, and what we do is so repetitive that we lose our focus! But we can be better than statistics! We can finish 2018 with no injuries or accidents!

At right are some great reminders to make sure lifting is done properly to avoid injuries.



Lifting is a common activity in the workplace—an activity that can be potentially dangerous if the proper techniques are not used. In fact, lower back injuries caused by improper lifting are some of the most common work-related injuries.

In order to protect yourself when lifting heavy items in the workplace, do the following:

- Look over the load. Decide if you can handle it alone or if you need assistance. When in doubt, ask for help. Moving an object that is too heavy or bulky can cause severe injury.
- Clear away any potential obstacles before carrying an object.
- Use good foot positioning. Your feet should be shoulder-width apart.
- Bend your knees. Bending over at the waist to reach for an object you want to lift puts strain on your back, shoulder and neck muscles.
- Keep your arms and elbows as close to your body as you can while lifting.
- Use your feet to change direction. Don't twist your body.





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## WHAT WERE THEY THINKING?



Not a very good example of caring for public safety!!! By talking on one phone and texting on another; I am sure a person's mind isn't on their driving. It's against both the law and company policy – don't drive distracted!!!