

# RIGHT-OF-WAY QUARTERLY

IF YOU HAVE ANYTHING TO SHARE OR ANNOUNCE PLEASE FORWARD TO  
[Jacki.Schrotberger@nebraska.gov](mailto:Jacki.Schrotberger@nebraska.gov)



## Environmental Sensitivity Triggers can include:

Natural or Synthetic agents in our air, water, food, hygiene products, fabrics, furnishings, office equipment and supplies, even building materials.

Other examples include, but are not limited to, pesticides, herbicides, other chemicals, plant pollens (grass, trees, plants, weeds), dust, molds, animal dander, perfumes, hairsprays, scented oils, lotions and air fresheners.

Artificial lighting, electromagnetic charges even weather changes can cause a reaction.

## Environmental Sensitivities

You may know someone who has environmental sensitivities; you may not even be aware of it. Environmental sensitivities, a hidden disability, are estimated to affect 15 per cent of our population. People with environmental sensitivities suffer often disabling reactions to substances in our air, water and food at concentrations that are presently considered acceptable for the general population.

Environmental sensitivity has been defined as: "... a chronic (i.e. continuing for more than three months) multisystem disorder, usually involving symptoms of the central nervous system and at least one other system. Affected persons are frequently intolerant to some foods and they react adversely to some chemicals and to environmental agents, singly or in combination, at levels generally tolerated by the majority.... Improvement is associated with avoidance of suspected agents and symptoms recur with re-exposure."

Environmental sensitivities can develop in individuals of any age regardless of whether they have a past history of allergies. The severity of symptoms can range from mild discomfort to total disability or chronic health problems. Symptoms may develop suddenly or slowly. Environmental sensitivities may become progressively debilitating. Prevention, early detection and treatment are of paramount importance.

It is important to realize that many scented products contain volatile organic compounds, such as alcohol, formaldehyde and other chemicals. Scented products and other chemicals, including fabric softeners, even unscented ones, can trigger symptoms in persons who have environmental sensitivities.

## NEBRASKA DEPARTMENT OF ROADS

1600 HWY 2  
 Lincoln, NE 68502  
 1-800-764-0422 office • 402-479-3991 fax  
[transportation.nebraska.gov](http://transportation.nebraska.gov)





## ROW WEEKEND WARRIOR

May 27<sup>th</sup> my husband and I (Brittney Sladky) took a mini vacation to Branson! We did A LOT on the first day...

We had to be at our time share presentation by 9:45am...Staff Sargent Sladky made sure I was 40 minutes early for this!

We had lunch at Arnie's Barn at the Top Of The Rock (See the beautiful view above)!

On our way back to the hotel we toured the WWI Veterans Memorial Museum. Seeing a lot of the little items the soldiers used while out in the battle field really takes you back in time and pulls at your heart strings. Being through a deployment myself, I know how hard it can be. But today's deployments are a bit different than the ones from long ago. Seeing actual letters written from soldiers back to their loved ones, or the small bags each soldier carried with them with a few items for daily hygiene, or the real weapons that were used to protect themselves from the enemy. Continued on last page . . .

## ENVIRONMENTAL SENSITIVITIES PHYSICAL SIGNS AND SYMPTOMS

- ◆ Recurrent headaches and migraines
- ◆ Irritated eyes
- ◆ Puffy bags or dark circles under eyes
- ◆ Red ears or ear lobes
- ◆ Frequent ear, nose and throat infections
- ◆ Hoarse throat, laryngitis
- ◆ Recurrent earaches and sinusitis
- ◆ Stuffy, runny and/or itchy nose
- ◆ Coughing, wheezing, chest tightness, breathing difficulties
- ◆ Asthma
- ◆ Anaphylactic shock, Urinary problems
- ◆ Mouth – metallic taste, dryness, cracking, excessive saliva, skin peeling or blistering
- ◆ Mouth breathing and throat clearing
- ◆ Stomach aches or diarrhea
- ◆ Eczema, hives and other skin rashes
- ◆ Light sensitivity and visual disturbances
- ◆ Numbness, stiffness, pain, weakness, swelling, "arthritic" symptoms of muscles, bones and joints
- ◆ Weakness and dizziness
- ◆ Loss of coordination, seizures, or tremors

**SUBMIT YOUR WEEKEND WARRIOR PROJECT FOR THE NEXT NEWSLETTER!**

*“No one has ever become poor from giving!!”*





## Performance and Behavioral Signs & Symptoms

- ◆ Poor concentration
- ◆ Memory loss
- ◆ Difficulty problem-solving
- ◆ Inconsistent performance
- ◆ Mood and personality changes
- ◆ Recurrent absences
- ◆ Irritability
- ◆ Drowsiness, fatigue
- ◆ Aggression and exhaustion
- ◆ Depression and suicidal tendencies

# Environmental Sensitivities And YOU!!

If you choose to wear scents in workplaces, less is more. Here are just a few tips on how you can be sensitive to Environmental Sensitive Coworkers. . .

**Keep it subtle:** If someone tells you that you're wearing too much fragrance, you are. Our ability to smell our own scents is diminished even while they might be screaming out to those around us.

**Apply it in private:** Like all aspects of human personal grooming, perfume application shouldn't be a spectator sport.

**Use the two-foot rule:** Your signature scent shouldn't waft beyond the confines of your desk. If someone says from across the room, "Hey, isn't that Escape?" you've overdone it.

**Don't in close quarters:** A scent will be distracting in meetings, interviews, training or travelling.

**Refrain from reapplying:** One spritz in the morning should be sufficient. Please do not reapply in a closed area.

**Air Fresheners:** Some air fresheners have been known to have chemicals that provoke allergy and asthma symptoms. Some Air Fresheners even have toxic chemicals. Try to keep the use of Air Fresheners to a minimum. A few that contain no or minimal Phthalate levels are: Febreze Air Effects Air Refresher, Renuzit Subtle Effects, Citrus Magic and Lysol Brand II Disinfectant. The worst culprit on the chart was Walgreen brand Air Fresheners.

NO JOB IS SO IMPORTANT THAT WE CAN'T TAKE THE TIME TO PERFORM IT SAFELY!!

*Power is the ability to do good things for others!*



# THIS AND THAT'S

## ROW WEEKEND WARRIOR

It just really put things into perspective. I couldn't be more grateful to those who have fought for our freedoms we have today! In the attached picture, the walls are lined with all of the names of soldiers who lost their lives in WWI...

We also saw Dolly Parton's Dixie Stampede show. Many people told us it was a must see while in Branson, and we are glad we went! We ended the night with a little shopping at Bass Pro Shops and the outdoor mall.

We met some celebrities at the Wax Museum. I took a picture with Taylor Swift...she's quite tall! We ended the trip with dinner at Joe's Crab Shack! Oh. My. Gosh. It was sooooo good! I got crab stuffed, bacon wrapped shrimp! YUM! I'd recommend Branson for the retired and young families. It definitely was not a romantic trip for two!



## Employee Recognition

**WELCOME:** Be sure to give a warm welcome to our new team members! **Kathy Carter** with Design and **Tim Hilger and Jennifer Schuller** with Negotiations.

**Road Trip:** It's finally SUMMER!! Don't forget to snap some photos or pick up some post cards to add to our Road Trip board located outside the Property Management office!!

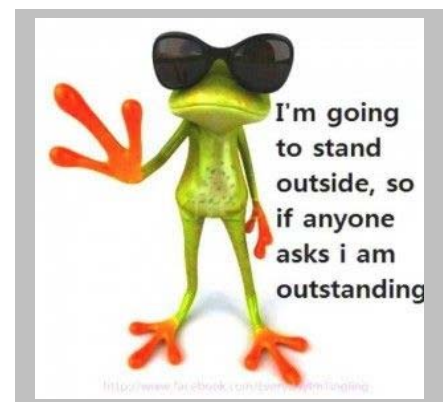
**Upcoming Events: (Calendar Invites will be sent soon!!)**

**1<sup>st</sup> Quarter: BBQ in the Park – Aug 24<sup>th</sup>**

**2<sup>nd</sup> Quarter: Tail Gate – Nov 6<sup>th</sup>**

**3<sup>rd</sup> Quarter: Chili Feed – Feb 5<sup>th</sup>**

**4<sup>th</sup> Quarter: Stay tuned for Event Announcements – May 9<sup>th</sup>**



*Never underestimate the difference YOU can make in the lives of others!*