

THE SUMMIT

QUARTERLY NEWSLETTER

Have A Safety Question, Concern, Or Have An Idea For A Future Issue?

Let me know!

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Quarter Two Holidays



- April 1 - April Fools Day
- April 5 - Palm Sunday
- April 8 - Passover Begins
- April 12 - Easter Sunday
- May 10 - Mothers Day
- May 25 - Memorial Day
- June 14 - Flag Day
- June 20 - Summer Begins
- June 21 - Fathers Day

Over the past month we have seen the Coronavirus spread across the globe. This agency is working with local health organizations to remain up to date on the current situation. For up to date information regarding the spread, symptoms and treatment of this disease please refer to the Center for Disease Control and Prevention or our Summit County Health Department.

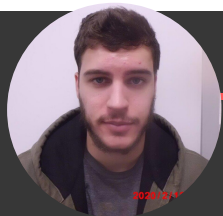


www.cdc.gov

www.scph.org



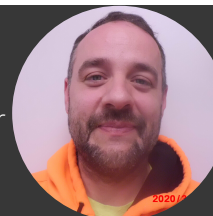
New Faces Here At Summit County Engineer



Joe Novak

Position: Maintenance Worker
Location Boston Station

- Favorite Food:** Spaghetti, Rigatoni, and Lasagna
- Outside Interests:** Sports (Track & Field, Soccer, Football, Spikeball)
- Favorite Movie:** The Sandlot, Star Wars, Fury
- One Fun Fact About You:** I used to fight in the cage (MMA.)
- Favorite Spot To Travel:** Venice, Italy



Scott Finley

Position: Maintenance Worker
Location Boston Station

- Favorite Food:** Corned Beef
- Outside Interests:** I love the beach/ocean.
- Favorite Movie:** Predator
- Worst Job You've Ever Had:** Worked in a deli at a grocery store.
- One Fun Fact About You:** I'm a father of 3 kids; they say I'm the best Connect 4 player EVER.
- Favorite Spot To Travel:** Aruba

Brutal allergy season ahead for many Americans, experts say!

Allergy sufferers in the eastern United States should brace for a long and severe season this spring.



The arrival of spring is just a few weeks away, and many are looking forward to getting outdoors and enjoying the building warmth. But, for millions of Americans, the season of rebirth also brings a return of sneezing, sniffles, coughing and itchy eyes due to seasonal allergies. We've got you covered with AccuWeather's annual spring allergy forecast. Meteorologists say Americans who live in one particular area of the country may want to stock up on tissues.

Allergy sufferers in the eastern United States should brace for a long and severe season this spring as predicted above-normal rainfall and near-average temperatures mean much of the region will be ripe for tree, weed and grass pollen production, according to AccuWeather meteorologists.

Above-average pollen levels are in store for a huge portion of the country, an area that has a population of 193 million people and stretches all the way from Texas to Michigan on east. More than 50 million Americans suffer from seasonal allergies. Even if individuals don't suffer, there are ripple effects from family members, including millions of children, who struggle with symptoms."

Grass pollen sufferers will face a long and severe season into summer," AccuWeather Senior Meteorologist Alan Reppert said.

The ideal growing conditions mean the season is likely to get underway even earlier than usual. The same is true for tree pollen from the mid-Atlantic down to the Gulf and the southern Plains.

"With above-normal rainfall and near-average temperatures for much of spring, we will have plenty of tree growth in the Southeast and even pushing into the southern Plains and mid-Atlantic," Reppert said.

"This will bring a severe tree pollen season to much of the East and the Gulf coastline," he said.

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WORDSEARCH

R E G G A L F D G P
 E R E E N I G N E T
 K R O A D X I D D R
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 N E L L O P C R S G

Words To Look For:

- | | | |
|----------|------------|-----------|
| Engineer | Brubaker | Allergies |
| Pollen | Pedestrian | Flagger |
| Spring | Safety | Road |
| Training | Summit | Summer |
| | | Workzone |

Allergies Continued:

The forecast in these areas will also spell trouble for those affected by weed pollen, as well-above-average levels could persist straight into the fall.

The rest of the country will not be hit quite as hard, but allergy sufferers in a few locations may still want to keep tissues handy.

Above-average tree pollen levels will target the eastern Rockies and cities along the West coast, but the Northwest and Southwest will catch a break.

Weed pollen sufferers in the northern Plains and northern Rockies will also get off easy this spring."

We will continue to see the lack of rainfall and some warm air take a toll on plant growth and lead to below-average and even well-below-average weed pollen from the northern Plains into the northern Rockies," Reppert said.

One of the best ways to manage spring allergy symptoms is to see a board-certified allergist, who can help to create a tailored treatment plan, which may involve starting medicines before the season begins and immunotherapy. Allergists also recommend limiting or avoiding going outdoors at peak times of day for pollen, typically from 5 a.m. to 10 a.m. and at dusk. Warm and windy days can often exacerbate conditions for allergy sufferers.

www.wkyc.com

Tips For Coping with Spring Allergies

- Taking allergy medicines before your allergy season begins
- An Immunotherapy option for your type of allergy
- Keep windows closed.
- Remove your shoes before entering your home.
- Don't allow pets on your bed or in your bedroom.
- Take a shower, wash hair and change clothes at night to remove pollen.
- Use allergy covers on your pillows and mattresses.
- Avoid going outdoors during peak pollen times.
- Pollen is usually highest from 5 a.m. to 10 a.m. and at dusk. Pollen is also higher on warm, breezy days.
- Wear a hat to cover your hair.
- While in the car, set your air conditioner to the "recirculate air" setting

www.accuweather.com

Quarter Two Birthdays



- Apr 06 - Sam Ross
- Apr 09 - Brandon Briggs
- Apr 13 - Andrew Dunchuck
- Apr 16 - Dan Burden
- Apr 17 - Chris Rawson
- Apr 22 - Chuck Hauber
- Apr 27 - Kevin Hodges
- Apr 28 - Done Cole
- Apr 28 - Tom Fosnaught
- Apr 29 - Ed Hogan



- May 01 - George Kamvouris
- May 03 - Duane Hawk
- May 06 - Joe Vargo
- May 07 - Jeff Barnett
- May 17 - Adam Sturm
- May 19 - David White



- Jun 02 - Shawn Cook
- Jun 05 - Dawn Harpster
- Jun 06 - Paul Brunamonti
- Jun 06 - Richard Sykes
- Jun 16 - Jeff Sabo
- Jun 18 - Jon Knerem
- Jun 20 - Bob Starosto
- Jun 20 - Bruce Winters
- Jun 23 - Kirk DeGroff
- Jun 24 - John Jacoby
- Jun 27 - Kristin Schaffner



April 20-24: National Work Zone Awareness Week!!!

Each year in the spring, National Work Zone Awareness Week (NWZAW) is held to bring national attention to motorist and worker safety and mobility issues in work zones. Since 1999, Federal Highway Administration (FHWA) has worked with the American Association of State Highway and Transportation Officials (AASHTO) and the American Traffic Safety Services Association (ATSSA) to coordinate and sponsor the event. The first national event was held at a work zone in Springfield, VA in April 2000. Over the years, other transportation partners have joined the effort to support NWZAW. In addition to a national event conducted each year, many States host their own NWZAW events.

ops.fhwa.dot.gov

Safe Work Zones for All

Protect workers. Protect road users.



2020 National Work Zone Awareness Week

Work Zone Facts:

- Motor Vehicle Deaths
 - From 1982 through 2017, 27,037 individuals (about 773 per year) lost their lives in work zone crashes.
 - Since the peak year of 2002 – when 1,186 died in construction and maintenance zones – the number of deaths declined steadily to an average of 591 from 2008-2014, then increased to an average of 772 from 2015-2017.
- Worker Fatal Injuries
 - From 2003-2017, 1,844 workers lost their lives at road construction sites.
 - The number of fatal work-related injuries at road construction sites averaged 123 per year.
 - Over the 15 years from 2003-2017, Texas ranked as the state with the most worker deaths at road construction sites (218), followed by Florida (132), Pennsylvania (91), Illinois (83), California (76), and Tennessee (70).
- Worker Fatal injuries by incident, Event, and Source
 - Transportation events accounted for 76 percent of roadway work zone fatal occupational injuries during the 7-year period. In 60 percent of these transportation events, the worker was struck by a vehicle in the work zone.
 - Backing vehicles accounted for 89 of the 345 worker deaths in a work zone for which the direction of travel was recorded.
 - Pickup trucks and SUVs accounted for 151 worker deaths at road construction sites from 2011-2017, followed by machinery (131), automobiles (129), semi-trucks (124), and dump trucks (82).

www.cdc.gov

Visit The National Work Zone Awareness Week website for more information regarding facts and events!

<http://www.nwzaw.org/>



Coping with coronavirus: How to protect your mental health, well-being

Stress and anxiety should be expected in this pandemic. But we can't let it get the best of us. Mental-health experts say even small changes and coping strategies can help us in these uncertain times.

Alone with only her tortoiseshell cat Neleta for company, Cindy Barlup has cried just once this week: When her oldest daughter climbed the steps of Barlup's Merion Village home but couldn't come inside, forced to instead leave the groceries she carried on the front porch.

Before she left for a Caribbean cruise March 6 — maybe not so ironically one that was a dedicated workshop on inner peace and positivity hosted by inspirational speaker Esther Abraham Hicks — Barlup had cleared her refrigerator of food and let her staples dwindle.

And while she was gone, the coronavirus pandemic escalated in the U.S. Since Barlup had been out of the country, she returned home to complete self-quarantine with no food or supplies on hand.

Life, she soon discovered, was immediately testing her newfound peace and patience.

Getting supplies from neighbors, family and friends was her first priority, but keeping her own spirits up and her mental-health needs met is the focus now.

"I have had to tap into my positivity for the sake of everything," said Barlup, 49. "I think that happiness and love and joy are way more contagious than coronavirus."

Attitude makes a difference in these trying times, mental-health experts say. But when the world is throwing a lot at us, good thoughts can be a challenge.

The most basic issues now are two-fold: Humans are social beings by nature, so the isolation can be a problem. Our fears and anxiety, if we don't control them, also can mushroom.

"For people who already live with anxiety and depression, this time is especially difficult. We want to know what to expect around the corner, and that's not possible in these moments," said LeeAnn Mattes, a licensed social worker with Mental Health America of Ohio.

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Ways to cope in the age of coronavirus

- Take breaks from watching, reading, or listening to news stories, including social media.
- Care for yourself. Practice deep-breathing techniques, eat healthy foods and well-balanced meals, and get plenty of sleep.
- Take time to unwind. If old practices, such as working out at a gym, aren't available, try new things such as listening to a new kind of music, tackling a craft project or writing letters to old friends.
- Don't binge eat or drink too much alcohol to cope.
- Talk with people you trust about your concerns and how you are feeling.
- Seek help when needed. Talk about your feelings with friends and family. Mental Health America of Ohio has a screening tool and resources you can use to connect. It can be found at www.mhaohio.org

www.dispatch.com



Fran DeWine shares soup recipe and encourages families to cook together while home due to coronavirus

COLUMBUS, Ohio (WJW) — The First Lady of Ohio, Fran DeWine, is sharing her homemade chicken noodle soup recipe with fellow Ohioans. She is encouraging families to spend time together during this period of social distancing. Fran DeWine says one of the ways she stays connected with her children and grandchildren is by cooking together. Earlier this week she taught two of her grandchildren how to make her grandmother's chicken and noodles recipe. Now, she's sharing it with her fellow Ohioans in hopes that they might spend time together in the kitchen too.

Fran's Famous Chicken & Noodles

INGREDIENTS:

3 c. flour
1 t. salt
5 large eggs
2 qt. chicken broth
2-3 c. chopped, cooked chicken

INSTRUCTIONS: Mix flour, salt and eggs until it comes together to form a ball. (Can add a little flour or water if needed.) Divide into 2 balls. Roll each one out on a heavily floured surface. Dust each circle with flour, cut into quarters, and stack on top of each other. Roll up. Slice into noodles about 1/4" wide. Spread out on floured counter and let dry for a short while. Bring chicken broth to boil. Drop in a few noodles at a time, letting broth come back to boil. Add chicken and simmer 15-20 minutes. Add more broth if necessary. Serve and Enjoy.

fox8.com



Mental Health and Well Being Continued:

Even those who don't worry on a regular basis find themselves anxious now, she said. "We all feel a little bit out of control of our situation," Mattes said. "That can be unnerving." So what to do? Recognizing that some degree of stress is normal under the circumstance helps, said Dr. Megan Schabbing, medical director of psychiatric emergency services for the OhioHealth hospital system. And plan for it.

"Think about what your coping strategies to manage stress are under even everyday circumstances," Schabbing said. "For some people it is exercise, for some it is journaling, for some it's meditation. Commit to employing those strategies now even more."

"We have to be looking out for each other. We should be aware of what warning signs to watch for both in ourselves and in others." If worry stops you from sleeping, eating or being able to take care of your children, take a closer look, Schabbing said.

"There's a difference between feeling a little blue about not getting to go to the Blue Jackets game you were planning to and not even being able to play with and enjoy your kids," she said.

Your primary-care physician is a good first call to make if you think the stress is approaching abnormal levels, Schabbing said. And always seek immediate help if in crisis.

Barlup is a recruiter and sales administrator for Mid-American Cleaning Contractors, a commercial cleaning service in high demand these days. Like so many, she has her office set up at home now, and staying busy — along with cuddles from Neleta — has helped.

Still, she says, "I thrive on hugs and handshakes and squeezing my friends by their cute little cheeks and petting dogs when I am out taking walks in my neighborhood. Loss of contact is going to be a thing."

When she returned home Monday, Barlup posted a plea on a neighborhood app for help. Neighbors brought her groceries and care packages and left them on the porch, and her three daughters have delivered groceries and goodies and even left potted plants to brighten her days.

She doesn't think it's a coincidence that — after years of personal crisis and grief and loss — she took this cruise dedicated to healing just as this pandemic hit.

She is more mindful now, more focused on the good that's happening in the world instead of the bad.

"Since I've been home I've received more love and support than I have in years," she said. "It's faith. Put positive out, get positive back."

www.dispatch.com