

APRIL 2012

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PAUL'S PERSPECTIVE

DIRECTOR PAUL TROMBINO III

“kuh-myoo-ni-key-shuhn”

The exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior. (American Heritage Dictionary)

For me, communication is best served open, concise, transparent, frequent and straightforward. I believe communication is our work and our work is communication. You cannot separate the two in today's and tomorrow's business environment. Communication and the services we provide are bundled together and no matter where at DOT you work or your role, the collective strength of our communication will define our success.

On April 4 and 5, the Iowa DOT Management Team (John Adam, Mark Lowe, Stu Anderson, Lee Wilkinson, Barb Espeland, and I) along with 14 other DOT employees participated in a train-the-trainer session on Face2Face Communication by Joe Williams Communications, Inc. (<http://www.jwcom.com/index.html>). Beginning in May, our group of 20 will be splitting into teams of two to present the training to all leaders in the department. Subsequently, after having developed more train-the-trainer individuals at DOT, we will then present the training to all employees of the department over the next year or so.

Our work at the DOT comes with a number of unique and wonderful attributes. Our services and products touch people directly every day, have a direct impact on the quality of their lives, and every citizen and business in Iowa requires transportation for success. These are important to understand and embrace as these attributes come with significant responsibility. Improving our techniques and tools for communication to all the users of our services and products will enhance the DOT, the services and products, and our customer service.

I very much look forward to being a part of the team to present these communication training sessions across the DOT. These sessions will be opportunities to learn excellent communication techniques and to further enhance our organization's environment. The sessions will be great opportunities to have dialogue about day-to-day challenges and how simple communication techniques can strengthen all of us as individuals and collectively as one team at Iowa DOT.

Please look for these upcoming Face2Face Communication training sessions and take time to participate. Thank you for being a part of Iowa DOT and for all the work you do every day.

Please be safe in all that you do.

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April is Work Zone Awareness Month

We have all heard the old saying, "Iowa has two seasons, winter and construction." Because winter didn't really show up this year, the construction season has taken off quickly, with one of the largest construction programs in history on tap for this year.

The multitude of state, county, city and utility work zones means we will all likely drive through a work zone and many of our co-workers, friends and neighbors will be in harm's way on Iowa roadways. Statistics show:

- 900 total work zone crashes occur per year in Iowa work zones.
- 58 people have been killed in Iowa work zones in the last 10 years.
- 175 injury crashes occur per year in Iowa work zones.
- 325 property damage crashes occur per year in Iowa work zones.
- 93 percent of Iowa work zone crash fatalities are motorists (10-year average).
- 7 percent of Iowa work zone crash fatalities are DOT or contractor workers (10-year average).
- 75 percent of Iowa work zone crashes are rear-end crashes.
- Speeding fines in work zones may be up to \$1000. Other fines are doubled.

A work zone is defined as being from the first sign identifying the zone (typically a "Road Work Ahead" sign) to a sign indicating the end of the work zone (typically an "End Road Work" sign). Work zones may be either stationary or moving, depending on the work being done.

Survival in work zones: 10 tips for driving safely in work zones

In any work zone along any road, "Expect the Unexpected!" Normal speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.

Diamond-shaped orange warning signs are generally posted in advance of road construction projects. Slow down. Be alert. Pay attention to the signs.

In addition to other warning signs, a "flagger ahead" warning sign may be posted in the work zone. When you see this, stay alert and be prepared to obey the flagger's directions. In a work zone, a flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.

1 Calm down. Work zones are not there to personally inconvenience you. They are necessary to improve the roads for everyone. You may see flashing arrow panels or "lane closed ahead" signs.

2 Merge as soon as possible. Do not zoom right up to the lane closure, then try to barge in - if everyone cooperates, traffic moves more efficiently. Motorists can help maintain traffic flow and posted speeds by moving to the appropriate lane at first notice of an approaching work zone.

3 Slow down when directed by the signs. A car traveling 60 mph travels 88 feet per second. If you are going 60 mph, and you pass a sign that reads "Road Work 1500 feet," you will be in that work zone in 17 seconds.

4 The most common crash in a highway work zone is the rear-end collision, so remember to leave two seconds of braking distance between you and the vehicle in front of you. The amount of space required to provide two seconds of stopping time will increase the faster you're driving.

5 Keep a safe distance between your vehicle and traffic barriers, trucks, construction equipment and workers. Just like you, highway workers want to return home safely after each day's work.

6 Some work zones - like line painting, road patching and mowing - are mobile, moving down the road as the work is finished. Just because you do not see the workers immediately after you see the warning signs does not mean they are not out there. Observe the posted signs until you see the one that marks the end of the work zone.

7 Expect delays; plan for them and leave early to reach your destination on time. Highway agencies use many different ways to inform motorists about the location and duration of major work zones. Often, the agencies will suggest a detour to help you avoid the work zone entirely. Plan ahead, and try an alternate route.



2012 construction season off to a fast start

With the warm, dry winter, the Iowa Department of Transportation's construction work is off to an early start. Depending on the remaining outcomes of bid lettings through June, the Iowa DOT will have let out to bid more than \$700 million in primary system construction work during the 2012 fiscal year. Iowa DOT projects are or will be underway in every part of the state, as well as many county, city and utility projects. This is a list of the most visible projects, according to the Iowa DOT's Office of Construction.

North central /Northeast Iowa

Roadway: Interstate 380/U.S. 20

County: Black Hawk

Southbound I-380/U.S. 20 from River Forest Road in Evansdale to the east I-380/U.S. 20 interchange will be constructed. Traffic will be maintained in a two-lane, two-way operation in the northbound lanes. Motorists are being urged to find an alternate route. Emergency detours have been established.

Roadway: Interstate 35

County: Cerro Gordo and Worth

Both the north- and southbound lanes of I-35 will be resurfaced in three locations: from Clear Lake north to the Cerro Gordo County Road B-20 interchange; from 1.5 miles north of Iowa 9 north to 1 mile south of Northwood; and from 2 miles north of Worth County Road 105 north to the Minnesota state line. Traffic will be maintained in a single lane in each direction.

Roadway: U.S. 218

County: Bremer

U.S. 218 near Janesville will be reconstructed to include a new interchange at Bremer County Road C-50. U.S. 218 traffic will be maintained at all times, but single lane closures will occur during stages of the project. Bremer County Road C-50 will be closed and detoured during bridge construction.

Roadway: U.S. 63

County: Bremer

U.S. 63 in Bremer County will be widened to a four-lane, divided highway from Iowa 3 north 9 miles. Traffic will be maintained on the existing highway.

Central Iowa

Roadway: Interstate 35

County: Polk

In Ankeny, I-35 is being reconstructed from 1 mile south of NE 36th Street to 1 mile south of 126th Avenue, including a new interchange at NE 36th Street. Two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during off-peak hours.

In West Des Moines, I-35 will have the median reconstructed to add additional traffic lanes for capacity improvements from the Raccoon River bridge to University Avenue. Two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during off-peak hours.

Roadway: Interstate 80

County: Polk

At the I-80 Altoona interchange, a new bridge and approaches will be constructed over U.S. 65. Two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during off-peak hours.

Roadway: U.S. 20

County: Hamilton

Westbound U.S. 20 will be reconstructed from the west Iowa 17 interchange (Stagecoach Road/Hamilton County Road D-25) east to the U.S. 69 interchange. Traffic will be maintained in a two-lane, two-way operation in the eastbound lanes.

Roadway: U.S. 30

County: Story

In Ames, U.S. 30 is being resurfaced from University Boulevard to 1 mile east of I-35. Work will be accomplished at night with one lane of traffic in each direction maintained at all times.

Northwest Iowa

Roadway: Interstate 29

County: Woodbury

I-29 in Sioux City continues to be reconstructed. Construction activities will be scattered throughout the entire I-29 corridor from the Singing Hills interchange north. Through traffic will be maintained at all times.

Construction season, continued on next page

Construction season, continued from previous page

Roadway: U.S. 20

County: Sac and Calhoun

Relocated U.S. 20 in Sac and Calhoun counties from U.S. 71 east to Iowa 4 is being paved. Alternating side roads will be closed during paving operations. Through traffic will be maintained on existing highways until the entire corridor is completed. Single lane closures may occur during off-peak hours.

Roadway: U.S. 71

County: Clay and Dickinson

Northbound U.S. 71 from Spencer to Milford will be reconstructed. Traffic will be maintained in a two-lane, two-way operation in the existing southbound lanes.

Southwest Iowa

Roadway: Interstate 29

County: Pottawattamie

I-29 at the west I-80 interchange in Council Bluffs will undergo bridge construction work. Through traffic will be maintained. Single lane closures may occur during off-peak hours.

I-29 from north of Council Bluffs to the Missouri Valley (U.S. 30) interchange will be resurfaced in two locations in the northbound lanes. Through traffic will be maintained in a single lane.

South central /Southeast Iowa

Roadway: U.S. 65

County: Warren

U.S. 65 from Warren County Road G-58 north to 17th Street in Indianola will be resurfaced. Through traffic will be assisted by flaggers and pilot cars.

Roadway: U.S. 34

County: Wapello

Both U.S. 34 bridges over the Des Moines River in Ottumwa will be reconstructed. Traffic will be maintained in a two-way, two-lane operation over the adjacent bridge while each direction is being reconstructed.

Eastern Iowa

Roadway: Interstate 80

County: Johnson

I-80 from the Iowa River bridge to 1.5 miles east of the Iowa 1 interchange will be reconstructed. Two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during off-peak hours.

Roadway: Interstate 280

County: Scott

Eastbound I-280 from 1 mile south of the U.S. 6 interchange to the Mississippi River bridge in the Quad Cities will be reconstructed. Traffic will be maintained in a two-lane, two-way operation in the westbound lanes.

Roadway: Interstate 380

County: Linn

I-380 southbound from the Ash Pit Road bridge in Cedar Rapids north to Linn County Road E-34 will be resurfaced. Single lane closures may occur during off-peak hours and on weekends. Work will also include bridge rail repair from Diagonal Drive interchange to the Ash Pit Road bridge.

Roadway: Interstate 380

County: Johnson

I-380 at the I-80 interchange north 1 mile will have bridge deck repair projects both north- and southbound at the I-80 interchange bridges, Iowa Interstate Railroad bridges and Clear Creek bridges. Two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during nighttime hours.

Roadway: Interstate 74

County: Scott

I-74 at the 53rd Street interchange in Bettendorf will be reconstructed. On I-74, two lanes of traffic will be maintained in each direction during peak hours. Single lane closures may occur during nighttime hours. Traffic on 53rd Street will be maintained with a minimum of one lane in each direction.

Roadway: U.S. 30

County: Clinton

In Clinton, U.S. 30 on Camanche Avenue from South 14th Street north to Fifth Street will be reconstructed. Traffic will be maintained with a minimum of one lane in each direction.

Sharon Bracelin

Driver's license examiner of the year

Sharon Bracelin, one of 12 driver's license (DL) examiners in the Ankeny DL station, attributes her nomination as DL examiner of the year to patience. She says several factors have helped her develop the kind of patience needed to deal with the public every day. "When I started with the Iowa DOT in 1991, I worked with the team that scanned and digitized all the paper files into electronic format. That was a tedious process, but the end product made all the work worthwhile." She said. "By the time I was promoted to a DL examiner in 2007, I had quite a bit of experience with the public and I felt confident in my people skills."

What Bracelin refers to as her "people skills," Driver Services Director Kim Snook translates as diligence and excellent customer services. She said, "Sharon is a hard-working, dedicated and dependable employee of the Office of Driver Services. She is an effective team leader, and ensures the station is run efficiently. When she sees something that needs to be done, she does it without being prompted. Her number one goal of highway safety is always the foremost consideration in her licensing decisions. She continually provides a high level of customer service. Sharon's calm demeanor and patient approach is an asset as she works with all customers. Her licensing decisions are marked with a high degree of fairness and uniformity; in accordance with established laws, rules and practices."

Bracelin says she likes her job because she gets to help people.

"Practically everyone needs a driver's license or identification card. I really enjoy being able to help."

It has been a good year for Bracelin. In addition to this honor, she was married last summer. On top of that, her youngest daughter, Kelsey, a University of Northern Iowa student, was also married last summer and is about to graduate. Bracelin's older daughter, Charrie, is completing her master's degree in psychology and is engaged to be married in June.



Materials employee of the year - Rod Graven

Always up for a challenge, Rod Graven, materials technician 5, distinguished himself in many ways this year. For those accomplishments, he was recently named the 2011 Materials employee of the year.



Although Graven, a 23-year veteran of the Iowa DOT, admits he is a low-profile guy, several changes in the aggregate and soils section in 2011 have put a spotlight on his accomplishments. With one retirement and one team member on military leave, the rest of the six-person section needed to pull together to implement two new testing methods, one for soils triaxial shear strength and the other for soils consolidation properties. They were also asked to alpha test a new laboratory information management system. These three major changes over the last year were implemented seamlessly, and much of the credit belongs to Graven.

Jim Berger, director of the Office of Materials, said, "Rod received several nominations for employee of the year. On the nominations, his co-workers noted their respect for Rod, his excellent work ethic and how he genuinely cares about the work he does."

Graven credits his co-workers for much of his success. "We have a great crew in our section," he said. "And I have the chance to interact with a lot of different groups both inside and outside the DOT. The field inspection and materials people are great to work with."

Like many other groups at the Iowa DOT, Graven's section is gearing up for a big construction season. He said, "Usually April through October is our busy time, but because the weather has been so mild this year, we've kept really busy all winter. It's going to be a challenge to keep up."

But as his co-workers note, Graven always steps up to any challenge.

Graven lives in Jefferson with his wife of 31 years, Sherry. They have two grown children, Derek, an Iowa State University graduate now living in Winter Park, Colo.; Jenna, also an ISU graduate now studying to be a physical therapist at Des Moines University, and the most recent addition to the family, Jenna's husband, Wade Nasheim. In his spare time, Graven cheers on the Cyclone football team, and enjoys golf and riding motorcycles.



Time to tee it up!!!!

The Iowa DOT Golf League will once again be in full swing this summer with league play beginning in May. This is a handicapped league, so all levels of experience are welcome. All play is conducted at Veenker Memorial Golf Course. If you are interested in joining a team or would just like to have your name placed on a list of substitutes, contact any member of the league, or the league secretary at timothy.brown@dot.iowa.gov or 515-239-1389.

Visit www.iowadotgolfleague.com for additional information.

Historic maps website

Historical artifacts are not useful when tucked away in a box. Whether you are talking about family photos squirreled away in your grandmother's attic or historic maps stored in a box in a nearly forgotten storage closet at the Iowa DOT, there is much to be gained by bringing historical documents to light.

Almost a year ago, the Iowa DOT's Office of Transportation Data, with assistance from the Information Technology Division's Electronic Records Management System (ERMS) unit, began the task of scanning, cataloging and publishing old maps and other historic transportation documents to the Iowa DOT's website at <http://www.iowadot.gov/maps//msp/historical.html>.

Mark Hansen, transportation planner 3 in the Office of Transportation Data, said, "The collection includes state-produced highway maps back to 1919 and county maps from 1914. The early state transportation maps were very artistic, with hand-drawn images on the backs of many of the maps well into the 1950s."

The early maps began with just the railroads and later had the highways drawn onto them. Prior to the Iowa DOT using computer-aided drafting and design (CADD) software in 1986, the state transportation maps were drawn by hand. "The attention to detail, the cartographic interpretation of the features, and artwork is incredible on these hand-drawn maps," Hansen said. "I think we need to remember the artistry and effort that went into producing these documents. You could get a sense of the mood of the day by the images they drew and photographs that were included in the maps. It is fairly simple now to sit down at any computer and pull off a simple Google map of just about anywhere. Some of the younger generation may not realize that it was not always that way."

One of the positive aspects of technology is the ability to share a single document with a multitude of people at the same time. "One of the main reasons we felt this project was important was the research value in these historic documents," said Hansen. "These maps are a resource for understanding the transportation system of years ago. They are a historical snapshot of the way things were."

Hansen noted one recent example of the historical maps being used by the Iowa DOT. "Lori Judge in our office was asked to map the Iowa portion of the National Truck Network," said Hansen. "These routes were first designated in the early 1980s as roadways adequate for transporting goods. The descriptions for those routes were based upon the primary system at that time, but much has changed since then. Using the historic maps from that timeframe, she was able to



The back of the 1942 map



Johnson County, 1914 map

follow the route descriptions that were based on the primary system back then. Since the 1980s, some of the routes described have transferred jurisdiction or moved so using a current map made deciphering the descriptions difficult."

In addition to planners and others at the Iowa DOT being able to easily access the maps, the Internet makes it possible for the public to easily find information. Hansen said, "We get several requests a month for information that is found on the older maps. Now that we have the maps on our website, we can direct people there to enhance their research."

In this project, the past has been preserved using technology of the present. Future generations will be able to access and use information provided by their predecessors as we all work together to improve Iowa's transportation system.

Real-life stories of distracted driving

It has been more than a year since Julia Herold's grandsons, Maliki, 5, and Alex, 4, were killed in a crash with a texting driver near Red Oak. Recently, Herold and the boys' mother Nina Todd have taken their message related to the dangers of texting and driving to high schools and community groups in that part of the state.

This is just one of the "real-life" stories on the Iowa DOT's "Curb it Click it" website. The site, at <http://www.iowadot.gov/CurbitClickit/>, is dedicated to helping Iowans drive more safely, explaining Iowa's laws related to seat belt use and distracted driving and providing additional resources about safe driving. The Iowa DOT and Iowa Department of Public Safety are leading the effort to remind Iowans that the price for not paying attention to the road or wearing your seat belt is too high.

One resource linked on the Curb it Click it website is the U.S. DOT's www.distraction.gov. That site provides a wealth of information, including the following question and answer page. The site contends that the best way to help fight distracted driving is to get educated, and this information is a great place to start. Below are answers to some frequently asked questions that will help you better understand the safety threat posed by texting and cell phone use on America's roadways.

Is distracted driving really a problem?

Distracted driving kills. The friends, family and neighbors of the thousands of people killed each year in distracted driving crashes will tell you it is a very serious safety problem. The nearly half a million people injured each year will agree.

What is distracted driving?

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: safe driving. Any nondriving activity you engage in is a potential distraction and increases your risk of crashing.

I'm a pretty good driver. Can't some people text or talk on the phone and drive safely?

No, they cannot. Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39 percent of the energy it would ordinarily devote to safe driving. Using a cell phone while driving delays your reaction time as much as having a blood alcohol concentration of .08, the legal limit for drunk driving. Drivers who use a handheld device are four times more likely to get into a crash serious enough to cause injury. Texting drivers are 23 times more likely to get involved in a crash.



If it's so dangerous, why do people do it?

Some people still do not know how dangerous distracted driving is. Others know about the risks of texting and talking while driving, but still choose to do so anyway. They make the mistake of thinking the statistics do not apply to them, that they can defy the odds. Still others simply lead busy, stressful lives and use cell phones and smartphones to stay connected with their families, friends and workplaces. They forget or choose not to shut these devices off when they get behind the wheel.

Who are the most serious offenders?

Our youngest and most inexperienced drivers are most at risk, with 16 percent of all distracted driving crashes involving drivers under 20. But they are not alone. At any given moment during daylight hours, more than 800,000 vehicles are being driven by someone using a handheld cell phone.

Sending or reading one text is pretty quick, unlike a phone conversation.

Texting is the most alarming distraction because it involves manual, visual and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road an average of 4.6 seconds. At 55 mph, that is like driving the length of an entire football field, blindfolded. It's extraordinarily dangerous.

Is it safe to use a hands-free device to talk on a cell phone while driving?

So far, research indicates that the cognitive distraction of having a hands-free phone conversation causes drivers to miss the important visual and audio cues that would ordinarily help you avoid a crash.

Source: www.distraction.gov



IOWA DEPARTMENT OF TRANSPORTATION TROPHY CASE



The Iowa DOT was honored with four Quality Management Asphalt (QMA) Awards from the Asphalt Paving Association of Iowa (APAI) at its awards luncheon March 1. According to APAI, the QMA awards recognize the great degree of work that goes into building quality pavement on the primary and interstate systems.

Smoothness, quality control, density results and physical appearance all go into the overall ratings for the projects submitted in these categories. The winning pavements are considered the best-of-the-best, indicating that they are not only smooth, but exhibit characteristics that produce long-lasting, hot-mix asphalt pavements.

Primary Resurfacing – urban

U.S. 18, Clay County



From left: Mitch Dillavou, director, Iowa DOT Engineering Bureau; Bill Boles, highway technician; Iowa DOT Cherokee construction; Jason Pergunde, QC technician, Tri-State Paving Inc.; Todd Smith, finish roller operator, Tri-State Paving Inc.; Dan Brotherson, paving foreman, Tri-State Paving Inc.; Duane Hassebrock, APAI president

Primary resurfacing – four-lane

Iowa 13, Linn County



Front row, from left: Dennis Lohrer, QMA manager, River City Paving; Steve Rauen, highway technician, Iowa DOT Cedar Rapids construction. Back row: Mitch Dillavou, director, Iowa DOT Engineering Bureau; Chad Lohrer, materials technician 4, Iowa DOT District 6 materials; Scott Kueter, project manager/superintendent, River City Paving; Rich Starks, highway technician senior, Cedar Rapids construction; Rob Ostwinkle, paving foreman, River City Paving; Duane Hassebrock, APAI president

Primary resurfacing – two-lane

Iowa 141, Guthrie County



From left: Mitch Dillavou, director, Iowa DOT Engineering Bureau; Marcia Butthmann, materials technician 4, Iowa DOT District 4 materials; Curt Chambers, plant operator, Manatts Inc.; Dennis Pfantz, foreman, Manatts Inc.; Steve Armstrong, superintendent, Manatts Inc.; Duane Hassebrock, APAI president

Interstate resurfacing

I-35, Clarke County



From left: Mitch Dillavou, director, Iowa DOT Engineering Bureau; Frank Williams, paving foreman, Norris Asphalt Paving Co.; Barry Kinsey, construction technician senior, Iowa DOT Chariton construction; Josh Fredrick, superintendent, Norris Asphalt Paving Co.; Oscar Vaal Jr., Norris Asphalt Paving Co.; Shane Fетters, materials technician 4, District 5 materials; Duane Hassebrock, APAI president



HyVee.

Nutrition Notes

with Amy Clark



Four ways to “green” your grocery list

As we celebrate Earth Day this year, more consumers are taking an interest in a “greener,” more environmentally friendly lifestyle. There are many simple changes you can make that will have a positive effect on the well-being of the planet. Here are four easy, eco-friendly ways to “green” your grocery list.

Rethink your drink bottle. Replace plastic bottles with drinking glasses or a reusable drink bottle to enjoy tap water or your favorite beverage.

Paper, plastic or canvas? Choose canvas or cloth reusable shopping bags for your grocery shopping trip. Practice recycling by reusing plastic shopping bags for your next shopping trip or to line trash containers. Smart choices for reusing paper grocery bags are as eco-friendly gift wrap or book covers or mulch in your garden.

Choose more organic. For many people, buying organic is an environment-friendly statement. For others, buying organic means supporting smaller farms and local agriculture. The Organic Trade Association cites the following benefits of organic farming practices: replenishing and maintaining soil fertility, eliminating the use of toxic chemicals and building a biologically diverse agriculture. While many people buy organic food based on the idea that it is more nutritious, the American Dietetic Association agrees that organic-grown food provides the same amount of vitamins and minerals as food that was conventionally grown. The difference is that organic food is grown chemical-free.

Shop the perimeter. Shop close to nature by choosing more foods from the perimeter of the store. Foods from the perimeter are whole, fresh foods – produce, meat, dairy and bread – and are less processed and provide natural health benefits. Here are five reasons to add fruits and vegetables to your “green” grocery list.

- People who eat five or more servings of fruits and vegetables daily have half the risk of developing cancer as those who only eat one or two servings a day.
- Fruits and vegetables may help to reduce the risk of heart disease, diabetes, stroke, obesity, birth defects, high blood pressure, cataracts, diverticulosis, chronic obstructive pulmonary disease and osteoporosis.
- Fruits and vegetables contain vitamins good for clear skin, shiny hair, bright eyes and a trim body.
- Fruits and vegetables are fast, easy and they taste great. Choose them at snack time.
- Fruits and vegetables are low in calories, fat and sodium; and are good sources of fiber, foliate, potassium, vitamin A and vitamin C.

Kiwi-Cucumber cooler

All you need

- 6 kiwifruit
- 1 large cucumber (peeled and cut into chunks)
- 16 fresh mint leaves
- 1 1/2 cups coconut water
- Juice of 1 lime
- Several ice cubes
- 4 teaspoons agave nectar



All you do

1. Cut kiwi in half crosswise and scoop out flesh with a spoon; place in a blender.
2. Add remaining ingredients and blend until smooth.

Kiwi

Packed with antioxidant vitamin C and fiber. Kiwifruit also provides anti-inflammatory vitamin E and copper, a trace mineral that some research indicates can reduce high blood pressure.

This information is not intended as medical advice. Please consult a medical professional for individual advice.



Kudos!

These are letters that have been submitted to the editor. They may have been edited for length and continuity.

To: Motor Vehicle Enforcement
From: Tony Webb, Knights of Columbus, Fairfield

I wanted to take a moment and express our appreciation for the efforts of one of your investigators, Chad White. Our Knights of Columbus council recently purchased a cargo trailer for use in our fundraising events. When we were in the process of getting it licensed and insured, it was discovered that the vehicle identification number had been altered. One of our council officers is Frank Redeker, an Iowa DOT traffic technician in Fairfield. He contacted Chad White and told him of the situation.

White started his investigation immediately and kept us informed of his progress continuously. White's unrelenting diligence in this matter also exposed other discrepancies in the seller's business practices. Our trailer was surrendered as part of the investigation and we fully feel that if it wasn't for White's complete and thorough investigation, we would not have secured our money back from the guilty parties. Everyone in our council wanted you to know that we appreciated everything White and your department did to help us in this matter.

To: Iowa DOT
From: Tiffany Roosa, Altoona

I visited the driver's license station at 2339 Euclid Ave. Jan. 31, 2012, over my lunch hour. I didn't catch her name, but the woman working the front desk was phenomenal. She had a very pleasant attitude while doing multiple jobs. She was answering the phones, helping people that came in, administering eye exams, and handing people their temporary driver's licenses. Many times we take the time to make complaints, but do not take the time to comment when people do something good. I just wanted to take a minute to say that everyone at that office was very nice, and in particular, point out that the woman at the front desk made a great impression on me. She made an unpleasant task not so bad!

To: Pete Hjelmstad, District 2 field services coordinator
From: Holly Brink, north Iowa driver's education instructor

I just wanted to let you know how much our program has appreciated you over the past years. We would not be able to be successful without you!

To: Tina Hargis, director of the Office of Vehicle Services
From: Tiffany Davis, claim processor, State Farm Insurance

I just wanted to take a little time to recognize Lavonne Short and how amazing she is at her job. State Farm started running Iowa DOT searches around two years ago. Since then, she has been instrumental in letting us know corrections needed on the access forms, when something has or has not come through, and ultimately getting us the access needed for us to handle claims on a daily basis.

She has served (whether she wanted to or not) as my single point of contact through all of this, and I just wanted to make sure to let you know how much I appreciate her efforts and organizational skills. She makes it easier for me to do my job, and I truly appreciate it! In my job, I get to work with motor vehicle agencies all over the country; and I can honestly say Iowa is one of the best to work with. Thank you to you and your staff.

(Editor's note: Lavonne Short is an executive officer 2 in the Office of Vehicle Services)

To: Kim Snook, director of Driver Services
From: Gabe Conrad

My name is Gabe Conrad and I want to recognize one of your employees for the outstanding service that she provided to me. I was visiting family in Colorado and I ended up at a rental car place at Denver airport. I could not rent a car because the attendant noticed I had an expired Iowa license. I was surprised to have made it on the airplane in Des Moines. Regardless, I called your office and spoke with Theresa Kern. She went above and beyond to expedite me getting a 30-day extension to my license. I am so grateful for her assistance. She truly saved me that day and want her and your division to get some praise for your excellent service and help.

(Editor's note: Theresa Kern is a secretary 2 in the Office of Driver Services.)

Family happenings

Motor Vehicle Division

Diann McMillen



Kimberly Miller, driver's license clerk senior in the Muscatine DL station, and her husband, John, are the proud parents of a bouncing baby boy. Koy was born Dec. 15 at 9:27 p.m. weighing 6 pounds, 14 ounces and measuring 20 inches long. Congratulations to the Millers!

Design

Judy Lensing



There was a great turnout for the coffee and reception held Dec. 21, 2011, for **Ole Skaar** in the Office of Design Conference Room. Ole retired after 33 years of service as an agronomist with the Office of Design. He and his wife have three children, and are now spending their winter months in Arizona.

In memory

Keith Warren Duncan, 72, passed away with his family by his side Saturday, Feb. 18, 2012, at the Crawford County Memorial Hospital in Denison. Duncan was born Sept. 16, 1939, the son of David and Ruby (Hass) Duncan. He has been the loving husband of Sharon (Crampton) Duncan for 51 years.

Duncan lived his entire life in Denison and was very active in his church and community. He was passionate about politics and served on the city council from 1974-1976 and was mayor from 1976-1980. He was a fireman for 20 years and worked with the Youth Foundation and Little League for many years. Keith was employed with the Iowa DOT for 43 years, retiring in 2000. In his retirement, he worked for Walter Huebner & Sons.

The consummate handy man, Duncan will always be remembered for his ability to build and design just about anything he set his mind to. His yard and home were a testament to this. The word "can't" was never in his vocabulary. He was a friend to anyone who needed a hand and his generosity will not be forgotten.

He greatly loved his family and his dogs, Shilo, Big Bear, Skippy and Lucky. His favorite pastime was sitting in his backyard with Sharon and the "boys." He was a diehard Hawkeyes fan, much to the chagrin of his Cyclone sons. He will be greatly missed by those who knew and loved him.

Duncan is survived by his wife, Sharon; three sons David (Janine); Derrick (Courtney); and Devon (Leslie); six beloved grandchildren; his mother, Ruby; two brothers and their wives; one sister and her husband; and many other relatives and friends.



Robert Dean Cook, 78, of Iowa Falls, passed away Feb. 17, 2012. Cook was born April 23, 1933, at Ord, Neb., the son of George William and Charlotte Alice (Bushman) Cook. After the family moved to Alden, Iowa, Cook attended and graduated from Alden Community School.

After high school, he served in the United States Army. On June 15, 1956, Cook was united in marriage to Ruth Elaine Hansen. To this union three sons were born, Ronald, Randy and Richard.

Cook worked for the Iowa Department of Transportation from Sept. 1, 1967, until his retirement March 31, 1995. He began as a mechanic and worked his way up to area maintenance supervisor at the time of his retirement.

Cook was a member of the First United Methodist Church in Iowa Falls, the PAC-N-GO Camper's Club, North Iowa Antique Tractor Club, and Hyman-Peavy American Legion Post #188 in Iowa Falls.

He is survived by his wife, Ruth; three sons, Ronald (Kim) of Ellsworth; Randy (Donna) of Alden; and Richard (Mary Jo) of Des Moines; nine grandchildren; 11 great-grandchildren; one great-great grandchild; two brothers; one sister and numerous nieces and nephews.

Service awards

Information supplied by the Office of Employee Services for April 2012

40 years

Dorothy Schooling, Vehicle Services

35 years

Desiree Asklof, Information Technology Division; **Michael Coles**, Materials; **Michael Lauzon**, Materials

30 years

Tim Anderson, Boone garage; **Ted Daub**, Maintenance; **Peter Wonders**, De Soto garage

25 years

Kristine Michael, Missouri Valley garage; **James Teig**, Information Technology Division

20 years

Ronald Schappaugh, Design; **Trudy Schroeder**, District 3 materials

15 years

Cynthia Delp, Driver Services; **Angela Owen**, Dubuque DL station; **David Pfantz**, Information Technology Division; **Cherrie Sabel**, Davenport DL station

10 years

Lorrain Bremer, Driver Services

5 years

Jeffrey Gorman, Perry garage; **Kerry Johnson**, Cherokee garage; **Tracey Kingsley**, Materials; **Mark Kruger**, Ashton garage; **Trisha Miller**, Finance; **Matthew Mousel**, Sioux City-Hamilton garage; **Keith Oppold**, District 3 materials; **Sarah Sandy**, Chariton construction

Personnel updates

Information supplied by the Office of Employee Services for Feb. 3 to March 1, 2012

New hires

Travis Brown, mechanic, Martensdale garage

Promotions

Timothy Carey, from highway technician associate, Atlantic garage to equipment operator senior, Greenfield garage; **Kevin Erickson**, from highway technician associate to equipment operator senior, within Latimer garage; **William Federspiel**, from highway technician associate, Urbana garage to equipment operator senior, Waterloo garage; **Kurtis Grubb**, from highway technician, Oskaloosa garage to garage operations assistant, Ottumwa garage; **Darla James**, from design technician, Design to transportation planner 1, Systems Planning; **Danny Zeimen**, from transportation engineer to transportation engineer manager, within Des Moines construction

Transfers

Wade Bartz, design technician, from Right of Way to Traffic and Safety; **Maria Hobbs**, executive officer 2, from Contracts to Rail Transportation; **Brad Phipps**, construction technician senior, within Cherokee construction

Retirements

Robert Moffitt, construction technician, Jefferson construction; **Dennis Olson**, design technician specialist, Design

The hardworking leprechauns of Driver Services mailroom, conviction and accident data processing units hope everyone had a fun and safe St. Patrick's Day.



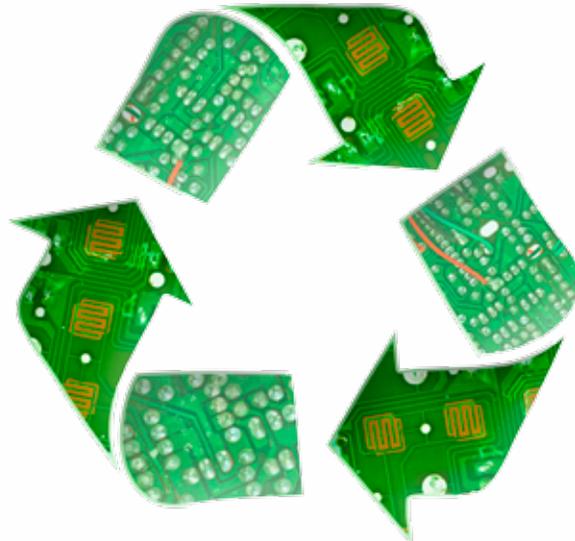
(Back row, from left): Janice Deaton, Penny Gordon, Deb Cox, Mark Hines, Felita Hayes, Joe Halbach and Denise Clark. (Front row, from left): Nichole Coffman, Nicolas Vest, Sue Hickey, Janet Blair, Kelly Sharp and Christina Eastridge. Seated on the floor: Dorothea Trotter. Not present: Melody Aswegan, Michele Jacobs and Michael Littlejohn

Question of the day

Why do the numbers on phones go down while the numbers on calculators go up?

eWaste recycling event

Ames Complex
 April 19, 2012
 7 a.m. – noon



This is your chance to recycle personal outdated electronics. The following items will be accepted at no charge:

- Batteries
- Battery backups
- Cell phones
- CPUs
- DVD players
- Fax machines
- Handheld games
- Keyboards
- Laptops
- Mainframes
- Mice
- PDAs
- Phone systems
- Printers
- Routers
- Servers
- Video games
- Monitors and televisions will be accepted for a fee
 - 18" and under - \$7
 - 19" to 25" - \$12
 - 26" to 32" - \$17
 - 33" to 40" - \$22
 - 41" and up - \$27
 - Console - \$27

Make checks payable to Midwest Recovery.
 Exact change is appreciated.

INSIDE

INSIDE is developed to help keep all Iowa DOT employees informed about critical issues affecting them, recognize DOT employees for their excellent service and share interesting aspects in the lives of our co-workers. For more information, contact Tracey Bramble, Office of Public Affairs, at 515-239-1314 or e-mail tracey.bramble@dot.iowa.gov.

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- On the cover:** April showers on a DOT work zone.
- April I-Spy clue:** It's raining work zone safety.
- March I-Spy solution:** There is a shamrock in the grass on the right side of the airplane.

County engineers' research focus group

The Iowa DOT has been at the forefront of transportation research of local road issues for more than 60 years. One reason is many of the research projects undertaken here have practical applications and widespread uses.

To come up with even more useful research ideas, the Research and Technology Bureau, in partnership with the Iowa Local Technical Assistance Program (LTAP), held the Second Annual County Engineer's Research Focus Group on Feb. 22 in Ames.

More than 40 attendees representing Iowa's county engineers, several Iowa DOT offices and districts, LTAP, Minnesota DOT, Federal Highway Administration and private industry associations interested in local road issues gathered to hear presentations from their peers about common issues and then brainstorm ideas for research to be funded by the Iowa Highway Research Board.

Todd Kinney, Clinton County engineer and current president of the Iowa County Engineers' Association, reiterated the need for research to be "put to use on the ground in counties." He also discussed with the group ways to alert county engineers to available research funds and details of implementable research projects. He said, "This meeting is the initial step to direct research dollars to where counties need it most."

National research efforts were also discussed at the forum, as Wade Weiss, Greene County engineer, presented information about his recent trip to the Transportation Research Board meeting in Washington, D.C.

Next came a presentation developed by Zach Gunsolley, Ringgold County engineer, which highlighted the need for additional funding for local roads. His presentation, given by Nicole Fox, secondary roads engineer in the



Vanessa Goetz (standing in background) interacting with the group

Iowa DOT's Office of Local Systems, said the natural disasters of the past few years have made available emergency funding from the federal government. In some instances, this funding has helped to replace bridges and allowed for placing rock on the roads, but that money is not typically available, unless a natural disaster has occurred.

Gunsolley's presentation laid out the public input process he used to approach voters in five separate public meetings seeking support of a bond issue for the county's infrastructure. In these meetings he asked these basic questions.

- What does the public want?
- What do they want to pay for?
- What do they need?
- What are the priorities when the funding doesn't match the level of need?

On election day in Ringgold County, the bond issue did not pass. This could mean that 75 miles of seal coated road will be returned to gravel if no additional funding is available. But, the public was given the data and made the decision that they did not either need or want to pay for maintenance on these roads.

Gunsolley's final thought, "Ringgold County has no choice but to fiscally abandon the seal-coat road system and lower the public's expectation of the county's infrastructure."

Following the presentation, the larger group was divided into smaller subgroups to brainstorm common issues and discuss and prioritize prospective research projects to be funded by the Iowa DOT and Iowa Highway Research Board.

Vanessa Goetz, secondary road research engineer in the Research and Technology Bureau, said, "The results from this event will help the Iowa Highway Research Board understand what counties need and how to target the counties' investment in research. Research better targeted to local issues will result in lower-cost solutions that will help Iowa counties improve their operations and stretch their already limited resources."