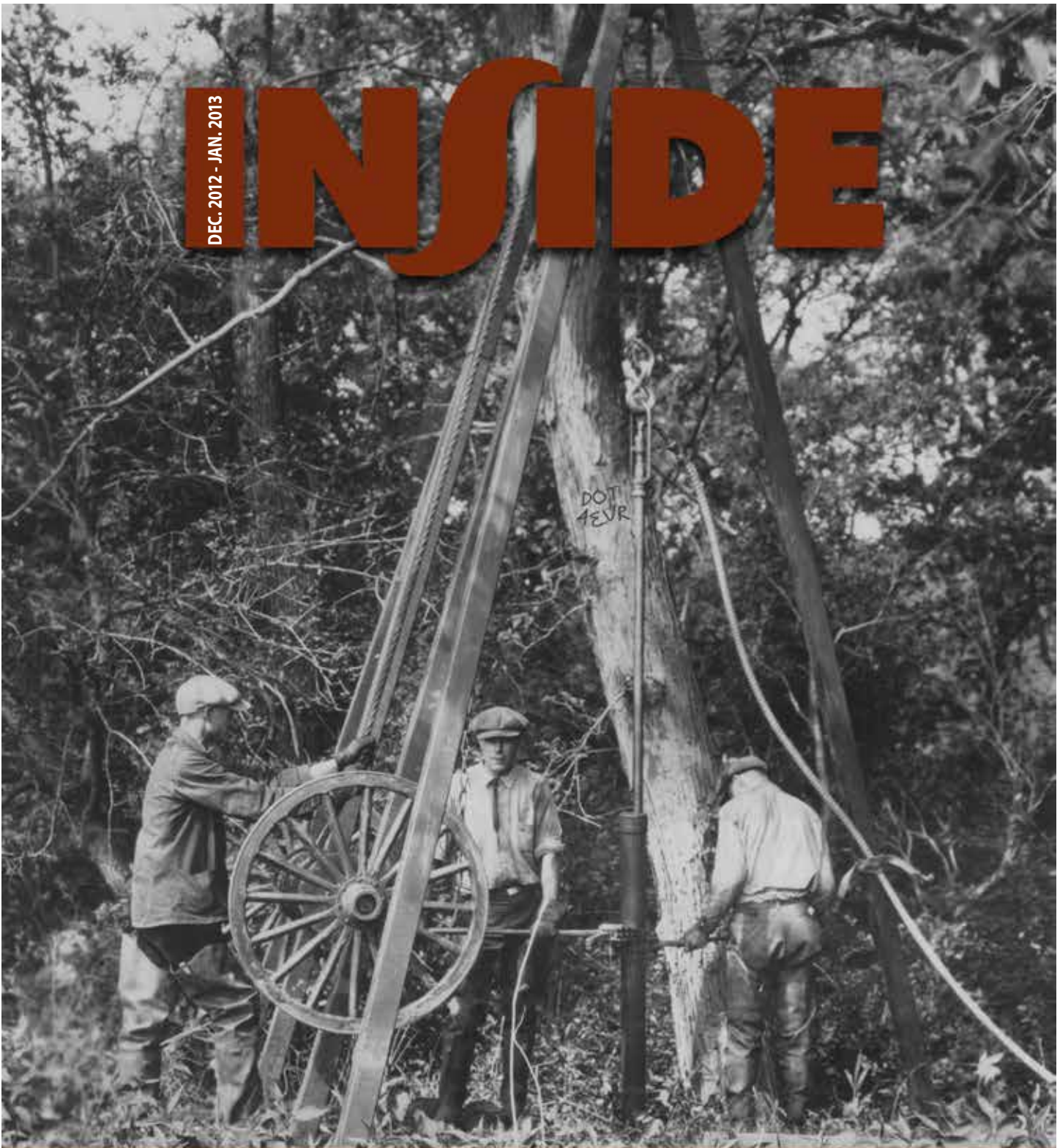


DEC. 2012 - JAN. 2013

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PAUL'S PERSPECTIVE

DIRECTOR PAUL TROMBINO III

A new vision for Iowa DOT: Smarter, Simpler & Customer Driven

"Customers don't expect you to be perfect. They do expect you to fix things when they go wrong."

- Donald Porter, V.P. British Airways

I believe our vision should be straightforward and something easy to remember and apply every day by every person in each and every interaction across the organization. A vision is said to outline what we stand for and where we want to be. Every day as we approach our work, the process of completing our task, our interactions with our internal and external customers, we can and will be better by approaching our work focused on the customer.

Smarter and simpler are words that embody what we all want as a customer. The processes we undertake everyday sometimes involve the complex, technically difficult and, a product that takes years to deliver. Though, we all know finding ways to reduce the complexity (smarter) and make the technical simpler, benefits us as much, if not more than our customer. Driven towards this pursuit will bring us increases in the "currency" of our business – trust.

Ultimately, I firmly believe the smarter and simpler ideas are in every one of you. You are the experts in your profession and, you understand your product and service better. I am challenging you to bring forward your ideas for improvement and share the smarter and simpler with your colleagues. As we reflect and focus on improving transportation for all our customers we will quickly become better. An attitude of making the customer experience great will propel us forward, improve our services and products, which will constantly be smarter, simpler and customer driven.

Transportation's future in our state and nation will be determined by our collective ability to recruit and attract talent as our future leadership will define our success. All of you are both this "talent" and "future leadership" so, as you begin the new year, please think beyond your uniform

you may wear and beyond today's challenges. Tomorrow's expectations and demands will be greater and I advocate that is exactly how it should be. I believe we all want a career to challenge us both personally and professionally as those are the ones with the greatest rewards – the path we all have chosen is a truly wonderful one as the reward is 'service.'

Service is the word that connects our mutual missions – mutual missions across an array of agencies and entities. Today's public service requires partnerships, partnerships beyond those that can be found just in the transportation community, law enforcement community or the engineering community, or any community working in public service. Seek out partnerships beyond your daily interactions. By integrating operations with other public service agencies or entities you will find increased knowledge and efficiency for yourself and the collective service we provide. This is the expectation of our customers – or as our new vision states at the Iowa DOT, we must be **"Smarter, Simpler, & Customer Driven."**

"Unless you have 100 percent customer satisfaction...you must improve."

-Horst Schulz

Wishing you all the best in the New Year! Thank you for your service and extra miles I know you all stretch each and every day.

Please be safe in all that you do.

Story County Freedom flight includes many Iowa DOT retirees

Iowa DOT retirees never seem to run out of things to do. On Oct. 16, 14 former employees were in store for the trip of a lifetime on the first Story County Freedom Flight taking veterans to visit war memorials in Washington, D.C.

There were 150 veterans from World War II, Korea and Vietnam, among them were former employees William Buss, District 1 field maintenance; Billie Dunshee, Maintenance; Melvin Flemmer, Bridges and Structures; Mike Jensen, Design; Homer Kalsem, Materials; Howard McPhail, Bridges and Structures; Kenneth Meiman, Repair Shop; James Okey, Support Services; Gene Pollmann, Bridges and Structures; Mel Popelka, Bridges and Structures; Jack Riney, Program Management; Bill Stewart, Bridges and Structures; Robert Twit, Information Technology Division; and Ron Wren, Repair Shop. They were accompanied by several helpers, called guardians, including Jennifer Rehbein, a mechanic in the Repair Shop.

The group gathered at Jack Trice Stadium at 4 a.m. where they loaded buses that took them to the Des Moines Airport, escorted by American Legion Riders on motorcycles, law enforcement personnel from the Ames and Des Moines police departments and the Iowa State Patrol. At the airport they boarded a plane to Washington, D.C., for a day of sightseeing and remembrance.

At the Washington-Dulles Airport, the veterans' plane was given a "water cannon salute," dousing the aircraft with water from fire trucks positioned along on the runway. At the gate, dozens of people had gathered to welcome the visitors and thank them for their service.

While in Washington, the veterans participated in the changing of the guard at the Tomb of the Unknowns at Arlington National Cemetery, where they presented a wreath to lay at the tomb. Two Iowa veterans and a guardian who lost her son in Iraq marched in step with the guard as the wreath was replaced. The group was able to tour the World War II, Korean War Veterans and Vietnam Veterans memorials.



The Story County veterans (in yellow) toured several memorials in Washington, D.C. as part of the Freedom Flight.

Tired but excited, the veterans returned back to Ames at 12:30 a.m., Oct. 17. This was a day most will never forget, thanks in large part to more than \$95,000 in donations through several fundraising activities. A core group of six organizers included Mitch Dillavou, director of the Highway Division's Project Delivery Bureau, and Rehbein. Dillavou said, "This really was a grassroots fundraising effort. The majority of the donations were small, but together they were able to help 150 Iowa veterans gain the recognition they deserve."

Rehbein, who was able to accompany the veterans, said, "The most moving part of the day for me was watching one gentleman, who was the only survivor of a helicopter crash, mourning at the names of his crew on the Vietnam Veterans Memorial. The emotion of the day was so genuine. You could tell it provided a great deal of comfort to many of the veterans."

There are plans for a second Story County Freedom Flight in 2013. To find out how you can help with or sign up for future flights, log on to www.storycountyfreedomflight.org, find the group on Facebook or contact them by email at storycountyfreedomflight@gmail.com.



New online permitting system coming in 2013

Because of our central geographic location, Iowa is a hub for highway freight shippers. The responsibility of making sure those motor carriers have the correct permits falls on the Office of Vehicle and Motor Carrier Services.

In a typical year, the office processes more than 100,000 permit applications for oversize and/or overweight loads. The permitting process is currently somewhat automated using the 14-year-old Lotus Notes based EZ Permit system. Phou Baccam, public service executive 1 and the team leader of the permitting group, said, "There are three ways for a carrier to obtain a permit, either using EZ Permit on the Internet, faxing us an application or coming in to the permit center in Ankeny. Right now, about 85 to 90 percent of the carriers requesting permits use the Internet."

Baccam says customer requirements and expectations have outpaced the current system. He said, "While EZ Permit is technically available 24 hours a day, 7 days a week, this system is really a combination of several components that are not completely integrated, so it has limitations as to what a carrier can accomplish on the Web. Because we want to increase safety and better serve our customers, we've decided to go with a different online system beginning in early 2013."

The new system, the Iowa Automated Permitting System (IAPS), uses an interface similar to most states that surround Iowa. "Carriers are familiar with the basic system already, because they use one like it for obtaining permits in other states," said Baccam. "The core software product we will be using is identical to these other states. It is cloud based, so there is no software installation required and the system can be accessed from any Internet-connected computer anywhere in the world. It will also allow for some automated permit issuance, along with much better reporting capabilities for carriers. It also has the capability to notify permit holders in the event of a restriction on a pre-approved permit."

Baccam says that now when a carrier receives a permit, there is no tracking system that alerts that carrier if weather or another issue closes or restricts a road. Baccam used the Des Moines Register's Annual Great Bike Ride Across Iowa as an example, "A permit holder might not know that temporary or short notice restrictions can be possible because of events like RAGBRAI or major accidents that may close a roadway temporarily. With the new system, the carrier will be notified if something like RAGBRAI or the weather restricts a route.



Vickie Simmons, clerk-specialist, checks documentation for a motor carrier route request.

Not having that capability can create a significant safety concern for everyone," he said.

When a carrier requests a permit with the new system, data connections will be made seamlessly between bridge, pavement and 511 information and the application will be cross-checked for any issues with the permit request. The system will also be able to generate communication to the carrier if a road closure or lane restriction impacts a current permit. Baccam said, "As long as the data being accessed is correct, the system should provide a very high level of accuracy and safety for our carriers."

While safety is the number one driver for the Iowa DOT to change to IAPS, Baccam said convenience for the carriers will also be greatly enhanced. "One of the major elements carriers tell us that they like about the IAPS is the company profile feature. Each carrier can set up and save profiles for trucks, trailers or combinations and then just click on those when requesting permits. They will be able to search for previous permit applications and use those previous permits as templates for new permits. The system is very user-friendly. There are also help screens and an online video manual," he said.

New and enhanced routing features will include the ability for a carrier to generate and evaluate a route prior to applying for a permit. The system uses the Iowa DOT's base map data and will have a direct connection to the 511 system. Baccam said, "It will be critical that the information being input to the 511 system be 100 percent accurate, especially when we begin automatic routing of oversize and overweight loads."

Permitting system, continued on page 21

What it takes to become a motor vehicle officer

Dedication and perseverance, those would seem to be the two most important traits for anyone wanting to pursue a law enforcement career with the Office of Motor Vehicle Enforcement.

The long road to becoming a motor vehicle officer begins with an application process through the Iowa Department of Administrative Services. Major Lance Evans, along with Chief David Lorenzen and Major Ned Lewis, are the hiring authorities for the Iowa DOT's motor vehicle officers. Evans said, "A typical list from DAS would include about 300 names. By the end of the process, that list will be cut down to 15 or fewer applicants, depending on the number of vacancies we have to fill."

The process of eliminating candidates from the list begins with initial physical testing that includes a 1.5-mile run, as many sit ups as the applicant can achieve in one minute, as many pushups the applicant can perform and a sit-and-reach flexibility test. For those who make it through the initial physical screening, next is a daunting 650-question psychological test.

Once an applicant successful in completing the psychological test, there is more written testing including a four-part written National Police Officer Selection Test. For those scoring highly on this test, there will be an oral interview with a panel of three Iowa DOT Motor Vehicle Enforcement supervisors.

Applicants are now in the home stretch of the hiring process, needing only to pass a polygraph test, medical examination and extensive background investigation before being offered a position as a motor vehicle officer.

Evans explained, "Once all the candidates are through the process, we develop a scoring matrix that identifies how each candidate fits into the vacancies we have depending on their test scores. Our vacancies are in specific areas of the state, we try to match applicants to their local area, but sometimes moving is necessary for the applicant to accept a position."

While the selection process may seem grueling, it's nothing compared to the 20-week training to come once an applicant accepts a position with Motor Vehicle Enforcement. Evans said, "In the past, our officer training was held with county and local law enforcement at the Iowa Law Enforcement Academy. For the current training class of 10 recruits, the training has been conducted at Camp Dodge in Johnston in conjunction with the training of seven future officers from the Iowa Department of Public Safety."



DOT Director Paul Trombino III (white shirt on the left) stopped by one day to join early morning physical training with the new MV officer recruits.

During the 20-week training academy, recruits live in barracks at Camp Dodge, only going home on weekends. They are schooled in virtually every aspect of law enforcement including:

- Vehicle patrol
- Firearms training
- Criminal law
- Traffic law
- CPR and first aid
- OWI enforcement
- Accident investigation
- Identity theft

These classroom training sessions begin after a daily 5:30 a.m. physical training regimen. To graduate from the academy, the recruits not only have to pass all the knowledge-based classes and physical training, but also daily inspections of their living quarters. Evans said, "The process is very regimented and militaristic by design. Our Motor Vehicle Division management are regularly involved in the inspections."

This session of the law enforcement academy graduated 10 new motor vehicle officers on Nov. 26. Governor Branstad, Lt. Governor Kim Reynolds, Iowa DOT Director Paul Trombino III and Iowa Department of Public Safety Commissioner K. Brian London, were all on hand for the graduation.

DOTer and her pet provide comfort, distraction to those in hospice and their families

The Iowa DOT is full of caring, compassionate people who volunteer their time outside the workplace. Diann McMillen in the Office of Vehicle and Motor Carrier Services, volunteers her time at Iowa Health's Taylor House Hospice in Des Moines.

McMillen and her 18-month old Havanese therapy dog, Andalucia (Lucy), work together to provide comfort to dying patients and their loved ones. McMillen began training Lucy as a therapy dog soon after the two were united late last summer. She said, "I wanted to provide therapy with Lucy, but I didn't know where or in what venue. Then one day I was talking to a coworker who was volunteering at Taylor House Hospice and she suggested I look into the animal assisted therapy program Iowa Health was just starting. Lucy had already been through obedience training, so I took my coworker's suggestion and applied for Iowa Health Hospice's animal assisted therapy program. Lucy was tested to make sure she had the appropriate temperament for the job and she passed."

In addition to hospice care training for McMillen, both McMillen and Lucy spent many more hours training and a full day learning different ways of presenting Lucy to the patients, depending on their needs and physical abilities. Lucy became certified and is now one of 14 hospice therapy dogs in the Iowa Health system.

According to McMillen, in the hospice setting, animal assisted therapy can provide many benefits, offering distraction from pain and anxiety, decreasing blood pressure and heart rate, increasing socialization and communication, providing opportunities for sensory stimulation through physical touch, and decreasing depressive symptoms. Animal assisted therapy visits can take place at Taylor House or in the patient's home. When a patient requests a visit, the hospice volunteer coordinator will schedule a time and date for the dog/handler team to visit. Visits typically last 15-20 minutes and allow the patient and/or family members to interact with the dog.

McMillen says the time commitment begins at only two two-hour visits at Taylor House or two home visits per month to maintain Lucy's certification, but she tries to answer most of the calls she receives. "Lucy is a nice size as a therapy dog," explained McMillen. "She can sit on a bed or snuggle up on someone's lap. She loves to be petted and often will roll over for a nice belly rub." McMillen continued, "As with most volunteer programs, we do what we do to ease the pain and suffering of other people, but in the end Lucy and I are the ones who get the most out of our visits."



BREED: Havanese
DOB: 6/25/2011
WEIGHT: 10 lbs.
OWNER: Diann

BREED CHARACTERISTICS:

The Havanese (HA-vah-knees) originates from Cuba. Havanese are small, sturdy dogs with lots of silky, wavy hair that should remain untrimmed. The long hair is light and actually protects the dog from the harsh heat. Havanese are highly trainable and are often found performing in the circus.

Instead of performing in the circus, Lucy performs as a therapy dog. She loves meeting new people and having her luxurious hair stroked. She is a pampered princess and wants you to enjoy her warmth and softness. Her favorite toy is a red ball that rattles and her favorite snack is ice cubes.

P.S. —While being stroked, Lucy may melt onto her back for a tummy rub!

Photography donated by Maharry Photography

Animal Assisted Therapy Program volunteer basic requirements

Your dog should consistently perform the following commands with one command and without the use of treats.

- Sit on command
- Down on command
- Stay and recall on command

Other behavioral necessities include the ability to:

- Walk loosely on a leash without pulling, even when excited.
- Get along well with other dogs.
- Interact with people.
- Not be vocal (i.e. whining or barking).

You and your dog must have completed a group obedience training class within the past six months. If this sounds like your dog, and you are interested in becoming an animal-assisted therapy volunteer, visit this website <http://www.iowahealthhomecare.org/body.cfm?id=184> or call Mary Anne Hilger-Brekke, volunteer coordinator, at 515-557-3287.



Training family pets is a passion for one DOT family

Most dog owners have the best of intentions in training their animals, but just beginning that process can be intimidating. Paula Sunday, wife of Wayne Sunday, transportation engineer specialist in the Office of Construction, is a dog behavior counselor who has worked for the Animal Rescue League of Iowa (ARL) for nearly 20 years and now has her own dog training business.

Sunday, who regularly appears on both WHO radio and WHO TV answering questions about dog behavioral issues, says, "Starting to train your dog can be intimidating. No matter what your goals are for your dog, you have to know where to start."

As a fundraising effort for ARL, Sunday has written a book called "For Love of Dogs." The book is written for dog owners or anyone thinking of getting a pet dog or puppy. Included are the basics of potty training plus training for sit, lie down, come, stay and a few tricks; but more importantly, it helps owners with the communication gap between humans and canines.

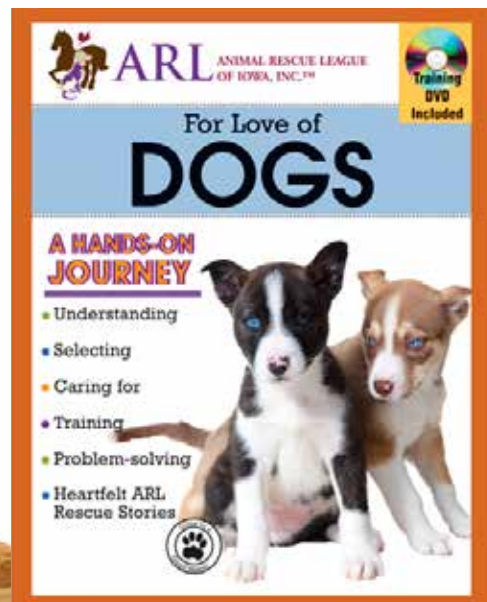
She said, "People who have dogs in their home usually love dogs, but even they can become frustrated enough with house training problems, chewing, biting, digging, barking and pulling that they give up on the pet. Those pets often end up at the animal shelters."

"For Love of Dogs" is an effort to bridge the communication gap, strengthen the bond and help families keep their dog in their home for the life of the pet. Many pages of the book includes QR codes that access online videos to help with step-by-step instructions for learning a certain behavior. For each behavior, Sunday includes more than one way to accomplish the goal. She said, "You have to have a plan B. Sometimes the first thing you try doesn't work. Rather than just give up, you can always try something different."



Paula, Tug and Wayne Sunday

There is also a DVD with the book that includes the same videos accessed by the QR codes. The videos are narrated by Sunday and stars ARL adoptees and human ARL volunteers. All proceeds from the book go to ARL. The book can be purchased online at Amazon.com and in Barnes and Noble stores.



"Support Our Troops" District 5



District 5 employees recently banded together to collect items for a military unit serving in Afghanistan. Sharon Brown, District 5 secretary, sent a note out to supervisors asking them to check with their employees as to whether they had family or friends in a war zone. Joe Albright of the District 5 office said he had a friend that was in the process of being deployed to Afghanistan. His friend is George Toubekis with the 1034th Combat Sustainment Support Battalion from Camp Dodge, who is also the mayor of University Park.

District 5 managers and supervisors were asked to post a note asking for donations. Once the items were collected, the managers and supervisors brought the items to the district office. It was a learning experience for district staff to know what items could be sent, how they should be packed and how to mail them successfully. On Nov. 14, 31 boxes of snacks, toiletry items, games and much more, were on their way to Afghanistan for the 70 members of the 1034th.

Central Complex



(From left) Teri and Steve Ehrich, both of Support Services, Director Paul Trombino III, and Vicki Stamper, Office of Policy and Legislative Services, prepare to send 65 boxes of supplies to the Ehrich's son Michael (Mick), who is serving in Afghanistan. The boxes were filled with donations from DOT employees and sent in October.



Mick Ehrich, front right, and his buddies unload the 65 boxes of supplies from the Iowa DOT. There were enough care packages to satisfy Mick's U.S. Air Force unit and to share with the U.S. Army unit housed at the same location. Mick's mother, Teri, said the troops were overwhelmed by the generosity of the DOTers.

"Thanks Iowa DOT for the wonderful and thoughtful care packages. It was great to see the smiles they brought to everyone in the squadron. It is a wonderful feeling to serve for a thankful and caring state and country."

Senior Airman Mick Ehrich

Iowa DOT begins celebration of 100 years

With the 100th anniversary of the Iowa DOT occurring in 2013, periodic articles will appear in INSIDE on the history of the agency as a whole and of each division. To kick off the effort, the first article is a brief organizational history of the agency, followed by an article focused on the Highway Division.

On April 13, 1904, the 30th General Assembly and Gov. A.B. Cummins approved HF 371, an act that created the Iowa State Highway Commission (ISHC). The commission was originally established as part of the Iowa State College of Agriculture and Mechanic Arts (today the Iowa State University of Science and Technology) in Ames.

The commission's principal duties were to provide information and act as an administrative advisory agent to the local jurisdictions. Although severely handicapped by a biennial appropriation of \$7,000, the commission was to conduct public highway demonstrations, disseminate information to county supervisors, formulate standards for highway repair and construction, investigate the road problems of Iowa, and record and report progress to the governor each fiscal year.

The work was assigned to the divisions of Agriculture and Engineering, directed by C. F. Curtiss and Anson Marston, respectively. Other staff members included Thomas MacDonald, H. M. Bainer and J. T. Hoover.

While productive, the commission remained hindered by the lack of funds and necessary specialized skills. The commission needed additional funds to carry on "extensive laboratory tests of properties of Iowa road materials, and to build sections of experimental roads, and to give actual working tests of material and methods of construction suited to Iowa's special needs." Other initiatives included testing and designing concrete culverts and bridges, compiling and publishing road census information, and extending the effort to map county roads in Iowa.

On April 9, 1913, the ISHC separated from the Iowa State College, becoming an independent state-administered organization, managed by a three-member commission, comprised of Anson Marston, H. C. Beard and J. W. Holden.

Immediately, in conjunction with the Iowa Department of Justice, the newly organized ISHC attempted to resolve many detrimental business practices that undermined the needs of the state. First, the ISHC noticed that the state was divided into districts by supply and bridge companies, allowing for insufficient competition and limited oversight. To adequately tackle such tremendous responsibilities, the

ISHC increased its personnel and reorganized itself into four departments, namely the Office, Designing, Field, and Educational.

The commission also was given supervisory control over all county and township road officials, although county supervisors and trustees remained directly in charge of road management and allotted funds.

The ISHC continued to operate for 62 years, adapting to the changing needs of the state and making significant contributions to modern highway engineering and construction. Ultimately, it slowly became an integral part of state and federal legislative initiatives, gaining a national reputation for excellence.

By the late 1960s, it was clear that the existing transportation networks were in need of transformation. In 1969, Gov. Robert Ray responded by initiating a transportation study by the Office of Planning and Programming. Over the next couple of years, the Task Force on Modernization of Iowa's Transportation System, in conjunction with a Department of Transportation Study Committee, formed the legislative backbone for Gov. Ray's transportation initiatives.

In 1974, the 65th Iowa General Assembly created the Iowa Department of Transportation, albeit through a long legislative process. It placed other modal agencies, including an Aeronautics Commission, under the department's responsibility to promote more orderly and effective planning and funding of programs, and achieve a more balanced transportation system.

In 1974, the Legislature also created the Iowa Transportation Commission, consisting of seven members. Members are appointed by the governor and subject to Senate confirmation. No more than four persons can represent the same political party. Serving four-year terms, members are responsible for periodically reviewing department programs and making all major investment policy decisions.

For more than a century, the IHC and Iowa DOT have promoted the growth and betterment of Iowa's transportation system. Still headquartered in Ames, the agency continues to serve the transportation needs of Iowa and its citizens.



Highway Division leads the way forward

When the Iowa State Highway Commission (ISHC) separated from Iowa State College in 1913, the three-member commission's work began a legacy that continues to the present day. Solely focused on highway issues until the creation of the Iowa Department of Transportation in 1974, the ISHC and then the Iowa DOT's Highway Division boasts a strong legacy of innovation.



McDonald

Because of the strong leadership of Thomas McDonald, Anson Marston and others who followed, the ISHC has seemingly always been in the forefront of highway technology. Pavement material research and innovation trace back to before the invention of the slipform paver in the late 1940s to more recent developments related to asphalt recycling and foamed asphalt

to in-place concrete pavement recycling train. Iowa DOT engineers are currently leading the charge in research related to new high-performance concrete and steel, and ultra high performance concrete.

Innovation in materials is married with innovation in work processes. Moving to mostly electronic work flows has dramatically changed the way the Highway Division does business. Good luck searching for a T-square or survey rod and tape around any Iowa DOT group. Instead, today's highway designers use the latest computer-aided drafting and design technology and global positioning systems. Contractors and consultants are linked to Iowa DOT designers and work groups through email, webinars and online meetings, saving time and travel expense, and delivering information more quickly. The electronic age has also moved to the bid process where all plans are now offered to contractors in electronic format, saving time and cost by not having the Iowa DOT print and mail the paper plans.

Some people worry that moving to electronic communication is too impersonal and the connection between people can be lost. The Highway Division offices work diligently to assure strong partnerships with industry, the consulting community and local governments. Charlie Purcell, director of the Office of Local Systems, said, "I think the Iowa DOT has a strong tradition of working cooperatively with local governments to administer federal and state transportation programs, research and implement solutions to problems that are common to the Iowa DOT and local governments, and communicate the needs for additional investment in transportation infrastructure."

With relation to the Highway Division's connection to industry, many of the "firsts" boasted by the Iowa DOT would not have been possible without the collaborative environment that continues to be strengthened. John Adam, Highway Division director, said, "We value the many opportunities we have for open communication with the industry associations. It's through understanding each others' perspective that improved quality, value and innovation can occur in the projects delivered to the public."

Adam said Quality Management of Asphalt (QMA) and Quality Management of Concrete (QMC) are just two examples of programs that were developed to enhance quality through direct contractor involvement and responsibility for roadway construction and materials process control.

Iowa's commitment to research has driven improvements in every facet of transportation. The Highway Division's commitment to continuous improvement through research was significantly enhanced in 1950 with the establishment of the Iowa Highway Research Board (IHRB). This group comprised of Iowa DOT, county and city engineering staff, and a representative of Iowa State University and The University of Iowa, provides guidance and oversight for the use of state, county and city research funds through approximately 20 new IHRB research projects each year. The group's website provides abstracts of research projects dating back to the 1950s.

Highway Division, continued on next page

Highway Division, continued from previous page

Just a few research innovations developed in Iowa include the No Passing Zone sign, first deployed in Iowa in December 1958 and now adopted as a national standard. Iowa began experimenting with jointless bridges using integral abutments in the 1960s. More recent research garnering national attention related to nondestructive evaluation to identify problems and develop solutions; bridge structural health monitoring in cooperation with the Bridge Engineering Center at ISU; innovations in intelligent compaction for earth materials and hot-mix asphalt; and accelerated bridge construction using precast bridge elements.

Since Iowa's first traffic recorded fatality in 1905, research related to safety initiatives has sought to provide travelers with state-of-the-art upgrades for their protection. Traffic has increased dramatically over the years, but fatalities per mile traveled are decreasing. One reason for the decrease in fatalities is changes in roadway design, including gentler slopes, grades, and wider pavements and bridges.

More recent safety improvements include paved shoulders, shoulder and centerline rumble strips, sloped pavement safety edges and median cable barrier; none of which existed in Iowa 20 years ago. So what drives these changes? Before Iowa could be a leader in the

implementation of safety features, the Highway Division's Office of Traffic and Safety became a leader in data collection.

Steve Gent, director of the Office of Traffic and Safety, said, "What we can do with crash data today compared to 20 years ago is amazing. The ability to use data to pinpoint potential problem areas and resolve those issues has saved countless lives."

Along with better information for Iowa's highway designers and safety engineers comes better information provided to the public so they can make more informed transportation choices. Intelligent transportation systems, including cameras and embedded road sensors, can provide hazard information directly to the public through the 511 system on their mobile phone or computer. In the future, connected vehicles may actually communicate with each other to provide an even higher level of safety on our highways.

Since its inception with the ISHC in 1913 and through the years of development to the current Iowa DOT Highway Division structure, the focus has been, and continues to be, seeking innovations to provide safe, high-quality pavements and bridges; and information for the public through cooperative efforts with industry and local governments.



The No Passing Zone sign originated in Iowa.



Paving processes have been refined over the years.

History of ISHC and Iowa DOT leaders

The Iowa State Highway Commission (ISHC) and later the Iowa DOT has a long history of accomplished leaders. Here is a list of all ISHC and Iowa DOT leaders and a brief tidbit about the tenure of each.

Thomas H. MacDonald – 1913-1919



Known as "Chief" MacDonald was a pioneer in the transportation world. After his distinguished service in Iowa, MacDonald went to Washington, D.C., as the chief of the Bureau of Public Roads from 1919 to 1939 and commission of the Bureau of Public Roads from 1939 to 1953. MacDonald was instrumental in the building of the national interstate highway system.

Fred R. White – 1919-1952



White was the longest serving DOT chief engineer/director to date. Under his leadership much of the Primary Highway System construction flourished in Iowa. During that time, Iowa also became a research leader with the formation of the Iowa Highway Research Board May 18, 1950.

Edward F. Koch – 1952-1954



During Koch's tenure, the ISHC continued to be very active nationally with the Highway Research Board of the National Research Council. In January 1954, details of the Iowa Highway Research Board were presented to the national group to serve as a model for other states to follow.

John G. Butter – 1954-1960



beginning of a new era of progress and prosperity for Clinton and the surrounding area.

A crowning achievement in Butter's term at the ISHC was the Clinton Gateway Bridge. Dedicated in 1956, the \$6.8 million suspension bridge saw more than 9,000 vehicles pass over the bridge the day it opened. The city of Clinton held a daylong celebration, including a banquet by the American Bridge Tunnel and Turnpike Association, where the bridge was noted to mark the

Leslie M. Clauson – 1960-1966



H. Thompson, author of the book "Transportation in Iowa: A Historical Summary" (1989), called the completion of this 56-mile segment "probably the most spectacular effort that Iowa has seen in 50 years of road building."

Clauson, a graduate of Iowa State College, was one of two in the 1920 graduating class in Kiron, Iowa. During his tenure at the ISHC, interstate construction continued with major sections of Interstate 35 opened between U.S. 30 (Ames) and I-80 in Des Moines. On I-80 several segments opened, including the stretch between Iowa 146 and U.S. 218 in October 1964. William

Joseph R. Coupal Jr. – 1966-1974



communication with industry, which continues today.

Coupal was named in the Top Ten Public Works Leaders of 1971 by the American Public Works Association. Also that year, he developed the agency's first section dealing with environmental issues. His administration was the first to implement an integrated project scheduling system. During his time as director of the ISHC, Coupal encouraged increased

Directors, continued on next page

Directors, continued from previous page

Victor Preisser – 1974-1977



Preisser, the first director of the newly formed Iowa Department of Transportation, was chosen by the seven-member Iowa Transportation Commission from a pool of more than 300 applicants. During his time at the Iowa DOT, Preisser was the driving force behind the iconic "Woman's Head" sculpture built at the DOT headquarters in Ames in 1976.

The sculpture was a gift to the people of Ames and presented by several area businesses. The original wooden sculpture was replaced by a steel version in 1999.

Raymond Kassel – 1978-1982



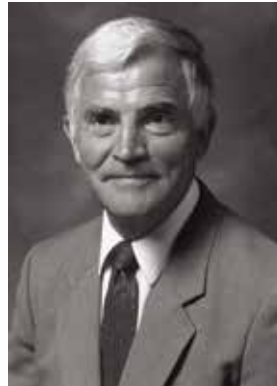
Kassel spent more than 30 years dedicating his life to transportation issues in Iowa. He began working with the ISHC as an inspector in the Decorah area in 1951. He held several positions within the department prior to being named director in 1978. At the time, the agency was listed as having 4,250 employees.

Warren Dunham – 1982-1988



Dunham, touted as an innovator and creative thinker at the Iowa DOT, led the agency to the completion of Interstate 380 in eastern Iowa. He was praised by Gov. Terry Branstad for his efforts to save branchline railroads serving rural Iowa and plans aimed at improving transportation for Iowa businesses.

Darrel Rensink – 1988-1999



Rensink was a national leader and innovator in transportation system asset management. In Iowa, Rensink's legacy can be seen along Iowa's roadsides, as he was a strong proponent of using native trees and shrubs as living snow fence and to assist with natural erosion control.

Mark Wandro – 1999-2005



During Wandro's nearly six years as director, the Iowa DOT greatly enhanced its use of technology, including development of the linear referencing system that has become the backbone of the agency's geographic information systems. Also during this time, staff developed integrated intelligent transportation systems, including cameras and changeable message signs and

updated the electronics records management system.

Nancy Richardson – 2005-2011



Richardson worked to update and improve the highway programming process by enhancing the Iowa Transportation Commission's role in decision-making and making the process more open and transparent to the public. She worked to secure increased highway funding and complete the prior administrations' priority corridor effort and transition to a

programming approach that focused on first taking care of the existing state highway system, including rebuilding the interstates, and then on completing four-laning and other improvements on some partially completed corridors. During her time as director, the Iowa DOT successfully implemented a major federal stimulus package across all modes, putting Iowa as one of the top states in successfully implementing the complex funding package. She also initiated an effort to more clearly and consistently define program and service requirements and redevelop associated written materials to make them easier for the public to understand.

Race for the Cure



Information Technology Division team



Several Information Technology Division employees participated in the Race for the Cure IT team. Pictured are (front row, from left) Deb Shafer, Nancy Goecke, Andrea Trotter; (back row, from left) Colette Simpson, Judy Gibson, Kirsten Adams, Olya Arjmand. Team members not pictured are Deb Corwin, Linda Torgeson, Mary Johnson, Deb Thompson, Heather Thompson and Barb Weigel.

Motor Vehicle team



The 10th Motor Vehicle Division team was 47 members strong this year. Pictured are (front row, from left) LaVonne Short, Diane Martin, Gloria Aswegan and Lynne Thornton; (second row, from left) Cindy Deerr, Thelma Huffman, Kathy Davis and Melinda Long; (third row, from left) Sierra Tate, Melissa Deerr, Tim Martin, Doug Deerr and Gary Thornton. Many team members missed the photo opportunity. Thanks to Dave Short, official team photographer for the past 10 years.

Ames complex employees collect coats for those in need

This year's Ames complex drive to collect gently used coats and winter gear provided the opportunity for three local service agencies to distribute 148 warm men's, women's and children's coats, a half dozen spring coats, and a couple of dozen mittens, several hats and ear warmers, a pair of kids' snow pants and many pairs of boots.

The coats were donated to the Emergency Residence Project, Assault Care Center Extending Shelter and Support (ACCESS), and Bethesda Clothing Room at Bethesda Lutheran Church.

Thank you to all Iowa DOT employees statewide who participate in causes such as this coat drive to assist those who are in need.



Iowa DOT Director Paul Trombino III (left) presents the donated items to Patty Nervig (center) from Bethesda Community Clothing Room and Natasha Oren (right) from ACCESS. Although items were also donated to the Emergency Residence Project, staff were not available for the photo.

Bridge named for fallen officer

In December 2012, the Interstate 29 bridges that overpass U.S. 30 in the city of Missouri Valley were named the "Officer Philip J. Adams Memorial Bridges" in memory of Officer Philip Joseph Adams, who was killed in the line of duty.

Born in Neola, Iowa, Officer Adams (Feb. 16, 1928-March 31, 1973) began his law enforcement career with the Missouri Valley Police Department in 1958. He was employed by the Iowa State Highway Commission in 1963. Assigned badge number 58, he was serving as a traffic weight officer for the commission at the time of his death.

On March 30, 1973, Officer Adams was working a portable scale enforcement assignment. The scale was located along U.S. 30 and underneath Interstate 29. Adams was struck by a motorist while walking across U.S. 30 from his vehicle to the scale. He died from his injuries the next day.



Café 800 expands options to include healthier choices

Herb roasted chicken, chicken fajitas, oven baked ham, and sweet and spicy salmon ... is your mouth watering yet? Working with the Wellness Committee, Lincoln Center Hy-Vee kitchen staff and dietitian, Amy Clark, the Ames complex' cafeteria is now offering healthier choices on its lunch menu. Each day's menu now offers an entree and side dishes with fewer calories and lower fat content. The goal is to offer choices that fit within the guidelines of MyPlate method of meal planning with one-half plate full of vegetables and/or fruit, one-quarter plate lean protein and one-quarter plate whole grain.

When looking at the menu on DOTNET or in Cafe' 800, the healthier choices are noted by a red star.

Amy's in the house

Hy-Vee Dietitian Amy Clark will be in Cafe' 800 on Wednesday, Jan. 16, from 11 a.m. to 1 p.m. to share more information about the MyPlate method of meal planning and how it can easily fit into your daily lifestyle. She will also be available to answer dietary questions.

Wellness survey results

Recently, the Iowa DOT's Wellness Committee conducted an online survey asking for employee input on the types of health-related information that mattered to them. The purpose of the survey was to obtain input to help guide the Iowa DOT's Wellness Team in establishing direction for the department's health and wellness program. The survey included questions about employees' needs, interests, and other pertinent information to be used in deciding what programs to consider. The survey results from the 259 people who responded are summarized below. The full survey results report will be posted on the DOT's Wellness Committee's DOTNET site at <http://dotnet/wellness/index.asp>.

Educational programs. The top five topics of interest are heart disease prevention, cancer prevention, stroke prevention, cholesterol reduction, and cold/flu prevention and treatment.

Employee assistance programs. The highest ranking topics in this category were job stress management, finan-



cial management, managing chronic pain (neck, shoulder, and back injuries, etc.), accepting change and depression treatment and support.

Fitness programs. Of those who responded, the most important items were corporate fitness membership rates, stretching programs and walk-fit programs.

Nutrition education programs. Two nutritional programs topped the list, healthy cooking for both meals and snacks, and healthy eating (best foods to eat).

Screening programs. Employees indicated these three screening programs would be beneficial, blood pressure checks, cholesterol levels and blood sugar (diabetes).

Other health and wellness items. The top four health-related information areas not covered in other questions were body fat testing, self-help/self-care information, stress reduction programs, and a desire to have a health fair at central and district office locations.

Got the winter blues?

What you can do about seasonal affective disorder

What can make a typically happy person turn into a grump when the cold weather sinks in? The answer for some is a very real clinical diagnosis of seasonal affective disorder.

The disorder can cause changes in sleep patterns and energy levels. Physiologists believe the mood variations with the disorder are related to light. Treatment, including light therapy (heliotherapy), consists of exposure to daylight or specific wavelengths of light using various methods, including lamps and lasers.

The editors of the website Spark People have 10 cool ways to beat the winter blues.

Exercise. Exercise isn't only for maintaining your weight and staying healthy. It's great for relieving stress. Plus, the effects of a good workout can last for several hours after you hit the showers. Exercise also helps your mind by releasing those "feel good chemicals" that improve your mood.

Eat a healthy diet. What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, rice and sugar). These foods are not only devoid of the nutrients your body craves, but they zap your energy levels and can affect your mood.

Get some sun. Most people know that sunlight provides us with vitamin D. But did you know that it also improves your mood? Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend a little more time outdoors. Keep your shades up during the day to let more light in. Sit near windows in restaurants. Try changing the light bulbs in your house to full spectrum bulbs. These mimic natural light and actually have the same effects on your mind as the real thing.

Act on your resolutions. A recent study from the Centers for Disease Control and Prevention showed a strong link between healthy behaviors and depression. Women who exhibited healthy behaviors (exercising, not smoking, etc.) had less sad and depressed days than those whose behaviors were less than healthy. Although researchers studied women, the results are likely similar in men.

Avoid binge drinking. Staying in with a cold beer or a nice glass of wine may seem like the only thing to do in the winter months, and many people who feel down also tend to turn to alcohol when they're feeling down. But alcohol is actually a depressant, and rather than improving your mood, it only makes it worse.

Treat yourself. Having something to look forward to can keep anyone motivated. Plan something that's exciting to you — a weekend trip, a day at the spa, a party or special event like a play, girls (or guys) night out, or sporting event.

Relax. Work, family, friends, appointments, meetings — even if you enjoy being busy, everyone needs some time off. Don't be afraid to say no to extra opportunities.

Embrace the season. Instead of always avoiding the cold and the snow — look for the best that it has to offer. Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities it has to offer, will keep your spirits high.

Get social support. Don't underestimate the power of friends, family, mentors, co-workers and neighbors. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.

Catch some zzz's. People naturally want to sleep a little bit more during the winter. But with all we have going on, sometimes sleep is the first thing to go. Aim for 7-8 hours each night, and try to keep your bedtime and waking time consistent.





Hy-Vee

Nutrition Notes

with Amy Clark



Cha-cha-cha-chia

Do you need something to help curb your appetite, or maybe you're looking for a way to help control blood sugars? You may want to consider chia seed. Best known for growing Chia Pets in clay pots, the chia seed has an impressive list of nutrients and health benefits.

This tiny seed is big when it comes to nutrition value. It's high in fiber at 6 grams of fiber per serving, providing 21 percent more fiber in each serving than flax seed. The soluble fiber, when combined with liquids, forms a gel, which may help the body regulate how carbohydrates are digested and stabilize blood sugars. The soluble fiber may have a role in controlling appetite and cholesterol. To absorb higher amounts of the heart-healthy omega-3 alpha-linolenic acid, it is important to use milled chia seed instead of the whole seed. Other nutrients include protein, calcium, folate, iron, manganese and phosphorus.

Chia seeds have little flavor, making it easy to add to your favorite foods without changing the taste. Simply sprinkle one tablespoon on salads, yogurt, cereal, applesauce or smoothies. Or stir the seeds into a beverage, such as reduced-calorie juice, right before meals, to help control hunger and feel full longer.

Easy to use

- Stir into Greek yogurt and layer with fruit and cereal.
- Blend into smoothies.
- Toss with salads.
- Sprinkle into a stir-fry or entrée.
- Cook overnight in slow cooker for a delicious, hearty hot breakfast.

Check out the January 2013 Hy-Vee HealthMarket corporate ad for the "How Do You Chia" recipe contest and prize information. For more information on chia seeds or recipes that use chia seeds, talk to your local Hy-Vee dietitian.

Breakfast-in-a-jar

This make-ahead breakfast is perfect for a grab-and-go breakfast packed with protein and fiber to help you feel full all morning.

Serves: 1

All you need:

- 1 (5.3 oz) container Dannon Oikos Greek nonfat honey yogurt
- 1/3 cup Hy-Vee steel-cut oats
- 1/4 cup Hy-Vee nonfat milk
- 1-2 tsp Dole milled chia
- 1/4 to 1/3 cup frozen Hy-Vee Cherry Berry Blend fruit
- Hy-Vee cinnamon, as desired

All you do:

Combine yogurt, oats, milk and chia in a small bowl.

Alternately layer yogurt/oatmeal mixture with frozen fruit in a pint canning jar. Sprinkle cinnamon on top as desired. Cover with lid.

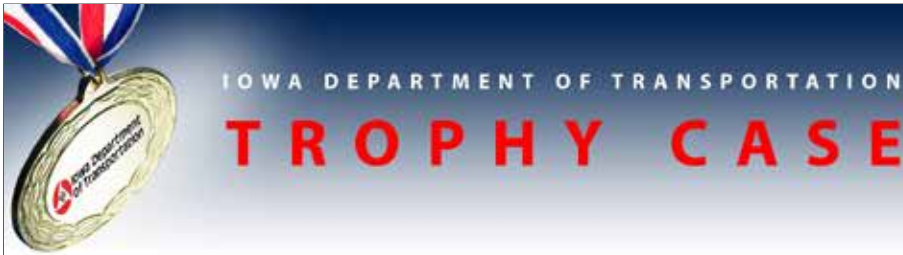
Refrigerate overnight or up to two days. Enjoy chilled.

Nutrition per serving: 380 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 90 mg sodium, 57 g carbohydrates, 9 g fiber, 16 g sugar, 24 g protein. Daily values: vitamin A 6 percent, vitamin C 15 percent, calcium 25 percent, iron 15 percent

Source: Hy-Vee dietitians

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





Professional

PCI bridge award



The Little Cedar Creek bridge in Wapello County was recently named the "Best Bridge with Spans up to 75 feet" by the Precast/Prestressed Concrete Institute. The bridge, as you may remember from past editions of INSIDE, is the first in the country to be constructed with a full-depth, waffle deck panel system made with precast ultra high performance concrete (UHPC) waffle panels and connected with UHPC field-cast joints.

The project, a cooperative effort between the **Iowa DOT, Wapello County Engineer's Office and the Civil, Construction and Environmental Engineering Department at Iowa State University**, was partially funded through the Federal Highway Administration's Highways for Life program. The bridge opened to traffic in Fall 2011, reducing construction time by 30 percent over the time required for traditional bridge replacement.

Brian Moore, Wapello County engineer, said, "Overall the Little Cedar Creek Bridge project was a huge success exceeding all expectations of Wapello County. It shows how UHPC changes the way bridge decks are constructed and can significantly extend the service life of highway infrastructure in this country. Wapello County believes that UHPC has not only performed well in this project, but shows great promise for innovation in the future."

The unique bridge was also the recipient of a 2012 Bridge Design Award of Excellence award by the Portland Cement Association.

Trans Comm 2012



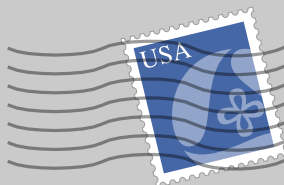
The Iowa DOT's **Office of Strategic Communications** was honored Oct. 2 with three awards at the annual meeting of the American Association of State Highway and Transportation Officials Subcommittee on Transportation Communications. The Iowa DOT's communications team brought home awards for Crisis Management Communication for the 2011 Missouri River Flood; Best Use of Social Media Platform – Storify of 2011 Missouri River Flood; and Info-graphic – stylized I-380 QR code.

Personal

Claude Frazier III, highway maintenance supervisor in the Carlisle garage, showed his perseverance and determination



as he ran in his first marathon Sunday, Oct. 21. He finished the IMT Des Moines Marathon in 5:01:13. Frazier said, "I had a nice time except for the leg cramps about mile 22 that slowed me down and made my time a little slower than I wanted. But the most important part is I finished!" Congratulations, Claude!



Kudos!

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

To: Mark Voss, Ames Driver's License Station
From: Wayne P. Davis

I wanted you to know how much I appreciated the patience and helpfulness of Chris McDowell when I was in your office to renew my driver's license Friday, Sept. 7. She guided me through the process efficiently and with minimum delay. I had a similar experience with another of your clerks two years ago. We are fortunate to have such a well-trained and well-mannered staff to perform this important function.

(Editor's note: Chris McDowell is a driver's license examiner in the Ames DL station.)

To: Iowa DOT
From: Judy Marshall

I just want to say how pleased and proud I am of the Iowa rest stops along interstates 35 and 80. Using themes of Iowa interest is such a good idea – educational and interesting. I know it is still a work in progress, but keep up the good work! These stops are becoming tourist attractions. I recommend them to my friends who are traveling. I am currently exiled in Nebraska, but do plan to return to Iowa.

To: District 3 paint crew
From: James Laubscher, retired DOTer

Just a line to let you know what an expert paint truck driver you have doing the yellow and white lines on U.S. 59 south of Denison. Keep this guy. He is one of the best. Thanks for a job well done.

(Editor's note: The District 3 paint crew includes Darrel Folkens, Ron Hargens, Bob McNamara, Mark Prime and Aaron Shearn.)

To: Mark Masteller, Office of Design
From: Jessica Montana, Iowa Department of Natural Resources

I just want to commend the person(s) involved with the beautification of I-235. The landscaping is truly gorgeous. The patterns - waves, loops, lines - are a nice compliment to the concrete. I have enjoyed watching the areas grow throughout the year. Throughout the summer, flowers bloomed and this fall the colors showcased brilliant reds, oranges and yellows. Last, I commend the crews who work along the highway; wonderful job maintaining these beautiful areas. I understand a lot of the vegetation is for storm water pollution prevention, yet, it has been great to have this beauty along our city's highway. I hope this practice continues and flourishes in the future throughout the state.

To: Shawna Lode, Iowa Department of Economic Development
From: Denise Sharbaugh

My husband and I visited Iowa in July and August of this year and I just wanted to write and say thank you for all that you and the Iowa tourism office do(es) for travelers.

Every employee at every rest stop and welcome center we visited was unfailingly helpful and polite. The lady working at the eastbound Underwood Rest Area was especially wonderful. She even ran out to our car to hand us an extra map! Everyone went out of their way to offer help, answer questions, give directions, and recommend places to see and stay. We traveled through 12 states this summer and the employees at the Iowa welcome centers and rest stops were by far the nicest, best informed and most helpful. If, through the sheer volume of information offered and enthusiasm of the employees about their state, the object of the rest areas and welcome centers is to get people to return to Iowa, then your mission is accomplished. We ended up staying two extra nights in Iowa because of the information and conversation found at the rest areas (particularly Underwood). My husband and I are planning to return to Iowa to find out what we missed, instead of unfairly treating it as a pass through state as we did this summer.

Moreover, each rest area was clean and well maintained. I particularly loved the Adair (westbound) rest area because of the wind turbine and green design. It may sound goofy, but as a fifth grade science teacher, I have used pictures and information gathered at that rest area in my environmental science lessons. Because of that rest area, my students know that green buildings exist. They just have to visit Iowa to see them!

Thank you for making a rest area a teaching tool for a teacher 1,000 miles away. Thanks for having clean, safe, well-maintained rest areas. Thanks for hiring enthusiastic, nice, informative people to answer questions from weary tourists. Thank you (and the whole of the tourism office) for showing us that Iowa is more than just a pass through state and that there are wonderful things to discover when you're there!

To: Iowa DOT
From: George and Julie Robinson, Buena Vista, Colo.

I have to write and compliment your rest areas. They were very clean, restful and informative. We were especially impressed with the historical tiles on the wall. Thank you for making these available to the traveling public.

I also wanted to say how clean we found your highways. I am ashamed of my state of Colorado for not having these types of facilities and that our highways are covered with trash.

Please pass this thank you note along to the people in the state and the people who maintain these rest areas. We were very impressed.

Kudos, continued on page 21

Family happenings

Traffic and Safety

Stephanie Anderson



Zachary Abrams, transportation engineer specialist in the Office of Traffic and Safety, and his wife, Sara, are proud parents of a baby girl. Ellie Sage Abrams was born Oct. 4 weighing 7 pounds 8 ounces, and measuring 21.5 inches. She is the first child for Zachary and Sara.

Information Technology Division

Colette Simpson



Tyler Harper, communications technician 2, his wife, Andrea, and their 4-year-old son, Noah, welcomed a new addition to their family. Logan Phillip Harper arrived Friday, Sept. 21, weighing 5 pounds, 14 ounces and measuring 18 inches long.



Congratulations to **Andrea McNamara**, information technology specialist 4, and Chris Trotter on their Oct. 6 wedding in Ankeny.

District 2

Lu Mohorne



The New Hampton construction office helped employees Mark Homan (left) and Steve Timmerman (right) celebrate their milestone 60th birthdays by surprising them with a decorated office and cake. Timmerman's birthday was Nov. 4 and Homan's was Nov. 14. Happy birthday, guys!

In memory

LaVerne Marvin, 79, of Osceola died Oct. 4, at Iowa Lutheran Hospital in Des Moines. Marvin, the son of Eva Eula (Neagle) and Charles Marvin, was born May 7, 1933, in Decatur County and lived nearly his entire life in the Osceola area. Marvin graduated from Osceola High School in 1953 and later served in the United States Marine Corps during the Korean conflict. He was a member of Item Company, 2nd Marine Division, which appeared in the movie "Battle Cry." He was seen as one of the fighting Marines during filming, while he was in training at Camp Pendleton, Calif. On Sept. 8, 1957, Marvin married Norma JoAnn Eddy in Osceola.

Marvin began working for the Iowa State Highway Commission in 1959 and retired in 1995 as the highway maintenance supervisor in the Osceola garage after nearly 37 years of service. Marvin was a former member of Osceola Volunteer Fire Department and served as one of the first members of the dive team.

He is survived by his wife, JoAnn, of Osceola; daughter Beth (Rodney) Redman of Osceola; two sisters, three brothers, four grandchildren, two great-grandchildren, as well as many other relatives and friends.



Family happenings, continued on page 21

Family happenings, continued from page 20

Darwin "Dean" Cartwright, 81, of North English died Oct. 24, at Iowa City Hospice in Iowa City. Cartwright, son of Vera (Arbuckle) and Paul Cartwright, was born Sept. 12, 1931, in Villisca. He graduated in 1950 from Osceola High School. In July 1951, Dean joined the United States Navy and attended the U.S. Naval Training School specializing in electronics and communications. He served as a communications technician during the Korean War, stationed on Oahu, Hawaii. After discharge from the service in June 1955, Cartwright attended San Jose Community College and San Jose State to study electrical engineering.

For three summers between college academic years, Cartwright travelled to Alaska to work as a firefighter on the U.S. Distant Early Warning (DEW) line and construction of communication towers near Fairbanks, Alaska. In 1959, he returned to Iowa, and in 1961 married Judith Chadwick in Indianola. They moved to Rapid City, S.D., and then Tucson, Ariz., where he worked for Martin Marietta on U.S. missile sites. After a short stay in Sunnyvale, Calif., and Ames, they settled in Lake Mills, where they lived for 12 years. In 1981, they moved to Lucas, where Cartwright worked for Iowa DOT until his retirement in 1997. After retirement, they moved to North English to be closer to family.

Cartwright is survived by his wife, Judy, of North English; daughter Lori (Doug) Flugum of Cedar Rapids; one brother; and three grandchildren.

2013 holidays

New Year's Day	Tuesday, Jan. 1, 2013
Martin Luther King Jr. Day	Monday, Jan. 21
Memorial Day	Monday, May 27
Independence Day	Thursday, July 4
Labor Day	Monday, Sept. 2
Veterans Day	Monday, Nov. 11
Thanksgiving	Thursday, Nov. 28
Day after Thanksgiving	Friday, Nov. 29
Christmas	Wednesday, Dec. 25
New Year's Day	Wednesday, Jan. 1, 2014

Permitting system, continued from page 4

As for oversize and overweight load permits, Baccam said his staff will continue to manually validate 511 information until they are confident in the automated system and the restriction data coming in. The process of routing large loads has changed little over the past few decades. When a company requests to get an oversize or overweight load from point A to point B, employees manually create a route using marked-up wall maps. Baccam said, "The current process is very time-consuming. Our employees use several resources to find all the available information including bridge embargoes, pavement condition and verified entries on 511 to find the best route for each oversize or overweight load."

Once fully implemented, the system will have benefits beyond the Office of Vehicle and Motor Carrier Services and the carriers. Baccam said, "All law enforcement, and specifically our motor vehicle enforcement officers, will be able to query the system from the computers in their vehicles to find valid permits and view reports on any carrier."

Baccam says expectations for the new permitting system are high, but since the system has been tested and proven successful in several other states, his office is confident that IAPS will benefit not only his office and the motor carriers, but anyone who travels on Iowa's highways.

Kudos, continued from page 19

To: Mary Ford and Barb West, Office of Driver Services
From: Missy Heineman, Dunkerton

I just wanted to pass along a huge thank you. My daughter is currently serving in the U.S. Navy. She was having some issues getting her Iowa driver's license renewed. I talked with Debra Homewood in the Waterloo office and she helped resolve the confusion.

In today's world, no one gets thanks enough for a job well done. That's why I'm making a point to make sure you realize what a super employee you have. Please pass along my appreciation to Debra.

(Editor's note: Debra Homewood is a driver's license supervisor 2 in the Office of Driver Services.)

To: Iowa DOT
From: Nancy Klug, Perrysburg, Ohio

We are Iowa natives living in Ohio and make a number of trips back to Iowa throughout the year on Interstate 80. We just want to tell you that we think Iowa has the best rest areas. They are always very clean and kept up, and the art and sculptures at some of them are wonderful. We stopped at the new rest area on I-380 recently and it is great. Thanks to all who keep them up.

Service awards

Information supplied by the Office of Employee Services for December 2012 and January 2013

35 years

James Carpenter, Design; **James Dudley**, Independence garage; **Jody Johnson**, Vehicle and Motor Carrier Services; **Arlene McCumber**, New Hampton construction; **Richard Moraine**, Council Bluffs field staff; **John Neiderhiser**, Bridges and Structures; **Keith Norris**, District 2 Office; **William Ott**, Creston garage; **Freda Reaves**, Davenport DL station; **James Trede**, Neola garage; **Margery Wadle**, Ottumwa DL station; **Barbara West**, Driver Services

30 years

Diane Arp, Cedar Rapids garage; **Ronda Barker**, Adair garage; **Randy Bates**, Garner garage; **Thomas Geiger**, Urbana garage; **David Hellwig**, Donnellson garage; **Jeffrey Laing**, Tipton garage; **Mark Voss**, Driver Services

25 years

Rex Allen, District 4 Office; **Nancy Bishop**, Jefferson construction; **Steven Chapman**, Right of Way; **David Ehrhardt**, Elkader garage; **Michael Hagen**, Hanlontown garage; **Linda Kofoot**, District 2 Maintenance; **Mark Stephens**, Marshalltown garage; **Michael Uhlenhopp**, Latimer garage; **Jeffery Vander Zwaag**, Boone garage; **Myron Wanatee**, Marshalltown garage; **Randy Wheatley**, Adair garage; **Timothy Zeimet**, Maquoketa garage

20 years

Peter Andera, Mason City garage; **Stephen Bain**, Mount Pleasant garage; **Randy Barz**, Garner garage; **Vernon Benson**, Iowa Falls garage; **Joseph Colman**, Motor Vehicle Enforcement; **Roy Guyer**, Atlantic garage; **Michael Hatting**, Ashton garage; **Michael Jorgensen**, Traffic and Safety; **Lisa Luko**, Mount Pleasant garage; **Glenda Sandahl**, Sidney garage; **William Shuler**, District 4 paint crew; **Leana Shull**, Onawa garage; **Mary Kay Solberg**, Location and Environment; **Mary Thompson**, Contracts; **Timothy Timmins**, Sioux City-Leeds garage

15 years

Jon Best, Sioux City construction; **Donald Gomez**, Sioux City-Hamilton garage; **Timothy Grell**, District 3 materials; **Kevin Johnson**, Waterloo garage; **Larry Johnson**, Fairfield garage; **Christine Jones**, Information Technology Division; **William Kruse**, Council Bluffs-north garage; **Lowell Larson**, Sloan garage; **Aron Liebe**, Motor Vehicle Enforcement; **Ryan Masters**, Waterloo garage; **Thomas Minahan**, Neola garage; **Richard Narmi**, Council Bluffs-south garage; **David Nickell**, Leon garage; **Mary Pepper**, Right of Way; **Kenneth Robertson**, Davenport garage; **Kay Scott**, Cherokee construction; **Jason Strum**, Design; **Charles Thompson**, Des Moines garage; **Timothy Van Brogen**, Newton garage; **Kent Vrieze**, District 2 paint crew; **Charlene Waller**, Ottumwa DL station; **Robbie White**, Carlisle garage

10 years

Kie Ahrens, District 3 materials; **Kendall Anderson**, Alton garage; **Kenneth Bean**, Muscatine garage; **Garry Carlson**, Sac City garage; **Sandra Choate**, Support Services; **Nicole Cuva**, Right of Way; **Peter Djordjevic**, Carlisle garage; **Andrew Eckels**, Osceola garage;

Michael Frank, Hanlontown garage; **Vanessa Goetz**, Research and Technology Bureau; **Dean Herbst**, Sioux City construction; **Rebecca Law**, Systems Planning; **Jonathan Makovec**, Finance; **Matthew McCann**, Osceola garage; **Ryan Miller**, Design; **M. John Mohr**, Maintenance; **Gregory Moyle**, Design; **Darren Reid**, Motor Vehicle Enforcement; **Randy Reifschneider**, Ames garage; **Timothy Rozeboom**, Ashton garage; **John Schnebbe**, Williamsburg garage; **Trent Sorgenfrey**, Tipton garage; **Daniel Stokes**, Contracts; **Tom Strabala**, Mount Pleasant construction; **Margret Suckow**, Right of Way; **Brent Terrell**, Martensdale garage; **Jim Van Holland**, Rock Rapids garage; **Mark Weyen**, Akron garage; **Ryan Wyllie**, Transportation Data

5 years

Derrick Aaron, Support Services; **Raleigh Altenhofen**, Design; **Nicholas Ballard**, Grimes garage; **Jade Batterson**, Bridges and Structures; **Stava Beatty**, Waterloo garage; **David Booten**, Burlington garage; **Dustin Conover**, Des Moines garage; **Bryan Conrad**, Motor Vehicle Enforcement; **Michael Cooper**, Des Moines DL station; **Teri Ehrich**, Support Services; **Paul Ferguson**, Hanlontown garage; **Rusty Hedlund**, Malcom garage; **Gary Hipple**, Tipton garage; **Rick Kleinmeyer**, Williamsburg garage; **Eric Lack**, Des Moines garage; **Jeffrey Little**, Malcom garage; **Jason Mohorne**, Waterloo garage; **Chad Moser**, Ames garage; **William Nielsen**, Williamsburg garage; **Jeremy Orr**, Mount Pleasant garage; **Gary Parker**, Bridges and Structures; **Kathy Robinson**, Employee Services; **Jay Schwake**, Coralville garage; **Lonnie Storck**, Williamsburg garage; **Steven Van Arsdale**, Waterloo garage; **Andrew Van Wyk**, Information Technology Division; **Emily Whaley**, Specifications; **Douglas Wiseman**, Support Services; **Justin Yoder**, Coralville garage; **Regan Young**, Clarinda garage

Personnel updates

Information supplied by the Office of Employee Services for Sept. 28 to Dec. 6, 2012.

New hires

Jesse Ahrens, highway technician senior, Sioux City construction; **Chad Alshouse**, highway technician associate, Des Moines garage; **John Bartholomew**, design technician associate, Design; **Brooke Bissell**, secretary 2, District 4 Office; **David Corn**, human resources professional 1, Employee Services; **Craig Davis**, highway technician associate, Fort Dodge garage; **Richard Demuynck**, accountant/auditor 1, Vehicle and Motor Carrier Services; **Benjamin Elmore**, highway technician associate, Fort Dodge garage; **Levi Frazier**, highway technician associate, Fort Dodge garage; **Steven Kerber**, affirmative action compliance officer 2, Employee Services; **Steven Labedz**, transportation planner 1, Systems Planning; **Eunice Meyer**, clerk-specialist, Driver Services; **Sheela Ninan**, clerk-specialist, Driver Services; **Martin Seibert**, highway technician associate, Des Moines garage; **Ryan Siems**, transportation aide, Allison garage; **Clayton Sprague**, highway technician associate, Des Moines garage; **Eric Wilke**, transportation planner 1, Systems Planning

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Promotions

Tyler Chiri, from driver's license clerk, Ames DL station to driver's license clerk senior, Des Moines DL station; **Jodi Clement**, from secretary 2 to program planner 1, Transportation Data; **Laura Craig-Buchholz**, from driver's license clerk to driver's license examiner, Des Moines DL station; **Dawn Hackleman**, from administrative assistant 2 to program planner 3, Driver Services; **Joseph Halbach**, from clerk-specialist to program planner 3, Driver Services; **Robin Halpin**, from driver's license examiner to administrative assistant 2, Cedar Rapids DL station; **Brett Hambly**, from power plant engineer 3 to public service executive 1, Support Services; **Larry Hargis**, from highway technician senior to bridge inspector 2, District 1 bridge crew; **Jason Jochims**, from construction technician, Cherokee construction to engineering technician senior, District 3 Office; **Joseph Kilburg**, from highway technician associate to highway maintenance supervisor, Dubuque garage; **Aron Liebe**, from motor vehicle officer to motor vehicle investigator, Motor Vehicle Enforcement; **Shanon McDonald**, from highway technician, Sioux City-Hamilton garage to highway technician senior, Sioux City construction; **Rollin Nemitz**, from construction technician senior to construction technician supervisor, Sioux City construction; **Jeffrey Owen**, from highway maintenance supervisor, Creston garage to public service executive 4, District 5 Office; **Brian Pribyl**, from garage operations associate, Osceola garage to executive officer 1, Maintenance; **Aaron Schwarz**, from construction technician assistant, Design to construction technician senior, Cherokee construction; **Michael Thiel**, from design technician associate to design technician, Design; **Christine Whitman**, from driver's license clerk senior, Iowa City DL station to administrative assistant 2, Dubuque DL station; **Douglas Wiseman**, from maintenance repairer to facilities maintenance coordinator, Support Services

Transfers

Marshall Berg, highway technician associate, from Des Moines garage to Grimes garage; **Jodie Collins**, clerk-specialist, within Driver Services; **Dustin Conover**, highway technician associate, from Ames garage to Des Moines garage; **Richard Crawley**, highway technician associate, from Highway Helper to Altoona garage **Sylvia Isley**, clerk-specialist, from Vehicle and Motor Carrier Services to Driver Services; **Brenda Kramer**, administrative assistant 2, from Cedar Rapids DL station to Driver Services; **Benjamin Kreger**, driver's license examiner, from Iowa City DL station to Cedar Rapids DL station; **Amy Metcalfe**, clerk specialist, within Driver Services; **Greg Mulder**, transportation engineer executive, from District 5 Office to Contracts; **Kurt Reason**, highway maintenance supervisor, from Adair garage to Creston garage; **Brent Terrell**, highway technician associate, from Martensdale garage to Highway Helper

Retirements

Alan Bolger, mechanic, Grimes garage; **Thomas Dingle**, highway technician associate, Grimes garage; **James Fitzpatrick**, mechanic, DeWitt garage **J. Thomas Lind**, right-of-way agent 3, Right of Way; **Walter Morz**, right-of-way agent 2, Right of Way; **Duane Parizek**, equipment operator senior, Tama garage; **Dwight Pierce**, highway technician associate, Newton garage; **John Smythe**, transportation engineer executive, Construction; **Ronald Stafford**, bridge inspector 2, Bridges and Structures; **Roselyn Wazny**, transportation planner 2, Rail Transportation



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 Strategic Communications, at 515-239-1314 or email tracey.bramble@dot.iowa.gov.

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PLEASE RECYCLE THIS ISSUE

On the cover: Iowa State College students test equipment for bridge sounding (circa 1924)

Dec./Jan. I-Spy clue: Traditional symbol of commitment.

November I-Spy solution: Ice cream and a cherry on top of the silo.

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Iowa DOT celebrates opening of U.S. 20 segment

The debut of 26 more miles of four-laned U.S. 20 prompted a celebration Wednesday, Nov. 21. Special guests on hand for the ribbon cutting included Gov. Terry Branstad; Lt. Gov. Kim Reynolds; U.S. Rep. Steve King; Sens. Daryl Beall and Mark Segebart; state Reps. Gary Worthan and Dave Tjepkes; Iowa DOT Director Paul Trombino; Iowa Transportation Commissioners Charese Yanney, Barry Cleaveland and David Rose, and Highway 20 Corridor Association members.

Once the ribbon was cut between Rockwell City and Early, approximately 400 people gathered at a church in Early where several speakers took the stage. "It really benefits the entire state to have this efficient transportation system," Gov. Branstad said.

Congressman King said, "We still have work to do, but we will link this up with Sioux City," the congressman continued, met by applause from the audience. "I want to be able to pull out of Sioux City, set my cruise control on 65 and not touch my brake pedal until I reach Dubuque."

"This stretch is especially important to economic growth," Branstad said. "It's something a lot of people have worked hard on for a long period of time, through bipartisan efforts."

Reynolds and Trombino described the extended superhighway as a way to move goods more efficiently, as Iowa competes in a global marketplace.



(From left) Shirley Phillips, U.S. 20 Corridor Association president, Governor Terry Branstad, Lt. Governor Kim Reynolds, Representative Steve King and DOT Director Paul Trombino III cut the ribbon in the new section of four-laned U.S. 20.

Completing the 26-mile stretch is a "big, positive step forward," the governor said, as plans fall into place to complete the rest of the four-lane road.

Acquisition for expansion in Woodbury County, between Merville and Correctionville, is currently underway. There are approximately 44 miles of roadway to be constructed.

Predictive salt use and staff hours dashboard

Have you ever wished for a crystal ball? A new service under development in the Office of Maintenance might not quite qualify as a crystal ball, but the goal is to give highway maintenance supervisors a glimpse into what they can expect for salt use in the upcoming 48 hours.

Tina Greenfield of the Office of Maintenance said, "This tool is very similar to the salt dashboard supervisors are using this season, except that it is driven by forecast data, so it predicts how much salt can be expected to be used over the next 48 hours."

Greenfield says while the salt dashboard is a performance measurement tool, the predictive dashboard gives crews an idea of what can be expected given the weather forecast over the next two days. "This is a planning tool that we are developing for supervisors. Unlike the salt

dashboard, there is not an expectation that all supervisors will use it, but we hope that it is useful to those who choose to take advantage of the technology."

Greenfield explained that the data driving the dashboard is an hourly forecast for each county. Greenfield said, "We want the supervisors to have more flexibility. We will provide the information on what is coming and the supervisors can use that to plan accordingly."

The system is currently being tested and may be rolled out to the field later this winter. Greenfield said, "Currently, we are only testing the forecast use of salt. By the end of the season we hope to include predictions for active hour and crew hours in this dashboard."

To find out more or to volunteer to test this dashboard, contact Tina Greenfield at tina.greenfield@dot.iowa.gov.