

JUNE 2013

INSIDE



What's INSIDE

And a good time was had by all • 2-3 | Iowa Transportation Commission elects officers • 4
Iowa DOT worker memorial to be built in Ames • 5

From raw material to consumer goods, how freight moves in Iowa • 6-7

Peace officer memorial adds name of DOTer • 8 | Motor Vehicle Division highlights • 9-10

May retires from United States Army National Guard • 11

Motorcycle Safety Forum celebrates 10th anniversary • 12 | Iowa DOT holds driver education teacher conference • 13

Frank Wagner, wellness success story • 14 | CarFit event for seniors held May 15 • 14

Food Drive wrap up • 17 | Newton GOA has sweet deal at home • 24

And a good time was had by all

Not even record heat and a lack of air conditioning could put a damper on celebrating the Iowa DOT's 100th anniversary May 14. Temperatures in the mid-90s didn't seem to phase a crowd of more than 350 who gathered at the Iowa DOT's auction building in Ames to hear about the triumphs of the past and challenges of the future.

The 100th Anniversary ceremony included comments from Lt. Gov. Kim Reynolds, Gov. Terry Branstad and former Research Management Division director Ian MacGillivray.

Darrell Rensink, the longest serving DOT director from May 1988 to September 1999, was on hand to reveal the contents of the time capsule buried in 1988 to honor the 75th anniversary of the agency. Current DOT Director Paul Trombino then placed the lock on a new time capsule, set to be opened in 2038.

Trombino spoke following the locking of the time capsule about the Iowa DOT's vision: Smarter, Simpler & Customer Driven.

Andrea Henry, chair of the 100th Anniversary Planning Committee, said, "Despite being a little balmy, the event went beautifully. The committee did a wonderful job of pulling together speakers and gathering artifacts from our history that told the story of how far transportation in Iowa has come over the last 100 years."

The celebration isn't over. More than 40 presentations about the history of the Iowa DOT are planned at local libraries and museums around the state for the remainder of the year. To find out about a presentation in your area, go to www.iowadot.gov/history.



A few fun facts from the day:

1. Record high temperatures were also in store for attendees of the Iowa DOT's 75th anniversary celebration, which was held exactly 25 years earlier, May 14, 1988.
2. A display of historic license plates just happened to be from Gov. Terry Branstad's home county of Winnebago, a happy coincidence noted by the state's chief executive in his address to the crowd.
3. Lt. Gov. Kim Reynolds holds a special place in her heart for the Iowa DOT because she worked as a driver's license clerk early in her career. Many of her former co-workers were in attendance.
4. Four past Iowa DOT Directors – Warren Dunham, Darrel Rensink, Mark Wandro and Nancy Richardson - as well as many past and present DOT commissioners, were there to enjoy the event.
5. Refreshments included sugar cookies featuring the famous photo of the Model T navigating a rutted mud road. The cookies were almost too pretty to eat.



Check out the 100th Anniversary Exhibition at the Octagon Center for the Arts

Anniversary displays and artifacts from Iowa's transportation history will be on display.

June 7 – Aug. 3

427 Douglas Ave., Ames



Gov. Terry Branstad spoke about Iowa's unique transportation system.



Iowa DOT Director Paul Trombino III (third from right) took time to be photographed with DOT dignitaries and attendees.

100th anniversary, continued on page 3

100th anniversary, continued from page 2



Diane McCauley, Office of Rail Transportation, and retired DOT employee Lynn Purcell check out the historic license plate collection.



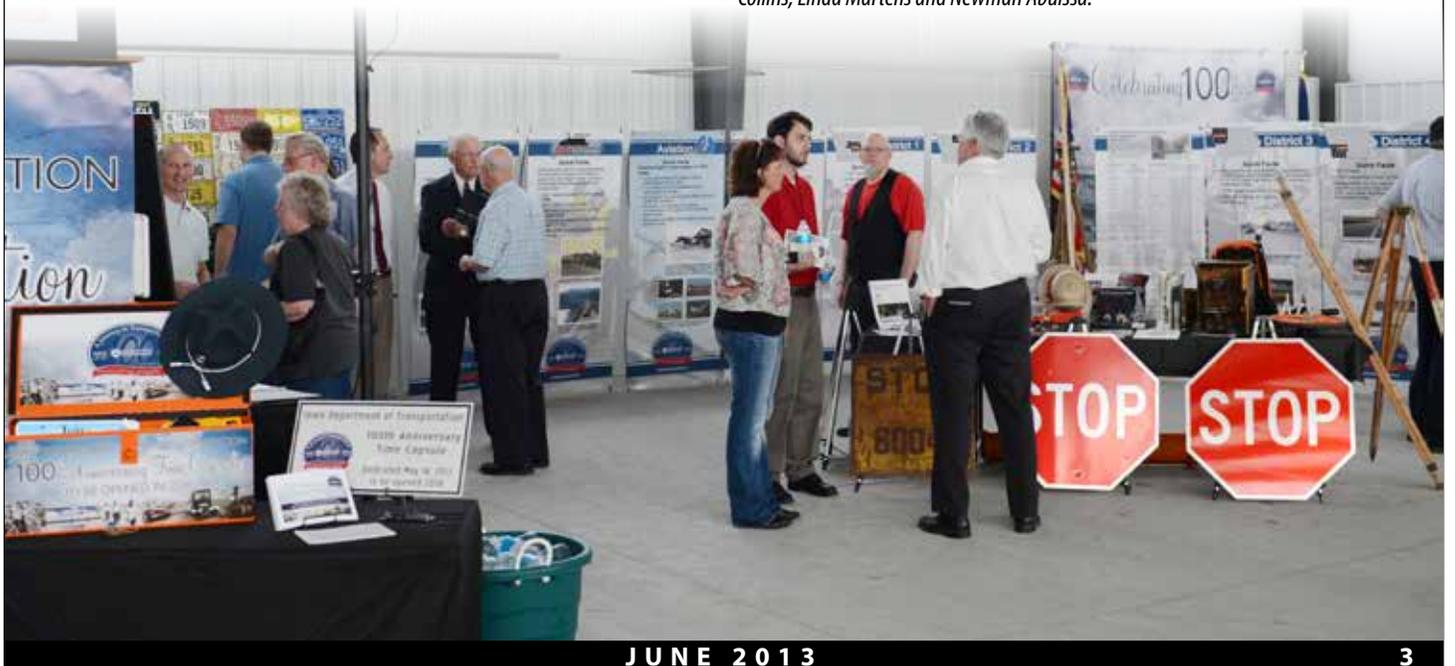
Former Iowa DOT Director Nancy Richardson visited with attendees.



Iowa DOT Director Paul Trombino III revealed some of the contents placed in the 100th anniversary time capsule.



100th Anniversary Committee members who helped during the event were (front row, from left) Cathy Mather, Linda Torgeson, Andrea Henry, Leighton Christiansen and Andy Loonan; (back row, from left) Vicki Stamper, Cherice Ogg, Lori Jensen, Beth Collins, Linda Martens and Newman Abuissa.



Iowa Transportation Commission elects officers

At its meeting in Ames May 14, the Iowa Transportation Commission elected Charese Yanney as chair and David A. Rose as vice chair



Chair
Charese Yanney
 Term: May 1, 2012, to April 30, 2016

Yanney, a Republican, is a partner in Guarantee Roofing, Siding and Insulation Co. of Sioux City (1976-present). The company provides a full range of products and services, and holds the prestigious GAF certification

as "Master Elite Contractor."

She attended Morningside College in Sioux City, and obtained her Bachelor of Science in education degree from the University of Nebraska, Lincoln, Neb., with a major in English/speech and drama, and minor in physical education.

Yanney is a former junior high and high school teacher at the Sioux City Community Schools (1973-1976), and O'Neill Public Schools in O'Neill, Neb. (1972-1973). In addition to teaching core curriculum classes, Yanney coached drama, was an assistant coach for junior high girls track, and organized pep club and cheerleading activities.

Yanney is currently a member of the Vision Iowa's board of directors. She is a current member of St. Luke's Regional Medical Center's board of directors of Sioux City. Yanney is past president of the Sioux City Symphony's board of directors and past chairman of the Siouxland Chamber of Commerce (2004-2005). Yanney was past chair of the Iowa Association of Business and Industry and is currently chair of their foundation board.

In 2010, Yanney was inducted into the Iowa Women's Hall of Fame. The Iowa Commission on the Status of Women established the honor in 1975 to provide visible examples for future female leaders.

Previously, Yanney served in several governor-appointed positions, including the Privacy Task Force (2001-2002); Vertical Infrastructure Committee (2000-2004); Governor's Committee on Community Colleges, a five-year plan for

community colleges (2000-2001); Governor's Committee on Reformed Spending (1991- 1992); the Iowa Economic Development Board (1992-1998); and Iowa Beer and Liquor Control Department Board, including board chairperson (1982-1985).

Yanney was also formerly active in a number of civic and community organizations, including the University of Briar Cliff; United Way; Iowa Jobs for America's Graduate; Council on Human Investment; Girls Inc. of Sioux City; Looking for Secondary Education, a committee for the local school board; Sioux City Chamber of Commerce; and Junior Achievement.



Vice chair
David A. Rose
 Term: May 1, 2011, to April 30, 2015

Rose, a Republican, was a teacher before owning and operating a retail business and manufacturing business in Clinton. He now operates a real estate business and trucking company.

Rose grew up on a farm in Clinton County. He is a graduate of Northeast High School in Goose Lake and the University of Northern Iowa with a bachelor of science in education degree.

He has been involved in local governmental affairs in Clinton throughout his life, serving on several boards, including the Clinton Community School Board, Clinton Regional Development Corporation, Clinton Area Chamber of Commerce and Iowa/Illinois Highway Partnership. He has been very involved in promoting economic development and transportation projects in the Clinton area, making trips to Des Moines and Washington, D.C.

Rose is married to Suzanne, a retired teacher. They are the parents of three children, Kara of Long Grove, Kirsten of Cedar Rapids and Lance of Eagle, Colo. They also have five grandchildren.

Iowa DOT worker memorial to be built in Ames

Unfortunately, there are times when our work involves risk and employees have been killed in the line of duty. The Iowa DOT's Management Team, on behalf of the department, feels strongly it is important for us as a DOT family to remember and pay tribute to our team members who have paid the ultimate price in losing their life in the line of duty. To that end, the Management Team has approved a plan by the facility design team to create an employee memorial at the DOT Ames complex.

The memorial will be very accessible and will give all of us an opportunity to reflect on the sacrifices these employees have made on behalf of the State of Iowa and the Iowa DOT. Creating this memorial will also recognize the sacrifice the families of these employees have made as well and provide them with a lasting memory of the one they have lost.

During construction of the project, employees will be kept in the loop about the project's status with displays around the department, in INSIDE and at the site.

To capture the spirit of the Iowa DOT, the design team decided to use the concept of the tri-scullion from the DOT logo as the center of the memorial. The team focused on making the memorial private, but accessible and open.

Tucking the memorial between Building 4 and the Administration Building allows for ample visitor parking, but still keeps the site private for the DOT.



REDBUD TREE
HEIGHT: 20-25 FT
SPREAD: 25-30 FT
BLOOM: SPRING - EARLY SUMMER



KARL FOERSTER PRARIE GRASS
HEIGHT: 3-4 FT
BLOOM: JUNE-JULY



RECYCLED CONCRETE AGGREGATE



CORTEN STEEL PLAQUES

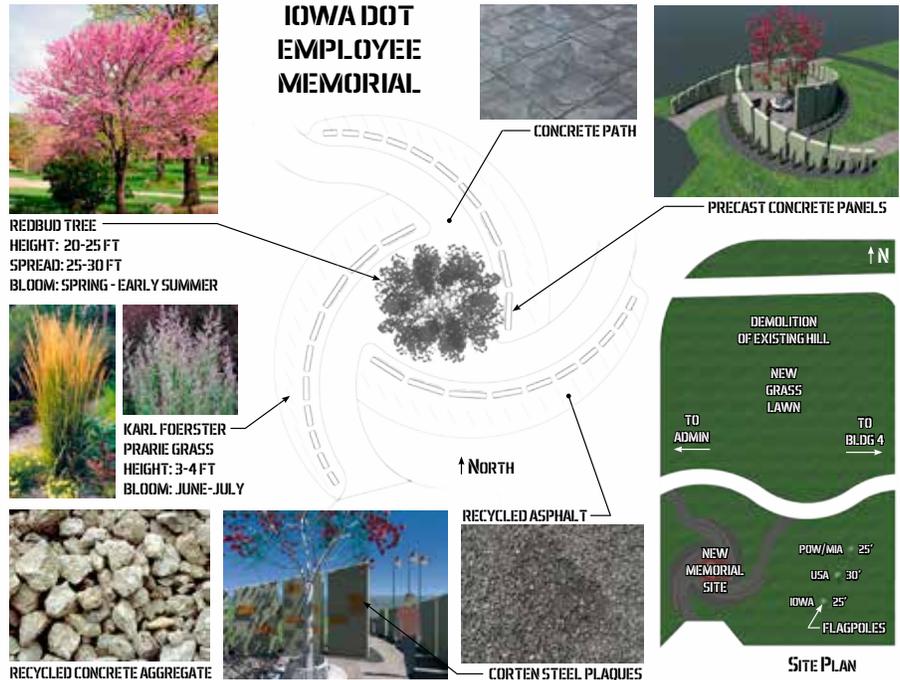


CONCRETE PATH



PRECAST CONCRETE PANELS

IOWA DOT EMPLOYEE MEMORIAL



Construction materials will include precast concrete panels, matching the color of the Administration Building concrete, to hold the plaques and form the overall space of the memorial. The precast panels come together in the middle to form a circular shape that starts at 9 feet high with the end panels by the sidewalks being 3 ½ feet high. The concrete path through the memorial space will be separated from the panels by using crushed recycled asphalt. Along the outside of the panels will be grasses similar to the landscaping on the east side of the Administration Building. The plaques will be made of metal, similar to what is used on the woman's head statue at the northeast entry to the DOT, and will have the name of the employee and year they died inscribed on the metal.

The plaques will all be the same size and scattered on the three panels in the middle that will be lit from fixtures in the ground to create shadows at night. Currently, three flags are flown on one pole, which will be changed and each flag being flown from its own pole near the memorial. There will be a red bud tree in the middle of the memorial and a circular concrete bench around the tree. The bench will have recycled test cylinders as the aggregate for the concrete.

Demolition has already begun on the hill area. By the end of fall, the plan calls for completion of grading around the memorial, the new flagpoles and panels set, and plaques completed and on the panels. Depending on the weather, the concrete sidewalk and finish landscaping may need to be completed in the spring.

From raw material to consumer goods, how freight moves in Iowa

Have you ever looked at the labels on the items you buy? Chances are the label says “made in” somewhere other than the city in which you live. Because freight moves fairly well in the United States, most people don’t give a thought to the way the stuff we need reaches us. Several employees from a variety of Iowa DOT offices work hard to ensure the seamless, safe and efficient movement of freight shipped to consumers.

This group of employees, referred to as the internal freight team, support a larger external group, Iowa’s Freight Advisory Council. The multimodal internal freight team draws upon the varied resources of the department to investigate, develop solutions and implement plans that facilitate the safe, effective and efficient transportation of goods within and through Iowa.

The council is made up of 19 representatives from each of the modes (air cargo, barge, pipelines, railroads and trucks), shippers, processors and distribution centers, and other organizations dealing with freight transportation. There are also 11 members representing metropolitan planning organizations, regional planning affiliations, and local, state and federal government agencies serving a resource and advisory role to the council. Craig Markley, Office of Systems Planning, leads the department’s efforts to support the council.

The purpose of the council is to provide a forum for the exchange of ideas and to help the Iowa DOT better understand the complexities associated with freight movements to more effectively guide public investment in transportation infrastructure. The group’s initial meeting was Aug. 1, 2012, and it is scheduled to meet quarterly. Craig O’Riley, planning team leader in the Office of Systems Planning, said, “The council provides a unique opportunity to work with the private freight industry on issues and obstacles facing Iowa to support the efficient movement of goods and to grow Iowa’s economy.”

The goals of the council are three-fold.

1. Gain a better understanding of how freight decisions are made at the private and public levels.
2. Investigate and evaluate ways the Iowa DOT can assist Iowans in shipping and receiving goods by reducing transportation costs while at the same time increasing the profitability of freight carriers and Iowa businesses; with safety and reliability always being the top priorities.
3. Help shape the Iowa DOT’s public policy.

On the internal side, representatives of several Iowa DOT offices met last fall to begin face-to-face discussions about each office’s piece of the freight puzzle. This four-day “freight value-stream mapping” exercise dealt specifically with using data to map each participant’s contribution to the successful movement of freight in Iowa. Stuart Anderson, director of the Planning, Programming and Modal Division, led this effort.

Tammy Nicholson, director of the Office of Rail Transportation, leads the internal working group. She said, “Last fall’s mapping exercise really brought home the realization that freight movement is integral to so many of the DOT’s actions – from how a road is planned, designed, constructed and maintained, traffic management, even to the regulations that guide freight movements. Freight touches everything we do.”

Currently, the internal group is working to develop a website for the council and publish a series of white papers related to freight issues. “These tools are a first step to increasing awareness of freight issues, both internally and outside the DOT,” said Nicholson.

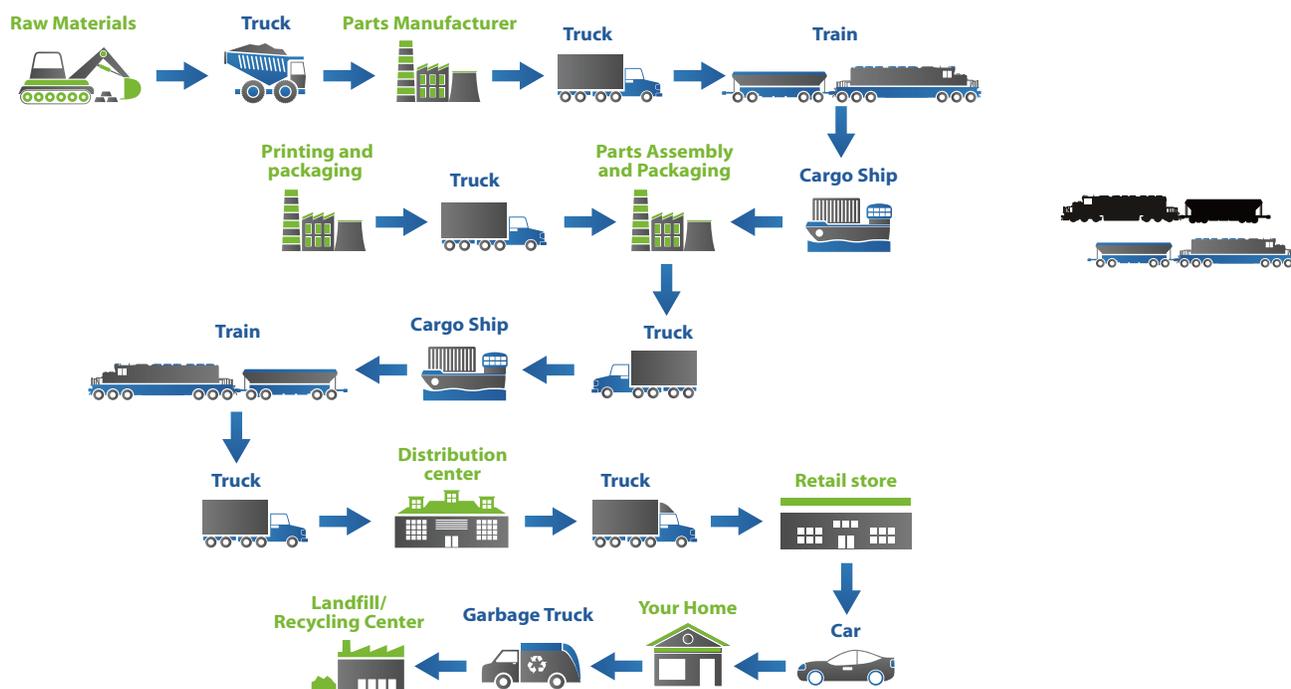
Once the white papers have been completed and shared, the intent is to shape an overall freight plan for Iowa addressing the issues identified by the council and researched by the internal freight team. Laura Hutzell, transportation planner 2 from the Office of Rail Transportation, concluded, “We are already seeing better communication and understanding of some of the hurdles freight shippers face and hope to address many of those issues in the future.”

Freight in Iowa, continued on page 7

Positioned in the center of the United States, Iowa's multimodal freight transportation system is unique.

- Iowa serves as a crossroads for our country's surface transportation system, with transcontinental interstates 35 and 80 traversing the state and meeting in Des Moines.
- The country's busiest freight rail system crosses Iowa's midsection.
- Eight commercial service airports along with 101 general aviation airports connect businesses with each other and our state to the world.
- Iowa is the only state in the country bordered by two navigable waterways - the Missouri and Mississippi rivers. Both rivers provide tremendous economic value to the state.

The lifecycle of a typical home electronics purchase.



Peace officer memorial adds name of DOTer

For more than 150 years, the haunting and mournful sound of the bagpipe has lent a solemn air of dignity to law enforcement ceremonies. On May 10, 2013, bagpipes were played for three fallen law enforcement members at the annual Peace Officer Memorial Ceremony in Des Moines.

For the first time, an Iowa DOT motor vehicle enforcement officer's name was added to the list of 160 peace officers killed in the line of duty over the past 140 years. Motor Vehicle Enforcement Officer Philip Adams' name was inscribed on the memorial alongside Stuart Police Chief Robert Smith and Floyd County Deputy Levi Bowers.

According to the "end-of-watch" narrative read at the ceremony, Adams was conducting traffic enforcement on March 31, 1973. He was struck by a car while attempting to flag down the driver of a semi-tractor trailer and died as a result of his injuries. Adams served for 15 years as a state law enforcement officer for the Iowa DOT's Office of Motor Vehicle Enforcement. He left behind a wife and four children.

Uniformed peace officers from around Iowa joined Gov. Terry Branstad, Lt. Gov. Kim Reynolds, Iowa DOT Director Paul Trombino III, Iowa Department of Public Safety Director Brian London, and other dignitaries to honor the sacrifice of these men.

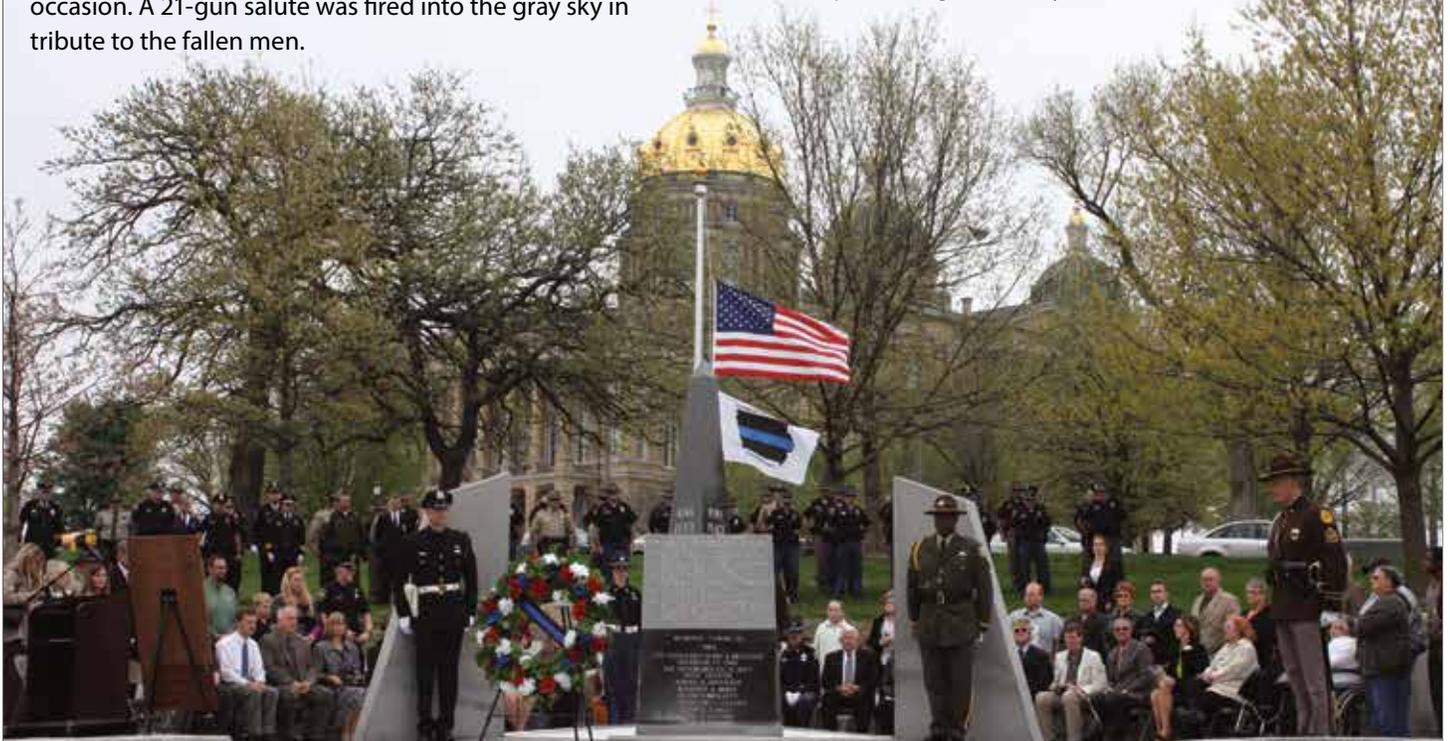
At the memorial ceremony, family members were presented a purple heart and a plaque honoring each fallen peace officer near a pole with the U.S. flag and a new Iowa peace officer memorial flag flying at half-staff to mark the occasion. A 21-gun salute was fired into the gray sky in tribute to the fallen men.



Governor Terry Branstad reads a proclamation at the ceremony.

"This is a very fitting location, and it is a very important and significant ceremony," Branstad said during the gathering at the memorial site on a grassy hill between the Capitol and the Oran Pape State Office Building that houses state public safety functions.

"This memorial truly captures the spirit of public service and sacrifice," the governor told the crowd assembled around the stone monument first dedicated in 1985. "Today's ceremony is really a wonderful opportunity for us to say thank you for the positive impact that our peace officers make day in and day out in the lives of all of our people and to honor those who have made the ultimate sacrifice protecting the safety of Iowa citizens."



May retires from Iowa Army National Guard

For his entire 20-year state government career, David May, public service executive 1 in the Office of Support Services, has also worn the uniform of the Iowa Army National Guard. May, who recently retired from the National Guard after 30 years and 8 months, says the Iowa DOT has been truly supportive of his multiple deployments and absences when called to duty.

For the Iowa DOT's support, the Employer Support of the Guard and Reserve recognized the agency during May's retirement ceremony. "I was humbled to have Director Trombino, Operations and Finance Division Director Lee Wilkinson and Support Services Director Lee Hammer attend the ceremony," said May. "Their support has been invaluable to allowing me to continue serving the people of Iowa, both at the DOT and in the military."

May has served several deployments over the past two decades. "When I first started, I was in transportation," he said. "My job was to lead convoys, first in the U.S. and then in Saudi Arabia, Kuwait and Iraq."

Beginning in 2004, May was deployed for 545 days, first in Fort Belvoir, Va., then to Bagdad, Iraq, and back to Washington, D.C. "The best part of my military service is that they trained me in skills that I can carry with me to the DOT," explained May. "I learned to create solutions to issues and how to implement ideas. Part of my recent military experience included institutional communications training that I can use every day at work."

May continued, "I'm very grateful for the DOT's support of my military career. I know it hasn't always been easy for management to deal with the long absences, but I would encourage them to be as supportive to all other service members as they have been to me."



(From left) Brigadier General Roy Web and David May

Even in his military retirement, May won't be far from the action if a disaster should strike our state. "As part of my duties the past few years with the military, I set up a program for retired military to assist and respond during disasters," said May. "There are 133 retired service members in the program, now I get to be involved with them."

May and his wife, Anne, live in Ames with their three children, Cecilia, 17, Dennis, 7, and Daniel, 5.



(From left) David May, Director Trombino and Dick Rue, ESGR chairman



(From left) Brigadier General Roy Web, David May, his wife, Anne, and children Cecilia, Dennis and Daniel

Motor Vehicle Division highlights

One DOT division that most directly impacts Iowa drivers is the Motor Vehicle Division. Whether you are registering a personal or commercial vehicle or licensing a driver, this division works with everyone from a 14-year-old getting an instruction permit to a seasoned trucker. The three offices that make up the Motor Vehicle Division (Driver Services, Vehicle and Motor Carrier Services and Motor Vehicle Enforcement) have developed processes over the years that increase safety for everyone on Iowa's roadways.

Iowa's history of motor vehicle registration

Travel by horse and buggy in the 19th century was overtaken by motor vehicle travel in the early 20th century. With the increase in vehicles, came a need to register and regulate both vehicles and their drivers. Motor vehicle registration began in Iowa in 1904 when 155 vehicles were registered at a fee of \$1. In just two years, the fee was increased to \$5 and registrations increased to 1,947. By 1911, there were 30,000 vehicles registered in the state and revenue totaled \$259,736. In 1949, registered vehicles exceeded one million for the first time and the revenue exceeded \$17 million.

From 1904 until July of 1911, a registration number was assigned to each vehicle and owner was required to obtain a plate on their own, as the state did not furnish plates during this period. Beginning in July 1911, the state furnished plates to vehicle owners.

Motor vehicle registration was a function of the Office of the Secretary of State from 1904 until 1939 when it was transferred to the Department of Public Safety. From 1911 until 1922, plates were issued directly by the state. Beginning in 1922, the registration process was administered through the office of each county treasurer.

In October 1953, the title law became effective in Iowa. Prior to that time, a registration card was issued and transfer of ownership was made by assignment of the card. Certificate of title laws were originally implemented to provide a written document that could be relied upon as proof of ownership of a vehicle and also to disclose whether the vehicle was encumbered by a lien.

The motor vehicle and title process exists for several reasons. Most people look at the registration process primarily as a means of obtaining revenue, which was probably the main purpose, with the license plate furnished to provide proof of payment. Issuance of license plates and a registration card soon became a valuable tool to law enforcement of identifying the vehicle owner through the license plate. As the number of vehicles increased, so did the use of vehicles in the commission of crimes. As automobiles became more popular the shift from stealing horses to stealing vehicles became more prevalent.

Driver licensing through the years

Tracking ownership of vehicles was not the only administrative function related to the proliferation of driving. Certifying the ability of drivers also became an issue. Although certain drivers had been required to have a chauffeur's license since 1919, a law providing for the examination of drivers did not occur until 1932. The fee for an operator license was \$.25 and a chauffeur license was \$2. Minimum age for an operator license was 15 years, and a school license was provided at age 14. In 1937, vision screening was implemented for new drivers, followed in 1948 by the requirement that everyone getting a license must pass a vision test.

Licensing of drivers was a function of the Iowa Department of Public Safety, formed in 1939. The Iowa Highway Patrol was given this responsibility and they issued all new licenses. Renewals were handled by the local county sheriff.

Teaching young drivers was in the hands of parents until 1965, when the legislature passed a driver education bill providing stipulations against licensing a driver between age 16 and 18 without successfully completing an approved driver education course. However, a restricted license or instruction permit could be issued to anyone at least 14 years of age.

In 1975, responsibility for driver's licensing moved from the Department of Public Safety to the newly formed Department of Transportation. At that time, the DOT had

MVD history, continued on page 11

100 YEARS

MVD history, continued from page 10

permanent driver's license issuance stations in the counties of Linn, Polk and Scott, and traveling teams to all other counties at least once a month.

Until 1976, driver's licenses were made of paper. In 1977, online computer issuance of plastic license cards started at the Des Moines Fairgrounds driver's license station. By 1985, on-line computer issuance of licenses was at all drivers' license facilities.

In 1984, the Office of Driver Services was created combining driver licensing, driver records and the Office of Safety Programs. Until then, the Office of Safety Programs, reporting directly to the director of the DOT, had been responsible for the collection and analysis of all motor vehicle accidents and driver information, as well as developing programs designed to increase driver safety (the Iowa driver improvement program, seat belt and child restraint usage, motor vehicle and railroad crossing safety, etc.).

The commercial driver's license (CDL) law went into effect in 1987. Among the requirements of the law were provisions that a driver could only hold one license, must report out-of-state convictions, and restrictions on employers to not hire suspended drivers or drivers with more than one license. Iowa issued its first CDL in 1990.

Since 1992, the Iowa DOT has developed 18 "super stations" that allow customers to resolve record and driver problems previously offered only at the Des Moines central office. In 1995, a pilot project was put into place authorizing selected county treasurers to issue driver's licenses. The project was expanded to additional counties in 2003. Today, there are 18 DOT driver's license stations and 81 county treasurers who issue driver's licenses.

With larger vehicles and more drivers, safety is enhanced by law enforcement

Adequate vehicle registration and driver licenses are two ways to increase safety on Iowa highways, but because of the size of commercial vehicles, keeping drivers safe and our highways in good repair began relying on the regulation of large trucks.

In 1941, engineers of the Iowa State Highway Commission became concerned with the increasing number

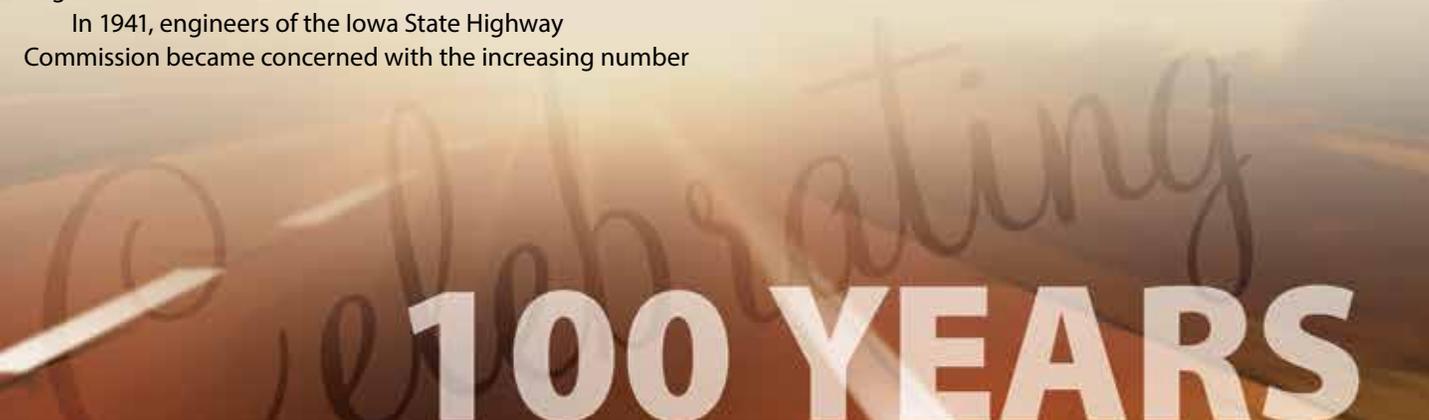
of overweight trucks that would, over time, contribute greatly to a gradual destruction of Iowa highways. A decision was made to pursue legislation for the highway commission to designate certain employees as peace officers to enforce violations regarding weight and size. On April 16, 1941, such a proposal was signed into law by Governor Wilson, and on July 1 of that same year the traffic weight officer of the highway commission became reality.

When the Iowa DOT was formed in 1975, officers of the Iowa Commerce Commission, traffic weight officers of the highway commission, and the motor vehicle investigators from the Iowa Department of Public Safety were combined as the Office of Motor Vehicle Enforcement.

Over the years, responsibilities of the uniformed officer continued to include enforcement of the laws relating to size, weight, registration and authority. Investigators' duties included enforcement of the laws relating to vehicle registration, dealer licensing and motor vehicle inspection. All officers and investigators are required to successfully complete the Iowa Law Enforcement Academy's basic training requirements.

From the early 1980s to the present, additional duties have been added to the uniformed officer's existing responsibilities, including Federal Motor Carrier Safety Regulations, hazardous materials regulations, and the use of untaxed fuel. Investigators have taken on odometer tampering, driver license fraud, use tax investigations and salvage theft examinations.

The 130 officers employed today use modern technology, including weigh-in-motion, portable scales, weapons, preliminary breath testers, and pen-based computers, and mobile data transmission capabilities in the patrol cars added to enhance the safety of Iowa highways. Training, including the North American Standard Inspection class, hazardous materials and cargo tank courses, firearms training, self-defense classes, and a 16-week field training officer program for new officers, has added to the professionalism of the office.

**100 YEARS**

Motorcycle Safety Forum celebrates 10th anniversary

The 10th Anniversary Motorcycle Safety Forum roared on the Iowa State Fairgrounds April 26. More than 500 motorcycle enthusiasts and 42 vendors from a variety of local businesses spent the day exploring safety topics and sharing stories.



Sanfelipo

Vicki Sanfelipo, director of the Wisconsin nonprofit organization, Accident Scene Management Inc., led off the day's speakers. Sanfelipo, trained as a surgery nurse, has worked since 1996 to reduce injuries and fatalities to motorcyclists through first responder training through ASMI's Road Guardian program.



Other speakers included Minnesota's Karen Sprattler discussing various motorcycle safety issues; Wayne Wierson addressing impaired riding and Dr. Nicholas Ward from Montana State University, who presented his research on motorcycle riding impairment at different blood alcohol levels.

To commemorate the 10th anniversary event, a new website was established to contain all Iowa DOT information related to motorcycle safety. The Web address is <http://www.iowadot.gov/mvd/ods/motorcycle/index.html>.



Wayne Wierson speaks to the crowd about impaired riding.



More than 500 motorcycle enthusiasts gathered for the one-day conference.



More than 40 vendors set up at the MSF to talk to attendees.



DOTers Ed (Repair Shop) and Jodi (Support Services) Mann took a day of vacation to attend the MSF.

Iowa DOT holds driver education teacher conference



When you turn the key in your vehicle and pull on to Iowa's highways, do you realize you're sharing the road with 41,356 children who currently hold instruction permits in Iowa?

While parent involvement is a major factor in developing children into safe drivers, anyone with a teenager knows many kids listen better to just about anyone who isn't their parent. Luckily, Iowa has a dedicated group of driver education teachers to support parents and instruct our kids to be safe behind the wheel.

Approximately 260 of these dedicated teachers gathered in Ankeny Saturday, April 13, to gain additional information on how to transform teens into safer drivers. The instructions sessions provided by William Warner from the Oregon DOT's driver education program and Dr. Shari Willis-Genise, who teaches driver education instructors through Rowan University in New Jersey, took participants through the paces of improving both the classroom and behind-the-wheel (BTW) experience for Iowa's young drivers.

Sponsored by the Iowa DOT's Office of Driver Services, this annual conference provides an opportunity for classroom teachers to gain insight and behind-the-wheel instructors to recertify their credentials. Toni Kerkove, who handles the Iowa DOT's driver education program, was very happy at the turn out. "Typically, we have held two separate conference for these groups of teachers," she said. "But I think it was good to get both the classroom and the BTW folks in the same room to get a feel for what the other side of the instruction looks like."

Recent changes to Iowa's graduated driver's license laws are geared to increase the instruction time teens have behind the wheel. Currently, under the graduated driver licensing program, drivers under 18 must hold an instruction



Sharing ideas with other teachers was an important part of the conference.

permit for a minimum of six months and drive with an adult for a minimum of 20 hours to qualify for an intermediate license. The Senate File 115, signed by Governor Branstad May 1, increases the time the child holds the instruction permit to 12 months with no change in the required hours of accompanied driving. Advocates of the bill say increasing the time a child holds a permit allows for more experience in all weather conditions.

In addition, after a driver turns age 16 and obtains an intermediate license, the driver may only have one other non-family member passenger under age 18 for the first six months, unless the parent waives the passenger restriction at the time of licensing. Driver under 16 that are operating on a minor's school license are subject to the passenger restriction for the duration of the licenses and the restriction cannot be waived by the parent. Numerous studies have proven the risk for a crash increases exponentially if a teen driver has multiple passengers.



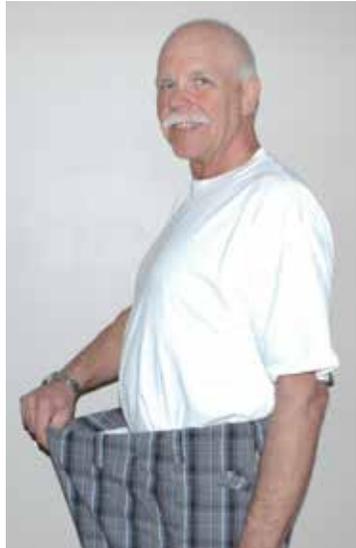
Kim Snook, director of the Office of Driver Services, talks to Ron Bandy, driver education teacher.



Toni Kerkove, from the Office of Driver Services and conference organizer, addresses the crowd of 260 driver education teachers.

Frank Wagner, wellness success story

We're all going to die eventually, but are you speeding up the process? Frank Wagner, highway technician associate in the Davenport garage, certainly wasn't living a healthy lifestyle until a year ago. In May 2012, Wagner weighed in at 267 pounds, had a 44-inch waist, high blood pressure, an unhealthy cholesterol level and type 1 diabetes.



The final straw for Wagner was the diabetes diagnosis. That's when he says he decided to take charge of his health. Wagner encouraged his wife, Jean, to join him on a journey to improve their lives. The pair joined Weight Watchers Online and the pounds began to disappear. "My wife's help made this a lot easier," said Frank. "By October, I had lost 50 pounds. By November I was off three of the five medications I had been taking. My goal is to be completely off medications. The only two left are for high blood pressure and cholesterol."

The Wagners say the Weight Watchers tool helped them by providing guidelines, information about different food choices and rewards for achieving goals. Frank said, "There are many tools out there. We just chose Weight Watchers and it is working for us. Some people may need to try a few different things before they find what works for them."

Frank says the majority of his weight loss has come exclusively from changing his eating habits. "I don't have a lot of time to exercise. I have two jobs and getting to the gym isn't a priority for me," he said. "But the change in diet is working and people are really encouraging. It is nice to have that recognition that the changes we have made are being noticed. I hope my success will get other people to take a look at what losing weight could mean in their lives."

Since the Wagners' decision to change their health, Frank has lost 82 pounds and Jean is down 56 pounds. "It gets kind of expensive," chuckled Frank. "We've had to buy all new clothes. But we donated all our old clothes to charity, so we can't go back."



CarFit event for senior drivers held May 15

To promote safe senior driving, the Iowa DOT, in coordination with the American Association of Retired Persons (AARP) and local occupational therapy groups, hosts several CarFit events each year. The May 15 event, held in conjunction with the Polk County Senior Fest and Health Fair at the Varied Industries Building on the Iowa State Fairgrounds in Des Moines, helped seniors assess the positioning of equipment in their vehicles to be as safe as possible on the road. CarFit also provides information and materials on community-specific resources that enhance driver safety and mobility.

During the 20-minute CarFit check, health professionals and trained volunteers review 12 key areas with each older driver to ensure a good "fit" with their vehicle for maximum comfort and safety.

Some of the discussion points during a CarFit event include:

- Mirror adjustments. Properly adjusting the vehicle's mirrors can greatly minimize blind spots for drivers when changing lanes.
- Good foot positioning on the gas and brake pedals. Drivers who reach with their toes to press the pedals can experience reduced reaction times and fatigue in their legs.
- Position of the driver in relationship to the steering wheel. Drivers run a risk of serious injury if they are sitting closer than 10 inches from the steering wheel.

Having a car that "fits" the older driver is important. While older drivers are often considered safer drivers because they're more likely to wear seat belts and less likely to speed or drink and drive, they are more likely to be seriously injured in a crash because their bodies are more fragile. Older drivers can improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety, but also the safety of others.



Sandra Ross from the Office of Driver Service (right) goes through the CarFit check list with a driver.



Hy-Vee.

Nutrition Notes

with Amy Clark



What used to be considered a “no-no” is now known to be an essential part of our daily routine. That’s right: there is no need to feel guilty about that mid-afternoon snack attack.

Snacks are an important source of energy and can provide key nutrients to your overall meal plan. While snacking can be a nutritious addition to an eating plan, it also has the potential to launch it into chaos. It’s really what you choose and how much you eat that counts. The good news is consumers are looking for healthier options to decrease calories from snacks. In fact, a 2010 study by the Snack Food Association found that 74 percent of consumers are trying to eat healthier, and healthier snacks are overtaking traditional snack foods 3-to-1.

Benefits of snacking

- Consistent energy and focus throughout the day.
- Regulated blood sugar and metabolism.
- Less overeating at meal times.
- Increased vitamin and mineral intake.
- Fewer hunger and deprivation feelings.

Tips for healthy snacking

- Keep snacks around 200 calories or fewer.
- Choose times between breakfast and lunch or between lunch and dinner as ideal opportunities for healthy snacks.
- Focus on including a protein and carbohydrate source for the most satisfying snack.

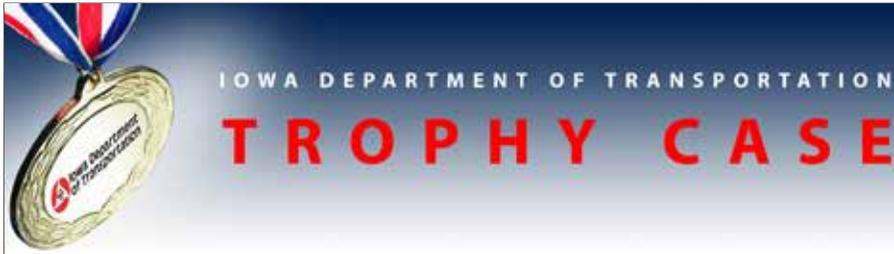
Top 10 healthy snacks

1. Fruit, such as grapes, with string cheese.
2. Fresh fruit or dried fruit with ½ ounce (about 14) almonds.
3. Apple with 1 tablespoon peanut or almond butter.
4. Kiwifruit with ½ ounce of pecans.
5. Wheat Thin Fiber Selects, Kashi TLC crackers or Triscuits with light Laughing Cow Cheese or low-sodium canned tuna.
6. Single-serving popcorn bag with string cheese.
7. Edamame, a young soybean, on its own; excellent source of protein and fiber in 2/3 cup.
8. Snap peas dipped in hummus.
9. Greek yogurt with fresh berries.
10. Baby carrots dipped in hummus.

If a beverage is preferred, choose fat-free skim milk, light juices (Healthy Balance Old Orchard Juices, Diet V-8, Diet or Light Ocean Spray, Light Minute Maid Juices), tomato or mixed vegetable reduced-sodium juice, Hy-Vee Water Coolers, Hy-Vee Thirst Splash To-Go packets, Crystal Light, unsweetened teas or Fuze Slenderize).

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





Professional



The Iowa DOT's Office of Motor Vehicle Enforcement was recognized at the Commercial Vehicle Alliance Spring Workshop April 23 in Louisville, Ky., with a 2013 Motor Carrier Safety Assistance Program Leadership Award. This award recognizes the efforts the MCSAP state partners provide to improve productivity and effectiveness of their commercial motor vehicle enforcement programs. States are recognized for the highest achievements and improvements.

Award categories are based on MCSAP basic and incentive funding allocations for fiscal year 2012. States receiving \$2.5 million or less in MCSAP funding in FY 2012 are defined as small; states receiving between \$2.5 million and \$4.25 million as medium; and states receiving more than \$4.25 million as large.

Iowa's MCSAP is in the medium category at approximately \$3.8 million. FMCSA Administrator Anne Ferro presented plaques to the Office of Motor Vehicle Enforcement for safety enforcement and data quality. The safety enforcement award is given to state partners with the most productive and effective safety enforcement programs for interstate and intrastate motor carriers. The data quality award is given to state partners reporting the most timely, accurate and complete commercial motor vehicle crash and inspection data.

The Iowa DOT's Office of Motor Vehicle Enforcement is constantly striving to meet the demands and requirements at the highest level of the programs in which it participates.

Personal



Andrew Swanson and Morgan McCullough

Andrew Swanson, son of Matt Swanson an accountant 3 in the Office of Finance, and Morgan McCullough, daughter of Susie McCullough a secretary 2 in the Office of Location and Environment, each recently received the Boone High School Scholastic Honor Society Award. Both students are seniors at Boone High School. Morgan plans to attend Iowa State University in the fall, majoring in fashion merchandising. Andrew is also heading to ISU as an elementary education major.

Beginning with the 1951-52 school year, the Boone High School Scholastic Honor Society has recognized students who rank high in scholarship. The primary purpose of the Scholastic Honor Society is to recognize students who have maintained high scholarship for several semesters.

Food Drive wrap up and can structures

Iowa DOT employees once again stepped up to help those less fortunate in the 2013 Food Drive. This year's event week, April 8-12, included a pizza lunch, book sale and walking taco lunch. These events, in addition to early funds received from candy bar sales and silent auctions in Design and the north annex, meant 17 central Iowa food pantries received \$397.26 each. Offices collected 428 food items that were also divided up and taken to the food pantries.



Here is the breakdown for the events and dollars donated.

Pizza lunch – \$269.50

Walking tacos – \$372.40

Books – \$533.50

Monetary donations – \$420

Popcorn – \$41.50



This structure was built by employees in the Office of Systems Planning.



The Office of Design structure theme was "It takes a village to raise a child and a city to feed the rest."



Family happenings

District 2

Paige Merrill



Ed Bailey, of the New Hampton construction office, celebrated his 60th birthday with a cubicle filled with 60 balloons and treats. Best wishes, Ed!

Systems Planning

Peggy Riecken



Jeff Dybvik, planning aide 2 in the Office of Systems Planning, and his wife, Julie, welcomed their first child April 3. Jeanette Dybvik weighed in at 7 pounds, 7 ounces and measured 21 inches long. Everyone is home and doing well. Jeff and Julie are enjoying their mild-tempered little girl.

Operations and Finance

Sheri Anderson



Julie Brown, purchasing assistant in the Office of Finance, and her husband, Matt, are the proud parents of their second daughter. Faye Louise was born April 11 weighing 5 pounds, 2 ounces and was 18.5 inches long. Big sister, Molly, 2, is very excited to have a little sister. Congratulations to the Brown family!

Thank you to all my co-workers who donated leave to me for the birth of our daughter. I am very grateful to everyone who donated hours so I can spend time with my family and to get my blood pressure regulated. I appreciate it very much. The Iowa DOT is a great place to work with family oriented and caring people. – **Julie Brown**

In Memory

Jean Houston died April 9, at her home in Madrid. Houston worked in the offices of Employee Services and Transportation Safety for 34 years, retiring in June 2001. She was very active in her church on the local, district, and state levels. She also thoroughly enjoyed all of her work and travels in Volunteers in Mission. Houston is survived by her husband, Daniel, of rural Madrid; a son, Kevin (Carla) of Boone; two daughters, Kristine Houston and Sheryl Houston, both of Urbandale; four grandchildren and four great-grandchildren. Jean is also survived by three brothers, three sisters and a sister-in-law.

James R. Harrill, 75, of Treynor, died April 13. Harrill was a 37-year veteran of the Iowa DOT's Council Bluffs construction office, retiring in 1997. He is survived by his wife of 55 years, Janice; daughter, Julie (Ken) Paradise of Granger; sons, John (Val) of Treynor, Jim (Stacey) of Council Bluffs; eight grandchildren; 10 great grandchildren; one brother; one sister; one sister-in-law; and many nieces and nephews.



DOT employees in the Ames and Ankeny locations celebrated Earth Day by getting out and getting dirty.



MaryKay Solberg and Donna Matulac from the Office of Location and Environment work on a flower bed on the Ames campus.



Employees in the Motor Vehicle Division replanted a tree on the Motor Vehicle Division grounds in Ankeny in honor of Earth Day. Pictured left to right are Phou Baccam, Don Sharr, Alex Jansen and Bridget Adams. Not pictured is Jonathan Braathun.

Service awards

Information supplied by the Office of Employee Services for May 2013

40 years

Ronald Juelfs, Finance

35 years

Robert Beckman, New Hampton construction; **Kevin Jones**, Materials; **James Wittmer**, Muscatine garage

30 years

Mark Bortle, Construction and Materials; **Sharon Chase**, Manchester construction; **Allen Dobbins**, Sigourney garage; **Brenda Hadley**, District 5 maintenance; **Barbara Harrill**, Council Bluffs construction; **Janet Jackson**, District 4 field staff; **Danny Meyer**, Tipton garage; **Tim Mortvedt**, Information Technology Division; **Mark Sigmon**, Sac City garage; **Kenneth Yanna**, District 6 Office

25 years

Brian Burr, District 1 materials; **Edwin Hinz**, DeWitt garage; **Sandra Larson**, Highway Division; **Robert Robertson**, Akron garage; **John Williams**, Pocahontas garage

20 years

Kevin Cooklin, Jefferson garage; **Shawn Majors**, Program Management; **Cheryl Parrish**, District 1 Office

15 years

Wanita Burns, Manchester construction; **Chad Culbertson**, Creston construction; **Shawn Goetz**, Location and Environment; **Deborah Roeder**, Vehicle and Motor Carrier Services

10 years

Shawn Grosjean, Muscatine DL station; **Glenn Hansen**, Sioux City construction; **Andy Loonan**, District 1 Office; **John Luedeke**, District 4 materials; **Matthew Marienau**, District 3 Office; **Kyle Ripple**, Marion garage; **Ronald Waugh**, Grimes garage

5 years

Jenna Borkowski, Employee Services; **Brandon Case**, Des Moines DL station; **Eric Dowd**, Information Technology Division; **Randall Dykstra**, Grinnell garage; **Robert Emmerson**, Right of Way; **Kimberly Eylers**, Waterloo DL station; **Jill Rudloff**, Location and Environment; **Scott Schram**, Construction and Materials; **Ashley Schultz**, Ottumwa DL station; **Kent Van Ervelde**, Newton garage

Personnel updates

Due to changes in the computer system used by the Office of Employee Services, this information has not been printed in INSIDE since last year. This update incorporates personnel changes from Oct. 12, 2012 to April 23, 2013. Regular updates are expected to be available going forward.

New hires

Frank Adams, bridge inspector 1, Bridges and Structures; **Reeanna Adams**, driver's license clerk, Driver Services; **Jesse Ahrens**, highway technician senior, Sioux City construction; **Karen Alessio**, driver's license clerk, Driver Services; **Chad Alshouse**, highway technician, Des Moines maintenance; **Kyle Barichello**, program planner 1, Systems Planning; **Brooke Bissell**, secretary 2, District 4 Office; **Yolanda Brown**, driver's license clerk senior, Driver Services; **David Campbell**, design technician, Design; **Benjamin Carlson**, mechanic, Maintenance; **Paul Carlson**, design technician, Design; **James Carver**, highway technician, Des Moines maintenance; **Sunny Clifton**, driver's license clerk senior, Driver Services; **David Corn**, human resources professional 1, Employee Services; **Betty Cox**, clerk-specialist, Driver Services; **Brian Crozier**, equipment operator senior, District 5 maintenance; **Craig Davis**, highway technician associate, Ames maintenance; **Richard Demuynck**, accountant/auditor 1, Finance; **Mikel Derby**, executive officer 3, Policy and Legislative Services; **Kristopher Dirksen**, mail clerk 2, Driver Services; **Bryce Edwards**, highway technician associate, Denison maintenance; **Benjamin Elmore**, highway technician associate, Ames maintenance; **Levi Frazier**, highway technician associate, Ames maintenance; **Daniel Frettim**, power plant engineer 3, Support Services; **Karla Graham**, clerk-specialist, Driver Services; **Derrick Greenfield**, highway technician associate, Ames maintenance; **Jason Hennessy**, driver's license clerk senior, Driver Services; **Chad Hopper**, highway technician associate, Newton maintenance; **Mark Howell**, highway technician associate, District 5 maintenance; **Mikel Huffman**, transportation aide, Employee Services; **Tylor Husske**, information technology specialist 3, Information Technology Division; **Kent Husted**, mechanic, Denison maintenance; **Travis Jepsen**, garage operations assistant, District 3 maintenance; **Norma Jurado**, driver's license clerk, Driver Services; **Brock Jutting**, mechanic, Ames maintenance; **Bhooshan Karnik**, transportation engineer specialist, District 4 Office; **Cynthia Kayser**, driver's license clerk, Driver Services; **Trevor Kent**, highway technician associate, Des Moines maintenance; **Steven Kerber**, affirmative action compliance officer 2, Employee Services; **Kevin Klebe**, highway technician associate, Cedar Rapids maintenance; **Jason Klemme**, transportation

engineer specialist, District 3 Office; **Kirk Krantz**, information technology specialist 3, Information Technology Division; **Steven Labeledz**, transportation planner 1, Systems Planning; **Wesly Lamphier**, mechanic, Ames maintenance; **Mark Larson**, highway technician associate, Cedar Rapids maintenance; **Craig Leaming**, driver's license clerk, Driver Services; **Ryan Lincoln**, driver's license clerk senior, Driver Services; **Wade Miller**, highway technician associate, Ames maintenance; **Jenny Mitchell**, clerk-specialist, Vehicle and Motor Carrier Services; **Coty Mosqueda**, highway technician associate, Ames maintenance; **Mindi Nguyen**, driver's license clerk senior, Driver Services; **Karla O'Brien**, driver's license clerk, Driver Services; **Jeremy Pommrehn**, highway technician associate, Des Moines maintenance; **Rachelle Powelson**, driver's license clerk, Driver Services; **Angela Robinson**, driver's license clerk senior, Driver Services; **Nicole Rolf**, driver's license clerk, Driver Services; **Robert Schutt**, transportation engineer, Council Bluffs construction; **Martin Seibert**, highway technician associate, Des Moines maintenance; **Clayton Sprague**, highway technician associate, Des Moines maintenance; **Edwin Thomsen**, highway technician associate, Council Bluffs maintenance; **Cynthia Venables**, driver's license clerk, Driver Services; **Kevin Weber**, mechanic, Denison maintenance; **Eric Wilke**, transportation planner 1, Systems Planning; **Michael Wityk**, mechanic, Des Moines maintenance; **Cory Zorn**, highway technician associate, Ames maintenance

Promotions

John Alexander, from information technology support worker 2, Vehicle and Motor Carrier Services to driver's license clerk senior, Des Moines DL station; **Bryon Anderson**, from highway technician associate to equipment operator senior, Williams garage; **Marybeth Banta**, from secretary 1, District 3 Office to engineering office assistant, District 3 maintenance; **Corey Baptiste**, from equipment operator senior to garage operations assistant, District 1 paint crew; **Sharon Bowers**, from right-of-way agent 2 to right-of-way agent 3, Right Of Way; **Debra Carney**, from driver's license supervisor 2 to compliance officer 1, Driver Services; **Jodi Clement**, from secretary 2 to program planner 1, Research and Analytics; **Dustin Conover**, from highway technician associate to equipment operator senior, Des Moines North

Personnel updates, continued on the next page.

Personnel updates, continued from the previous page.

garage; **Laura Craig-Buchholz**, from driver's license clerk to driver's license examiner, Des Moines DL station; **Christina Eastridge**, from clerk-advanced to clerk-specialist, Driver Services; **Elizabeth Fiala**, from driver's license examiner to administrative assistant 2, Council Bluffs DL station; **Joe Frederickson**, from highway technician associate, Coralville garage to highway technician, Pacific Junction garage; **John Haas**, from public service executive 3, Construction and Maintenance to public service executive 5, Traffic Operations; **Thomas Hamski**, from transportation engineer to transportation engineer specialist, Design; **Larry Hargis**, from highway technician senior to bridge inspector 1, District 1 bridge crew; **Shawn Havick**, from garage operations assistant, Avoca garage to highway maintenance supervisor, Adair garage; **Tylor Husske**, from information technology specialist 3 to information technology specialist 4, Information Technology Division; **Laura Hutzell**, from transportation planner 1, Systems Planning to transportation planner 2, Rail Transportation; **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; **Jane Kock**, from administrative assistant 2, Carroll DL station to driver's license hearing officer, Driver Services; **Steven Mariner**, from highway technician, Mason City garage to highway maintenance supervisor, District 2 materials; **John McCammant**, from highway technician associate, Malcom garage to equipment operator senior, Tama garage; **Matthew McCann**, from highway technician associate to garage operations assistant, Osceola garage; **Douglas McDonald**, from transportation engineer manager, Marshalltown construction, to transportation engineer administrator, District 6 Office; **Jeffery McQueen**, from equipment operator senior, Sidney garage to highway maintenance supervisor, Pacific Junction garage; **Paige Merrill**, from secretary 1, Mason City maintenance to secretary 2, District 2 Office; **James Muetzel**, from transportation engineer specialist to senior transportation engineer, District 4 Office; **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; **Michael Paglia**, from information technology specialist 2 to information technology specialist 3, Information Technology Division; **John Piziali**, from driver's license clerk senior to driver's license examiner, Iowa City DL station; **Brian**

Pribyl, from garage operation associate, Osceola garage to executive officer 1, Maintenance; **Cherrie Sabel**, from administrative assistant 2, Davenport DL station to driver's license supervisor 2, Driver Services; **Russell Schmidt**, from equipment operator senior, Jefferson garage to bridge inspector 1, Bridges and Structures; **Michael Schneider**, from construction technician senior, Marshalltown construction to right-of-way agent 2, Right Of Way; **Kathleen Schultz**, from administrative assistant 2, Des Moines DL station to driver's license supervisor 2, Driver Services; **Aaron Schwarz**, from construction technician associate, Design to construction technician senior, Cherokee construction; **Renee Shirley**, from purchasing agent 3 to public service executive 3, Finance; **Lonnie Storck**, from highway technician associate to equipment operator senior, Williamsburg garage; **Nathan Thede**, from transportation engineer intern to transportation engineer, Design; **Michael Thiel**, from design technician associate to design technician, Design; **Anne Turcotte**, from transportation planner 1 to transportation planner 2, Systems Planning; **Craig Van Der Wilt**, from mechanic, Newton garage to highway technician senior, District 1 bridge crew; **Mark Van Dyke**, from transportation engineer specialist to transportation engineer executive, District 5 Office; **Patricia Vonnahme**, from driver's license clerk senior to driver's license examiner, Carroll DL station; **Angela Walker**, from driver's license clerk senior to administrative assistant 2, Cedar Rapids DL station; **Steven Warner**, from motor vehicle officer to motor vehicle investigator, Motor Vehicle Enforcement; **Eugene Welter**, from highway technician, Waterloo garage to materials fabrication inspector 1, District 2 materials; **Nathan Wilson**, from planning aid 2, Systems Planning to accountant/auditor 1, Vehicle and Motor Carrier Services; **Douglas Wiseman**, from maintenance repairer to facilities maintenance coordinator, Support Services; **Roquel Yeager**, from motor vehicle officer to motor vehicle investigator, Motor Vehicle Enforcement; **Jeffery Zimmerman**, from highway technician, Marion garage to bridge inspector 1, Bridges and Structures

Transfers

Michael Abbott, motor vehicle officer, within Motor Vehicle Enforcement; **Tammy Bailey**, from driver's license clerk senior, Ames DL station to secretary 2, Research and Analytics; **Betty Butler**, from driver's license clerk, Des Moines DL station to accounting clerk 2, Vehicle and Motor Carrier Services; **Jodie Collins**, clerk-specialist, within Driver Services; **Derek Floerchinger**, motor vehicle officer, within

Personnel updates, continued on the next page.

Personnel updates, continued from the previous page.

Motor Vehicle Enforcement; **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 and then to Materials and Construction; **James Nervig**, executive officer 2, within Systems Planning; **Kameron Shugar**, motor vehicle officer, within Motor Vehicle Enforcement; **Mary Stahlhut**, executive officer 2, from Traffic and Safety to Systems Planning; **Senad Suljic**, motor vehicle officer, within Motor Vehicle Enforcement; **Ryan Sundine**, from highway technician, Boone garage to equipment operator senior, Jefferson garage; **Brent Terrell**, highway technician associate, from Martensdale garage to District 1 maintenance; **Stuart Turner**, executive officer 2, from Maintenance to Systems Planning; **Andrew Van Wyk**, information technology specialist 3, within Information Technology Division

Retirements

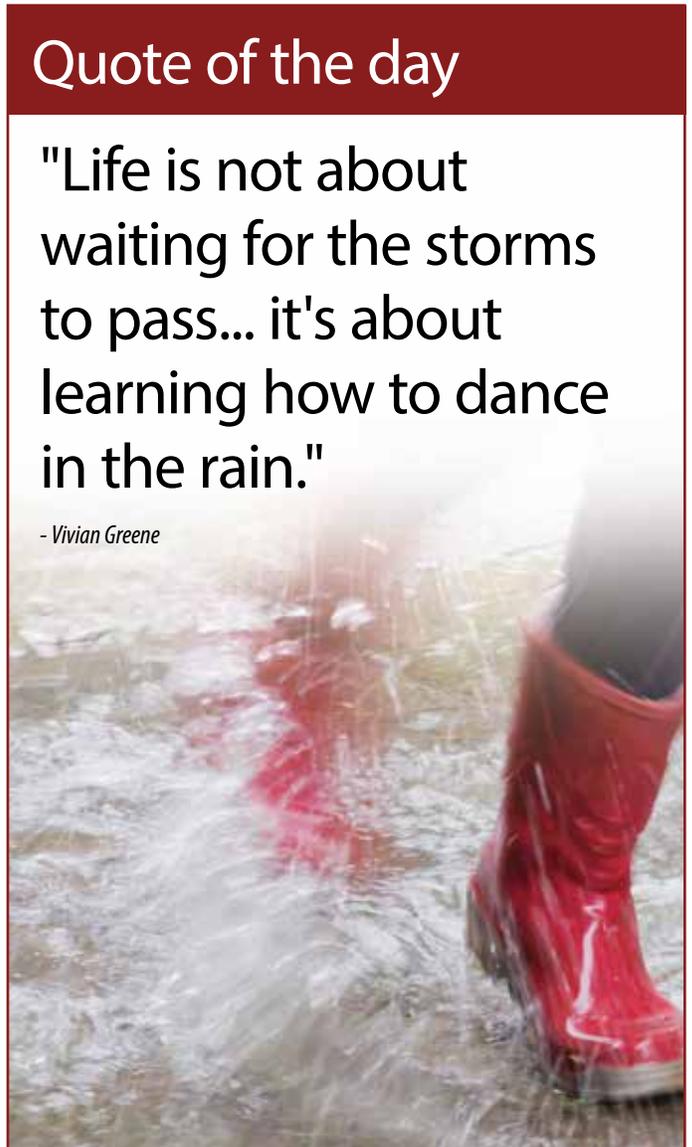
Dennis Altman, highway technician associate, Cherokee garage; **Jimmie Andrews**, highway technician associate, Urbana garage; **Elizabeth Baird**, executive officer 3, Policy and Legislative Services; **Kennard Barker**, driver's license examiner, Carroll DL station; **Dave Beidler**, highway technician associate, Dubuque garage; **Steven Belzung**, transportation engineer specialist, Contracts; **Alan Bolger**, mechanic, Grimes garage; **Patricia Borden**, driver's license clerk, Waterloo DL station; **John Carns**, senior transportation engineer, District 4 Office; **Lynn Deaton**, garage operations assistant, District 1 paint crew; **Thomas Dengele**, highway technician associate, Grimes garage; **Christopher Domeyer**, highway technician associate, Manchester garage; **James Dudley**, highway technician associate, Independence garage; **Michael Fahrenkrug**, garage operations assistant, Dewitt garage; **Jacqueline Flohrs**, clerk-specialist, Driver Services; **Delmar Gettler**, bridge inspector 2, District 4 bridge crew; **Donald Gomez**, highway technician, Sioux City-Hamilton garage; **Nathea Johnson**, clerk-specialist, Driver Services; **Phillip Ketchum**, construction technician senior, Des Moines construction; **J. Thomas Lind**, right-of-way agent 3, Right of Way; **Lon Lyphout**, highway technician associate, Newhall garage; **Willie Mohorne**, engineering technician senior, District 2 Office; **Walter Morz**, right-of-way agent 2, Right of Way; **Timothy Nordholm**, purchasing agent 3, Support Services; **Duane Parizek**, equipment operator senior, Tama garage; **Candace Phipps**, materials technician 4, District

3 materials; **Dwight Pierce**, highway technician associate, Newton garage; **Freeda Reaves**, driver's license clerk, Davenport DL station; **Kay Scott**, construction technician, Cherokee construction; **Gary Smith**, materials technician 4, District 6 materials; **John Smythe**, transportation engineer executive, Construction; **Ronald Stafford**, bridge inspector 2, Bridges and Structures; **Larry Stonehocker**, construction technician senior, Des Moines construction; **Jay Thornton**, motor vehicle sergeant, Motor Vehicle Enforcement; **Lugene Verploeg-Coop**, driver's license examiner, Des Moines DL station; **Barbara West**, public service executive 3, Driver Services; **James Wright**, construction technician, Council Bluffs construction

Quote of the day

"Life is not about waiting for the storms to pass... it's about learning how to dance in the rain."

- Vivian Greene



Welcome center staff help Iowa DOT promote work zone awareness week

Iowa Economic Development Authority welcome center employees Jocelyn Barney and Jerry Reese donned safety vests to help the Iowa DOT promote work zone awareness week April 15-19 at the Davis City Welcome Center. Employees at the four other welcome centers at the gateways to our state also participated by wearing safety vests and handing out safety information to travelers.



Jerry Reese and Jocelyn Barney

Work zone safety tips

- 1. Stay alert.**
Dedicate your full attention to the roadway.
- 2. Pay close attention.**
Signs and work zone flaggers save lives.
- 3. Turn on your headlights.**
Workers and other motorists must see you.
- 4. Don't tailgate.**
- 5. Don't speed.**
Note posted speed limits in and around the work zone.
- 6. Keep up with the traffic flow.**
- 7. Don't change lanes in the work zone.**
- 8. Minimize distractions.**
Avoid changing radio stations and using mobile devices while driving in the work zone.
- 9. Expect the unexpected.**
Keep an eye out for workers and their equipment.
- 10. Be patient.**
Remember the work zone crew members are working to improve your future ride.

Service Area	Correspondent	Phone
District 1	Kelly Bernady , Ames	515-663-6371
District 2	Paige Merrill , Mason City	641-423-7584
District 3	MaryBeth Banta , Sioux City... ..	712-276-1451
District 4	Brooke Bissell , Atlantic	712-243-7620
District 5	Brenda Hadley , Fairfield	641-472-6142
District 6	Sandi Byers , Cedar Rapids.....	319-364-0235
Bridges and Structures	Judy Whitney , Ames	515-233-7917
Construction	Nancy McMenamin , Ames	515-239-1353
Contracts	Mary Thompson , Ames	515-239-1415
Design	Vacant , Ames	
General Counsel	Chris Crow , Ames	515-239-1509
Information Technology Division	Colette Simpson , Ames	515-233-7728
Local Systems	Gail Nordholm , Ames	515-239-1528
Location and Environment	Susie McCullough , Ames	515-239-1225
Maintenance	Cindy Shipley , Ames	515-239-1971
Materials	Adriana Reyes , Ames	515-239-1085
Modal offices	Cathy Mather , Ames	515-239-1140
Motor Vehicle Division	Diann McMillen , Ankeny	515-237-3250
Operations and Finance Division	Sheri Anderson , Ames	515-239-1340
Performance and Technology Division	Lori Pflughaupt , Ames	515-239-1646
Right of Way	Tami Bailiff , Ames	515-239-1216
Systems Planning	Peggy Riecken , Ames	515-239-1664
Traffic and Safety	Stephanie Anderson , Ames.....	515-239-1746

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

Paul Trombino III, Director

Tracey Bramble, Strategic Communications, editor

Christina Andersen, Strategic Communications, desktop publisher

Jaraine Mohs, Strategic Communications, technical editor

Printing Staff, Support Services, printing



800 Lincoln Way, Ames, IA 50010 • 515-239-1372



PLEASE RECYCLE THIS ISSUE

On the cover: Freight truck moving goods along a busy interstate.
June I-Spy clue: Perhaps you can "shed some light" on what's missing?
April/May I-Spy solution: The deer crossing sign has a unicorn instead of a deer pictured.

Federal and state laws prohibit employment and/or public accommodation discrimination on the basis of age, color, creed, disability, gender identity, national origin, pregnancy, race, religion, sex, sexual orientation or veteran's status. If you believe you have been discriminated against, please contact the Iowa Civil Rights Commission at 800-457-4416 or Iowa Department of Transportation's affirmative action officer. If you need accommodations because of a disability to access the Iowa Department of Transportation's services, contact the agency's affirmative action officer at 800-262-0003.

Newton GOA has sweet deal at home

Many home-based businesses begin when hobbies run amok. “I guess you could say that about my jelly and jam business,” said Nancy Woody, garage operations assistant in the Newton garage. “I started making jam and jelly about 20 years ago when I saw a neighbor making apple jelly and I decided to try it. It took three batches before I got it to work. After that I was hooked. I would make all different kinds and give it away. Finally my three sons told me that their friends’ families had enough jam and jelly and I should find something else to do with it.”

“My family is a big part of the business,” said Woody. In fact, her oldest son Ryan, now 31, found the recipe for one of her biggest sellers. “When the kids first got Internet access in school, Ryan found a recipe for Mountain Dew Jelly. When he printed it off and brought it home I was worried about him getting kicked off the Internet at school. But it all worked out,” she said with a smile.

Now, more than 20 years later, Woody’s labors on nights and weekends produce more than 90 varieties of jam, jelly, fruit butter and preserves sold at farmer’s and flea markets and on the Internet.

“My fiancé, Toby, designed the website, nancysjamsandjellies.com, and helps with the shipping,” she said. “My sons help out when they can. Even my mom helps. She comes to events to help set up and then sells things she has crocheted.”

Woody says she and Toby take the jams and jellies to three or four farmer’s markets each week from spring to fall. They also sell their wares at craft shows and small town festivals. “We divide and conquer on the busier weekends with each of us in a different town,” she said.

She credits her loyal following of jam and jelly lovers to her desire to use local, all natural ingredients. “I pick as much locally as I can,” she said. “That way I know exactly where all the ingredients come from.”



Nancy Woody enjoys both of her jobs, working at the DOT and making jams and jellies.

Woody says she makes all the jams, jellies and butters without preservatives and with all natural ingredients. “Well, except for the Mountain Dew,” she chuckled.

So what is the difference between jam and jelly? Woody explained, “Jam has pieces of the fruit in it and a jelly is made from the juice. It should be clear. I also make fruit butter,

which is the pulp of the fruit cooked until most of the water is gone. It has less sugar than the rest. Preserves are made with just sugar, fruit (larger pieces) and lemon juice with no pectin that is used in jam and jelly.”

Over the years, Woody has collected recipes using jam and jelly that she shares with her customers. She said, “We tend to cook with it at our house. Almost all jam and jelly can be paired with meat, just like wine. Toby makes a chicken breast stuffed with cream cheese wrapped in bacon, and covered with raspberry jalapeno jam. It is absolutely to die for. I have several other recipes that we use as well.”

For more than 20 years, making four to 12 jars a batch in three or four batches each night, Woody and her family have developed a rhythm and an unmatched work ethic. “I am proud of what we have accomplished,” she said. “Last winter, we were able to remodel the kitchen in our 100-year old house to include lots of counter space and new everything.”

