

APRIL 2011

INSIDE

FAREWELL TO NANCY

*The final test of a leader is that she leaves behind her
in others the conviction and the will to carry on.*

-adapted from Walter Lippman



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ONE 2 ONE

WITH DIRECTOR NANCY RICHARDSON

"To everything there is a season, and a time to every purpose under heaven..." So sayeth the great Pete Seager in his 1959 folk song, covered by the Byrds in their number one hit in 1965.

While I always knew what the song meant, I never really understood it on a personal level as I now do.

My much rumored retirement is finally going to happen! No more delays. No more false starts. My last day as Iowa DOT Director will be April 28.

I have written over 60 of these columns, always trying to be both clever and thought-provoking. I am well aware that sometimes I hit the mark and other times I did not. But in the end, the columns were really just my conversations with you, chats with friends, and who is always clever and thought-provoking! This time, however, I'm only trying to tell you how I feel about leaving, not necessarily leave you with words of wisdom for the future. After all, I know you will all be fine and do good after I'm gone.

In my letters of resignation—yes, there have been two!—I said, "I believe I am leaving the Iowa DOT a better place for my having been there; I know that I am a better person for the time I spent there." I truly believe both parts of that, and in that I take great pride, satisfaction and comfort.

I also know...

...I came to state employment in 1974 and the DOT in 1982 to start jobs and ended up with a career. Lesson learned: Never underestimate the importance of a first step.

...Along the way I got credit for a lot of good things you all did. Lesson learned: Always surround yourself with good people because they will also make you look good.

...This job was never really mine. I have been a placeholder in a line of placeholders. There were good people in the position before me and there will be good people to follow. But, please understand if it's still hard for me to "drive by the old house after I sell it" to see what the new owner has done with it. Lesson learned: No matter how fulfilled and ready to move on you feel, it is still hard to leave something that has brought you tremendous satisfaction.

...A lot of people both inside and outside the DOT helped me in ways both obvious and not so obvious. Lesson learned: Success is always the result of teamwork, even when it isn't noticeable.

...Over the past 30 years while at the DOT a lot of things have happened to me that I didn't deserve, some good and some bad, and my DOT family helped me enjoy the good and survive the bad. Lesson learned: While nothing replaces the importance of family in our lives, we spend too much time at work to not care about and nurture each other.

...the DOT will go on just fine without me. Question is, "Will I be fine without the DOT?" Lesson learned: All worthwhile steps in life come with some risk of failure. Fortunately, succeeding against those odds makes it better.

So, "to everything there is a season... a time to plant, a time to reap what is planted." I started babysitting and delivering newspapers at age 11, and got my first "real" part-time job washing dishes at 14. I have worked continuously for over 50 years...my "time to plant." I am about to embark on my "time to reap" and I am both excited and scared witless!

But, it is time to move on to the next season. I think it is going to be great, once I get the hang of it. I only hope it will be as fulfilling and rewarding, and bring me as much happiness, as my time at DOT.

It is time to sign off on my final column—my last conversation—and say goodbye to all of you and thank you for your hard work, your unwavering support and your steady friendship. After April 28 I will no longer be a DOT employee, but know that I will always be a DOTer. Take care and keep making me proud...

Nancy

The Governor's Transportation 2020 Citizen Advisory Commission

If you had not noticed by now, Iowa DOT Director Nancy Richardson is passionate about improving transportation in Iowa. The soon-to-be retired director has worked in state government for nearly four decades, the majority spent advocating for improved transportation systems and enhanced public safety.

In retirement Richardson will continue her mission, becoming co-chair of Gov. Terry Branstad's Transportation 2020 Citizen Advisory Commission (CAC). The governor announced the formation of the 12-member group at the March meeting of the Iowa Transportation Commission.

Richardson said, "It is important to me to stay involved, but in a more limited way. Serving on this advisory commission will provide continuity by having someone who has recently been in the transportation trenches and brings to the table a clear understanding of Iowa's transportation system, its operational funding and background issues."

Advisory commission goals and structure

Richardson said, "Every five years, beginning this year, Iowa law requires the Iowa DOT to assess the sufficiency of all road-use tax funds to meet the projected maintenance and construction needs of all the state's public roads. Also under review are alternative funding sources, specifically the viability of the funding mechanisms and their advantages and disadvantages. The governor wanted to find a way to actively engage the public in the effort. The CAC is the mechanism for doing that."

The data collection process has already begun with the Iowa DOT's Planning, Programming and Modal Division gathering information that will be the backbone of a report. This information will include detail on the condition of Iowa's roads and bridges and projected needs and available funding. The Iowa DOT is mandated by Iowa Code to do the study and submit a written report to the legislature. The CAC will assist the DOT in developing recommendations and in getting public input into the process.

"The data collection analysis should be finalized by the end of April," explained Richardson, "Then the advisory commission will use its first two meetings, probably in June, to become familiar with the data and staff findings and identify recommendations to address the findings."

In July and August, the advisory commission, with assistance from Iowa DOT staff, will hold a series of six public meetings around the state to educate the public on the condition of Iowa's road system and unmet system needs and gain input from them on the proposed recommendations.



Gov. Terry Branstad explained his Transportation 2020 Citizen Advisory Commission concept to the Iowa Transportation Commission at its March meeting. The citizens group will serve to assist in the evaluation of funding options for the state's highways and bridges, the Iowa Transportation Commission will remain the policy makers for the Iowa DOT.

Richardson continued, "This is an opportunity to educate people and gain support for Iowa's goals related to highway infrastructure. We believe that the more people understand about the system, the more they will support it."

Once all the input has been received, the advisory commission will work with the Iowa DOT to formulate the final recommendations and report due to the legislature by Dec. 31, 2011.

Membership

Several of the names on the new citizen commission may be familiar to Iowa DOTers. Former Iowa Transportation Commission member Allan Thoms of Cedar Rapids is co-chairing the new citizen group. The group also includes former Iowa Transportation Commission chairs Dan Wiedemeier of Burlington and Catherine Dunn of Dubuque.

Others appointed to the citizen commission are Scott Cirkseña of Clive, Jeff Corkery of Peosta, former State Representative Geri Huser of Altoona, former State Senator Jim Kersten of Fort Dodge, Lindsey Larson of Jefferson, Rose Mitchell of West Des Moines, Ann Trimble-Ray of Early, and Larry Winum of Glenwood.

"The governor appointed a diverse group to the advisory commission. There are folks from all parts of the state, all with different perspectives," said Richardson. "The emphasis of the group will be on the economic side of roads and bridges."

Keeping the legislature in the loop was also an important element in the process. The governor named the chairs and ranking members of the house and senate transportation committees to the advisory commission. These ex officio members are State Representative David Tjepkes, R-Gowrie; and State Representative Jim Lykam, D-Davenport; State Senator Tom Rielly, D-Oskaloosa; and State Senator Tim Kapucian, R-Keystone.

Updated Internet/intranet use policy takes effect

The Internet and intranet have become integral tools for conducting business at the Iowa DOT. Policy 030.09 internet and Intranet Services, updated and signed March 16, defines acceptable Internet and intranet use on DOT-owned equipment. The original policy related to employee use of the Internet and intranet on Iowa DOT equipment was written in 1996 and updated in 2000. While much has changed in technology since the initial policy was issued, the main points of the policy remain the same. Internet and intranet use during work time is reserved specifically for work-related activities.

A few changes and clarifications to the 2011 version of the policy are notable:

- Personal use of the Internet is allowed during meal breaks and before and after work with supervisor's approval to be at your workstation. Removed from the policy is the allowance for personal Internet use during rest periods. Use during an emergency situation at any time of day remains an option for employees (e.g. to determine if there is a school or business closure for severe weather or other emergency).
- Updated language related to blocking of inappropriate websites and what to do if an employee ends up on a site that would violate the law or DOT policy has been included. If an employee is using the Inter-

net and accesses an inappropriate site, the employee should contact his or her immediate supervisor who will contact the DOT Service Desk.

- Use of social media sites such as Facebook and Twitter continue to be blocked unless a supervisor requests access for an employee who has a business need to access the sites.
- The updated policy also addresses streaming audio and video. Because so many Iowa DOTers use the Internet, and network capacity can become an issue with streaming media, these actions also continue to be prohibited for personal use.
- Remote access to Iowa DOT computers is another recent technological advancement addressed in the updated policy. According to the updated policy, employees are not allowed to connect or dial into departmental resources from home or other non-departmental locations for the purpose of personal, non-business access to the Internet.
- This policy also prohibits employees from gaining entry into any non-DOT unauthorized computers through remote access from DOT equipment. More plainly put, you cannot access your home computer from your work computer unless authorized to do so.



Construction season 2011

Construction season 2011 looks to be another busy time for the Iowa DOT. Work continues on transportation projects across Iowa funded in total or in part through The American Recovery and Reinvestment Act (Recovery Act) of 2009 and the \$830 million I-JOBS initiative, which provided \$115 million. The Iowa DOT's share of those funds is about \$250 million of the Recovery Act funds and \$50 million of the I-JOBS funds.

Major projects for the 2011 construction season

District 1

Roadway: Iowa 17
County: Boone

The project is patching and hot-mix asphalt (HMA) resurfacing on Iowa 17 between Madrid and U.S. 30. Work will be accomplished under single lane closures with through traffic maintained at all times with the use of a pilot car. Project work will include traffic signal installation and turning radius improvements at the intersection of Iowa 17 and Iowa 210 in Madrid.

Roadway: U.S. 30
County: Boone and Story

East- and westbound U.S. 30 from 1.8 miles east of Iowa 17 to 0.4 miles east of University Avenue in Ames will be reconstructed. Through traffic will be maintained in a head-to-head configuration with the use of crossovers to accommodate staged construction in each direction of travel. Ramp crossovers will be utilized to accommodate access at the South Dakota and University Avenue interchanges during reconstruction.

Roadway: I-35
County: Polk

The first phase of construction for a new interchange at I-35 and 36th Street near Ankeny is underway. This year's work includes grading and new bridge construction for north- and southbound I-35 over 36th Street. This phase of construction will occur off the existing interstate on the east side of existing I-35, with no major impacts to existing I-35 traffic.

A new I-35 median bridge over the Iowa Interstate Railroad, Grand Avenue and EP True Parkway is being constructed to facilitate future widening of I-35 to three lanes in each direction between the Iowa 5 bypass and the I-80, I-235 and I-35 interchange on the southwest side of the Des Moines metro area. This project also involves I-35 median grading and paving between EP True Parkway and University Avenue. Impacts to I-35 through traffic will be minimal, with work occurring in the median behind temporary concrete barrier rail.

Roadway: I-80
County: Polk

This season, a new eastbound I-80 bridge over U.S. 65 will be constructed at the Altoona interchange (exit 142). Widening of the eastbound ramp was completed last fall to accommodate dual left-turn access to northbound U.S. 65 and closure of the left side high-speed "flyover" exit to northbound U.S. 65 from eastbound I-80. The new eastbound I-80 bridge over U.S. 65 is being built adjacent to existing eastbound I-80, and will have minimal impact on existing eastbound I-80 traffic. Through traffic on I-80 and U.S. 65 will be maintained at all times. This work represents the first phase of additional improvements and upgrades planned for this interchange.

Roadway: I-80
County: Jasper

Construction will soon begin on an additional lane adjacent to the outside of mainline I-80 to increase capacity of both the east- and westbound exit and entrance ramps at Speedway Drive interchange at exit 168 west of Newton. I-80 through traffic will be maintained at all times, but will be shifted to the inside shoulder to accommodate construction.

Roadway: I-80
County: Polk, Jasper, Poweshiek and Iowa

Installation of median high-tension cable guardrail will be accomplished in the overnight hours. Through traffic on I-80 will be maintained at all times, with all work being done at night to minimize impacts to traffic.

Roadway: I-80
County: Poweshiek

The bridge deck on the westbound I-80 bridge over U.S. 63 near Malcom will be overlaid. Through traffic will be maintained, but westbound I-80 will be restricted to one lane and the speed limit reduced to 55 mph during construction.



Construction season, continued on next page

Construction season,
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Roadway: U.S. 30
County: Marshall

Construction continues to complete the four-lane upgrade of U.S. 30 between State Center and Iowa 330 near Marshalltown. Weather delays prevented the contractor from completing this work last fall as intended; remaining work includes connection of new four-lane pavement to the Iowa 330 Interchange, paving of turn lanes, sub-drain installation, finish-grading, seeding, signing and pavement marking.

Roadway: U.S. 30
County: Tama

Construction of the new U.S. 30 bypass of Tama and Toledo will be completed. Currently, the bypass is open to four-lane traffic from the east project limits to just west of the U.S. 63 interchange. U.S. 30 traffic is head-to-head in the new eastbound lanes of the bypass from just west of the U.S. 63 Interchange to the west project limits. Remaining work includes westbound bridge construction at the "slip ramp" bridge and staged construction to finish remaining grading and paving on the west end of the bypass.



Several flood-damaged bridges caused a need for repairs

Roadway: U.S. 65
County: Hardin

Construction continues to replace the U.S. 65 Iowa River bridge in Iowa Falls. The existing historic single-span concrete arch structure is being replaced with a wider, single-span steel arch structure. To accommodate construction, U.S. 65 is expected to be closed to through traffic until November 2011. Traffic is detoured on Hardin County roads D-15 and S-45. Completion of the bridge and reopening of the road are anticipated by late November 2011.

Roadway: U.S. 169
County: Webster

The Portland cement concrete (PCC) reconstruction of U.S. 169 in Fort Dodge continues between Business U.S. 20 and Iowa 7, following northbound reconstruction last year. This construction season will include the removal and reconstruction of southbound U.S. 169. This work includes removal and replacement of southbound U.S. 169 bridges at three locations: Iowa 926, Chicago, Central and Pacific Railroad's track and Lizard Creek. Work will be staged to maintain traffic in a head-to-head configuration on the new northbound U.S. 169 lanes.

District 2
Roadway: Iowa 14
County: Butler and Floyd

Approximately 40 miles of Iowa 14 will be resurfaced with HMA from Parkersburg north to Charles City. The resurfacing will include adding a 2-foot paved shoulder on both sides of the roadway.

The project will include milling the existing asphalt surface between Parkersburg and Allison, and between Greene and Charles City. The section from Parkersburg to Allison will include replacing the bridge approach pavement at each end of six bridges. Traffic will be controlled with traffic signals where the bridge approach pavement is being replaced at the bridges. For other work on these projects, traffic will be controlled with flaggers and pilot cars. Work on this project is expected to begin this spring and continue late into the fall.

Roadway: U.S. 218
County: Bremer

In August, construction of a new U.S. 218 interchange with Bremer County Road C-50 at Janesville is scheduled to begin.

Construction season,
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Construction season,
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The majority of the new interchange will be constructed east of existing U.S. 218. Work in 2011 will involve reconstruction of Marquis Road (Seventh Street) where it intersects the new lanes of U.S. 218. The remainder of the work done in 2011 should not have a significant effect on traffic.

Work will continue next year with project completion projected for late fall 2012.

Roadway: U.S. 18
County: Chickasaw and Fayette

In April, construction of a PCC overlay project on U.S. 18 between Fredericksburg and West Union will begin. In conjunction with the 4-inch PCC overlay, the pavement will be widened 4 feet on each side to provide 4-foot paved shoulders. The project will be built while maintaining traffic through the project using traffic signals, flaggers and pilot cars. The project is expected to be completed by late fall of this year.

Roadway: U.S. 63
County: Bremer

A PCC paving project to pave approximately nine miles of U.S. 63 from a half mile south of Iowa 3 to a half mile south of Iowa 188, is expected to begin this summer or fall. The project will involve the construction of an interchange at the junction of Iowa 3 and U.S. 63. A new bridge to carry Iowa 3 over U.S. 63 is already under construction. At the intersection Iowa 3 is being relocated slightly to the south of its present location requiring the closure and detour of Iowa 3 in this area for approximately two months.

The project will continue next year and is scheduled to be completed by fall 2012.

Roadway: Iowa 58, U.S. 20 and I-380
County: Black Hawk

Several bridges on Iowa 58, U.S. 20 and I-380 will be under construction this summer. The construction will involve replacement of barrier rails on the bridges. Traffic will be affected by lane closures and lane shifts. Work is expected to be completed this fall.

Roadway: U.S. 218
County: Black Hawk

This project involves extension of the existing north- and southbound left-turn lanes, and construction of an offset right-turn lane for north- to eastbound right turning traffic at the intersection of U.S. 218 and Black Hawk County Road C-57. The project is expected to be completed by this fall. The traffic control will involve lane closures on U.S. 218 and the closure and detour of Black Hawk County Road C-57.

Roadway: U.S. 18/U.S. 218
County: Floyd

This project involves construction of offset left-turn lanes in the four-lane roadway's median at the U.S. 18, U.S. 218 and Floyd County Road T-44 intersection near the town of Floyd. The project is expected to be completed by this fall. Traffic control will involve lane closures and closure of the median crossover for a limited period of time.

District 3

Roadway: U.S. 20
County: Calhoun and Sac

Grading of relocated U.S. 20 from U.S. 71 to Iowa 4 and construction of seven bridges associated with that work will continue during the 2011 construction season.

Paving on U.S. 20 from Iowa 4 in Calhoun County to Sac County Road N-14 (Union Avenue) is scheduled to start this construction season with completion scheduled for 2012.

Roadway: I-29
County: Harrison

The bridge decks on I-29 over a drainage ditch 1.6 miles north of Harrison County Road F-20 will be overlaid causing traffic to be restricted to one lane in each direction. Work should be completed in late 2011.

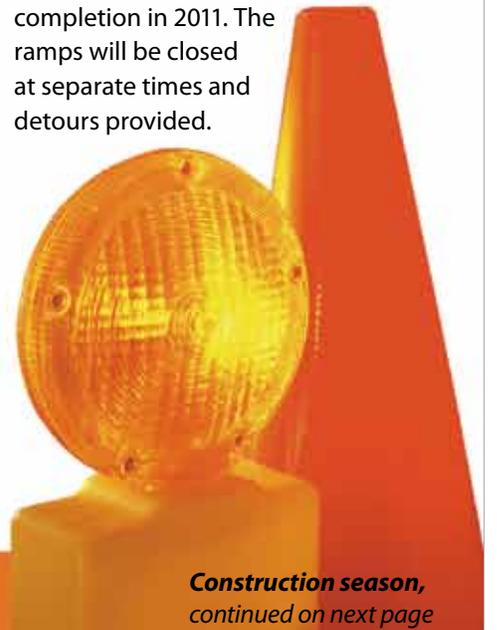
Roadway: I-29
County: Monona

Replacement of the I-29 bridges over Cleghorn Creek 4.4 miles south of Iowa 175 will cause traffic to be restricted to one lane and placed head-to-head using crossovers. Work should be completed in late 2011.

Replacement of the I-29 northbound bridge over Robinson Ditch 3.1 miles south of the Woodbury County line will cause traffic to be restricted to one lane and placed head-to-head using crossovers. Work should be completed in late 2011.

Roadway: I-29
County: Woodbury

Grading and concrete paving of southbound I-29 from 1.9 miles south of the Riverside Boulevard interchange in Sioux City to the South Dakota border will continue and is scheduled for completion in 2011. Concrete paving of ramps at the I-29/U.S. 20 interchange in Sioux City is scheduled for completion in 2011. The ramps will be closed at separate times and detours provided.



Construction season,
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Construction season,
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Replacement of the northbound bridge on I-29 over Singing Hills Boulevard in Sioux City will begin this spring. Traffic will be moved to one lane in each direction in the southbound lanes. This project is scheduled for completion in 2011.

Grading and concrete paving of southbound I-29 in Sioux City from U.S. 20/I-29 interchange north to 0.25 mile south of BNSF Railway's track is scheduled to begin this year. Traffic will be shifted on-site to accommodate the construction. The project is scheduled for completion in 2011.

Roadway: Iowa 12
County: Woodbury

Bridge removal, grading and concrete paving of Iowa 12 will continue in Sioux City and is scheduled for completion in 2011. Traffic will be managed with a one lane in each direction on-site detour.

District 4

Roadway: I-29
County: Fremont and Mills

Highway and bridge improvement work will continue on I-29 south of Council Bluffs. Work will be in the northbound lanes at three locations and include five new bridges and 18.5 miles of asphalt resurfacing.

Roadway: U.S. 34
County: Mills

Grading and culvert work is scheduled to begin this spring for relocated U.S. 34 west of I-29 in preparation for a new bridge over the Missouri River.

Roadway: Council Bluffs Interstate System (CBIS)
County: Pottawattamie

Work is scheduled this summer to place a new deck on the existing eastbound bridge over the Missouri River. Currently, both east- and westbound traffic is routed on the newly completed westbound bridge. Once the new deck is placed on the eastbound bridge, traffic will be switched. The project is in conjunction with the Nebraska Department of Roads' project in Omaha.

Roadway: U.S. 6
County: Pottawattamie

Stage two of a two-year project to replace the Broadway viaduct in downtown Council Bluffs is scheduled to be completed in 2011.

Roadway: I-80
County: Pottawattamie

The eastbound bridge over the West Nishnabotna River at milepost 40 will be replaced this summer.

Roadway: I-80
County: Cass

Work along westbound I-80 in Cass County includes replacing a bridge deck at milepost 65 (Wiota interchange) and replacing a bridge at milepost 69 (Crooked Creek). In addition, repairs will be made to the dual bridges at milepost 72.

Roadway: I-80
County: Adair

Work along westbound I-80 in Adair County includes replacing a bridge at milepost 85 (Middle River).

District 5

Roadway: I-35
County: Clarke

This 6.2-mile interstate project involves HMA concrete resurfacing of southbound I-35 from the Warren County line to just north of U.S. 34. Traffic will be maintained in a single lane through the project.

Roadway: U.S. 34
County: Jefferson

This 7.2-mile project involves HMA resurfacing of U.S. 34 at three separate locations from Cedar Avenue near Batavia to Benton Avenue near Rome. Traffic will be maintained in a single lane through the project.

Roadway: U.S. 61 - Fort Madison bypass
County: Lee

This bypass of Fort Madison is a 10-mile corridor. The corridor will be paved this year with an anticipated completion and opening to traffic in late fall 2011.

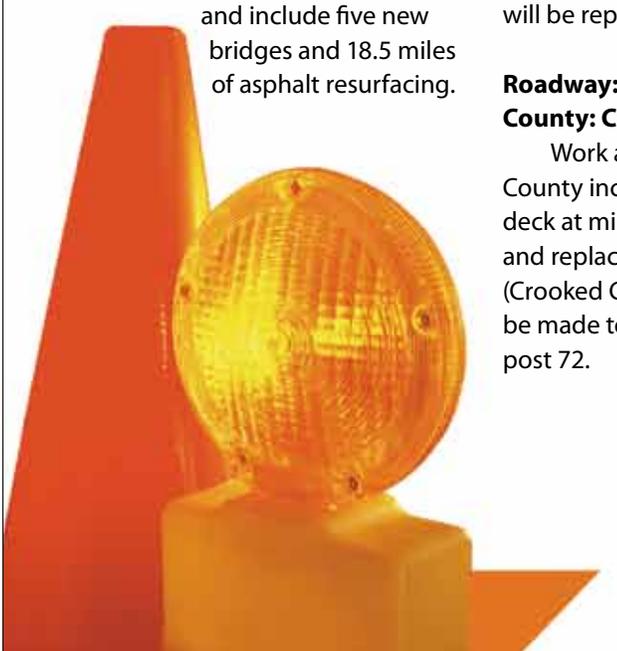
Roadway: U.S. 63
County: Wapello

This 5.3-mile project involves HMA resurfacing of northbound U.S. 63 from Chillicothe to Eddyville. Traffic will be maintained in a single lane through the project.

Roadway: U.S. 218
County: Washington

This 9-mile project involves HMA resurfacing of southbound U.S. 218 from 240th Street north of Ainsworth to near 160th Street. Traffic will be maintained in a single lane through the project.

Construction season,
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Construction season,
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District 6

Roadway: U.S. 6

County: Iowa

This project involves PCC pavement replacement at a new bridge constructed in 2010 over Hilton Creek, 2.9 miles west of Iowa 220. Construction of this stage involves paving two lanes with 4-foot paved shoulders and will require traffic to be detoured onto Iowa County roads V-66 and V-77, and I-80. Construction is expected to be completed in 2011.

Roadway: U.S. 151

County: Iowa

These two I-JOBS projects consist of a new twin reinforced concrete box culvert over the Iowa River overflow and continuous concrete slab bridge over Mill Race Creek 0.9 mile and 0.4 mile south of Amana, respectively. Temporary traffic signals, flaggers and pilot cars will be used to alternate traffic through both project sites. Construction is expected to be substantially complete at the end of the 2011 construction season.

Roadway: I-80

County: Johnson

This concrete paving project is a continuation of I-80 six-laning through Coralville and Iowa City. This final section of paving, from the Iowa River bridge to 1.5 miles east of Iowa 1, will span over two construction seasons; it is projected to be completed in 2012. Paving the eastbound lanes is scheduled in 2011, and westbound paving will be accomplished in 2012. Each direction of mainline consists of three 12-foot lanes and a 12-foot outside shoulder. The ramp connections will also be paved. Two lanes of traffic will be maintained on I-80 at 55 mph in each direction for the duration of the project.

2010 construction on U.S. 34 bridge over I-35



Roadway: I-74

County: Scott

This project involves rehabilitation of the I-74 Mississippi River bridges in Bettendorf. Work includes hand rope replacement, gusset strengthening, cable repair, curb rehabilitation, deck and barrier repair in the plaza area, and new barrier rail. Bridge washing will also be done. Traffic will be restricted to one lane on the Iowa-bound bridge for an extended period and the Illinois-bound traffic will be restricted to one lane for a short period. Additional lane closures will occur at night. Project completion is scheduled for October 2011.

This project involves bridge widening and concrete pavement replacement at the 53rd Street interchange in Davenport. The 53rd Street bridge over I-74 will be widened to accommodate six lanes of traffic and a 10-foot sidewalk. Paving work will consist of widening 53rd Street and Elmore Avenue, realigning and adding turn lanes to the I-74 ramps, and the addition of two new loop ramps. Traffic signs and lighting are included on the contract. Construction will be staged in order to maintain two lanes of traffic on 53rd Street. Two lanes of traffic will be maintained in each direction on I-74. This is a two-year project that will be completed in 2012.

Roadway: I-280

County: Scott

Concrete pavement will be replaced between I-80 to just south of U.S. 6. Mainline, shoulders and ramps will be paved. Through traffic will be maintained but restricted to one lane in each direction. The eastbound exit loop ramp at U.S. 6 will be closed to traffic for a short period of time. Construction is expected to be substantially complete at the end of the 2011 construction season.



National distracted driver awareness month

From U.S. Department of Transportation Secretary Ray La Hood to Miss South Dakota Loren Vaillancourt to media mogul Oprah Winfrey, it seems everyone is advocating against distracted driving.

With April being designated Distracted Driving Awareness Month, La Hood said, "Every single time someone takes their eyes or their focus off the road – even for just a few seconds – they put their lives and the lives of others in danger. Distracted driving is unsafe, irresponsible and, in a split second, its consequences can be devastating."

Distracted driving is any nondriving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.

The three main types of distraction are:

- Visual — taking your eyes off the road.
- Manual — taking your hands off the wheel.
- Cognitive — taking your mind off what you're doing.

Research on distracted driving reveals some surprising facts, including:

- In 2009, 5,474 people were killed on U.S. roadways and an estimated additional 448,000 were injured in motor vehicle crashes that were reported to have involved distracted driving.
- Of those killed in distracted-driving-related crashes, 995 (18 percent of fatalities) involved reports of a cell phone as a distraction. (NHTSA)
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves. (Insurance Institute for Highway Safety)
- Using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent. (University of Utah)



Police-reported data from Fatality Analysis Reporting System and the national automotive sampling show that:

- In 2009, there were 30,797 fatal crashes in the United States, which involved 45,230 drivers. In those crashes 33,808 people died.
- In 2009, 5,474 people were killed in crashes involving driver distraction (16 percent of total fatalities).
- The proportion of fatalities reportedly associated with driver distraction increased from 10 percent in 2005 to 16 percent in 2009. During that same time, fatal crashes with reported driver distraction also increased from 10 percent to 16 percent.
- The proportion of drivers reportedly distracted at the time of fatal crashes increased from 7 percent in 2005 to 11 percent in 2009.
- The under-20 age group had the highest proportion of distracted drivers involved in fatal crashes (16 percent). The age group with the next greatest proportion of distracted drivers was the 20- to 29-year-old age group – 13 percent of all 20- to 29-year-old drivers in fatal crashes were reported to have been distracted.
- Of those drivers reportedly distracted during a fatal crash, the 30- to 39-year-old drivers were the group with the greatest proportion distracted by cell phones.
- An estimated 20 percent of 1,517,000 injury crashes were reported to have involved distracted driving in 2009.

(Source www.distraction.gov)

Shelby's story



Mullnix

The popcorn will never be the same. "Movie nights were always great," said Shelby Mullnix, a 14-year-old freshman from Williamsburg. "My best friend Melissa had a secret recipe for spicing up popcorn. She would never tell anyone what it was. Now we'll never know."

Shelby's friend Melissa took the secret of her popcorn spice with her when a sleepy driver crashed into the van she was riding in Feb. 16, 2010. It is doubtful she ever knew what hit her. Melissa's mom, Karen Dye, was driving her daughter, Melissa, and son, Mike, to Iowa City on Interstate 80. "We had passed a state trooper with its lights on by the Oxford interchange. We slowed down and then stopped because there was a crash up ahead. The next thing I knew, I woke up and looked in the back to see Melissa slumped over in the seat."

The stationary Dye vehicle had been hit from behind by a sleeping driver estimated to be traveling at 70 mph. "When the investigation showed the driver had been asleep, it was hard to understand," said Dye. "How can someone driving sleepy cause my child to die? I just didn't understand how dangerous that is."

For Mullnix, Feb. 16, 2010, was just a normal day at school. "The state tournament was coming and we had a pep assembly. Melissa left to go to an eye doctor appointment in Iowa City," she explained. "Later that day, my boyfriend at the time called to tell me about the crash. I thought it was just a really bad joke. I didn't want to believe him. When reality started to sink in, I went to my room and just held a photo of me and Melissa. I didn't know what to do."

The last year without Melissa has been hard on Mullnix. "Melissa guided me in a lot of ways," said Mullnix. "Since her death, I've made a lot of bad choices without her there. I've tried drinking and have been on prescription medicine for depression, but nothing made the pain of losing her go away."

Mullnix, Dye and others close to Melissa are in group counseling together. "That has helped some," said Mullnix, "but I wanted to do more to make sure this doesn't happen to other people."

Mullnix is a member of Family Community Career Leaders of America (FCCLA), a nonprofit national organization focused on personal growth and leadership development to prepare young people for adult life. To honor her friend and continue her own healing, Mullnix has begun a service



Shelby (left) and Melissa (right)

project to alert others of the dangers of distracted driving and how it feels to have your best friend killed at age 14.

A distracted driver is any driver not devoting complete attention to the task of driving. Sleepiness is just one of many distractions in our hectic world. "The goal of my project is to show people that you can get through a tragedy like this," said Mullnix. Elements of the project include a video, posters, bookmarks and presentation to her school. She also conducted a survey of 50 members of the junior class to raise awareness of distracted driving.

The effects of living with the reality of what happened do not go away, but Mullnix says it is getting a little easier to get through each day. "I think it helps to talk about Melissa and what happened," she said. "But I just got my permit and I'm terrified to drive, not because I'm inexperienced, but I worry about what other people are doing behind the wheel that takes their attention off driving."

(Note: Shelby's story is just one of the personal stories included on the Iowa DOT's Curb it - Click it website at <http://www.iowadot.gov/CurbitClickit/>)



Tammy Adrian

Driver's license examiner of the year

Caring, compassionate and professional – those are the key qualities needed to be a great ambassador for the Iowa DOT on the front line in a driver's license station. Those also happen to be the very qualities exuded by this year's driver's license examiner of the year, Tammy Adrian from the Dubuque DL station.

When nominating Adrian for this honor, Kim Snook, director of the Office of Driver Services, said, "Tammy's number one goal of highway safety is always the foremost consideration for her licensing decisions. She is an effective team leader and ensures the station is run efficiently. She continually provides a high level of customer service and her calm demeanor and patient approach is an asset as she works with all customers. Her licensing decisions are marked with a high degree of fairness and uniformity, in accordance with established laws, rules and practices."

Adrian began her career with the Iowa DOT as a driver's license clerk in 1999. She promoted to the driver's license examiner position in June 2004. As a DL examiner, she is active in the Dubuque and Jackson counties Rocket Docket programs. Rocket Docket is a program to assist drivers in reinstating their driving privileges by reducing fines and stopping the cycle of offenders driving while under suspension. She works with the county attorneys, public defenders, courts and offenders to educate them on licensing requirements. She said, "Working with Rocket Docket can be very rewarding. It helps drivers who have had problems work through the system and gives them the chance to get a valid license. They really appreciate the assistance we provide."

Adrian also shows her dedication to public safety by providing driver education and older driver presentations in Dubuque, Jackson and Clinton counties. "I know older drivers can get nervous or scared when they are working with us," she said, "I try to put them at ease. Our goal is to maintain a person's mobility for as long as possible, but we must make sure that person is operating a vehicle as safely as possible. When we take the time to explain why restrictions or limitations are necessary, most people understand."

Although working with the legal system and older drivers can be stressful, Adrian says the people she works with every day keep her going in her chosen career path. "Our DL team is great," she said. "Our employees have a willingness to step up and do what is needed."

Adrian and her husband, Dean, live near Maquoketa and have two children, Chelsea and Tyler, both in college.



Burt Chaska

Materials employee of the year

Burt Chaska is a “go-to” guy. In his nomination for the Office of Materials employee of the year, it was noted that Chaska is always willing to help others, both at work and away from work. Chaska was also praised for his positive attitude and it was noted that he was well-liked and respected by his co-workers.

Chaska, materials technician 4, said of his nomination, “It’s just nice to be recognized for doing your job. I’m kind of a low-key guy, and we have so many great employees in our office, so I think it was hard for the committee to single out one person.”

Chaska, part of the team charged with supporting the laboratory and field materials testing for the Iowa DOT, says his co-workers help him to be successful. “We really all work together,” said Chaska. “Whoever is available among me, Bruce Baumgarn, Dan Judge, Steve Upchurch, Dustin Wilkinson, Roger Conzemius and Mike Lauzon, we just do whatever needs to be done.”

Doing whatever needs done in Chaska’s work area includes a myriad of tasks. “We use so many different high-end, specialized pieces of equipment in the Materials lab,” said Chaska. “When the equipment needs to be repaired, it can take quite a bit of research to get the right parts. That’s where I can help. Our purchasing section in the Office of Support Services is great when we need larger items, but for everyday small parts for the testing equipment, I’m usually the one who researches and buys those.”

Aside from purchasing repair parts for Iowa DOT equipment, Chaska’s job includes accepting all incoming material from construction jobs. “We test all different types of materials, from soil to steel,” said Chaska. “It all comes through our receiving office.”

Chaska says other public entities also use the Iowa DOT Materials lab for various needs. “Every year several cities and all the counties bring in meters and other items for us to calibrate. I work with the contacts from the local public agencies to get the equipment in and out of here as quickly and efficiently as we can.”

Kevin Jones, Chaska’s supervisor, had one very telling comment. “Burt knows how to get things done,” said Jones. “He is very good at assessing what needs to be done, prioritizing those needs, and then getting them accomplished. I’ve gotten several positive comments from people who



have been impressed with the service they have received from Burt and the rest of the support group. I really appreciate how well he takes care of and solves the problems and issues that arise.”

Chaska lives in Nevada with his wife, Tracy, and their 15-year-old son, Kyle.



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

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

Primary Resurfacing – urban

U.S. 69, Polk County



(Front row, from left) Danny Zeimen, Iowa DOT Des Moines construction; Cheryl Barton, Iowa DOT District 1 materials; Jose Gonzales, Des Moines Asphalt and Paving Co. (Back row, from left) Mitch Dillavou, Iowa DOT Engineering Bureau; Rex Kinkade, Iowa DOT District 1 materials; Johnny Scovel, Des Moines Asphalt and Paving Co.; Ted Huisman, Des Moines Asphalt and Paving Co.; Chuck Finnegan, APAI president

Primary resurfacing – four-lane

U.S. 218, Johnson County



(Front row, from left) Lowell Martin, Iowa DOT Williamsburg maintenance/Cedar Rapids construction; Scott Hamilton, L.L. Pelling Co. Inc. (Back row, from left) Mitch Dillavou, Iowa DOT Engineering Bureau; Steve Suby, L.L. Pelling Co. Inc.; Roger Boulet, Iowa DOT District 6 materials; Gary Netser, L.L. Pelling Co. Inc.; Bill Nielsen, Iowa DOT Williamsburg maintenance/Cedar Rapids construction; Chuck Finnegan, APAI president

Primary resurfacing – two-lane

U.S. 20, Ida and Sac counties



(From left) Mitch Dillavou, Iowa DOT Engineering Bureau; Bill Brasel, Tri-State Paving Inc.; Michael Kruger, Iowa DOT Cherokee construction; Kevin Marks, Tri-State Paving Inc.; William Dotzler, Iowa DOT District 3 materials; Chuck Finnegan, APAI president

Interstate resurfacing

I-29, Monona County



(From left) Mitch Dillavou, Iowa DOT Engineering Bureau; William Dotzler, Iowa DOT District 3 materials; Don Verschoor, Iowa DOT Sioux City construction; Stan Lillard, Western Engineering; Andrew Thraen, Western Engineering; Chuck Finnegan, APAI president

Photos courtesy Alexander's Photo

Family happenings

Design

Judy Lensing



Nate Thede, transportation engineer intern, and his wife, Audra, are the proud parents of a baby boy. Samuel Emmett was born March 5 weighing 6 pounds, 10 ounces and measuring 19.5 inches long. Mom and baby are doing well.

Thank you

I want to thank everyone for their generous donation of time while I healed after surgery. I was amazed at the response and it really took a burden off of me. I want to also thank everyone who has sent cards, called and come by to visit and check in on me. No one knows how much this has meant to me and how appreciative I am of you all pitching in to help. Thank you all so very much. I hope down the road I can repay your kindness in some way.

Ann Glover

Mount Pleasant Construction office

My husband, Michael, and I would like to thank each individual who donated leave and sent cards and e-mails following the birth of our daughter, Dominique Jun. She was born on Jan. 11 (1-11-11) and weighed 10 pounds, 3 ounces and measured 21 inches long. We also want to thank the offices that sent cards and E-mails. We all are enjoying the addition to our family, especially big brother, Blake, 3.

Emily Whaley

Specifications section



Baby Dominique and big brother Blake

In memory



Ronald Wayne Mumby, 80, of Ames, died Saturday, Feb. 26, in Nevada. Mumby was born July 17, 1930, in Victor, Iowa to Wilbert Orville and Marie (Rauch) Mumby. After high school, Mumby joined the United States Army and served in Korea during the Korean Conflict. While serving his country, he also served in the Navy, Air Guard and Army Guard. On Sept. 19, 1953, he married his wife, Marie, in King City, Calif. He was

a lifelong member of Veterans of Foreign Wars Post 817 in Boone. Mumby retired from the DOT in November 1994 after more than 40 years of service. His last DOT position was an inspector in the rail division.

Mumby loved being outdoors camping, hunting and fishing. He especially looked forward to his yearly fishing trips to Canada with his friends.

He is survived by his son, Edward Mumby of Platteville, Wisc.; grandson, Bradley Mumby of San Diego, Calif.; sister, Bonita Fettkether of Dyersville; and several nieces and nephews.

*

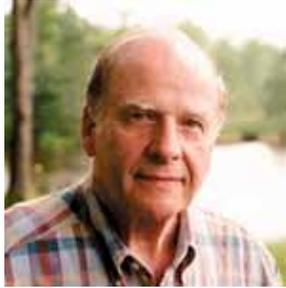
Rex Ringgenberg, 58, of Oskaloosa, died March 8, at the Mahaska County Hospital in Oskaloosa. He was a former highway technician associate at the Oskaloosa maintenance garage, retiring in 2008.

Ringgenberg was born Nov. 24, 1952, in Des Moines to Lester and Bernedene McCoun Ringgenberg. He attended Saydel High School and Indian Hills Community College in Ottumwa. In addition to working at the Iowa DOT, he also worked on motorcycles and drove semis during his working life. He enjoyed guns, motorcycles, fishing, hunting, music, cooking and playing pool. He married JoEllen "Jody" Lunkley in Oskaloosa Aug. 11, 1973; they later divorced.

Survivors include two daughters, Sara Ringgenberg of Des Moines and Megan Ringgenberg of Cedar Rapids; a son, Matt Ringgenberg of Des Moines; his mother; a brother and three sisters, as well as a stepbrother.

How the first Earth Day came about

Senator Gaylord Nelson (D- Wisc.) recalled the first seeds of Earth Day, in 1962. "That year an idea occurred to me that was, I thought, something that would put the environment into the political spotlight once and for all."



The idea was to persuade President Kennedy to go on a national conservation tour.

"As it turns out, President Kennedy liked the idea and in September 1963, he began a five-day, 11-state tour talking about conservation. But President Kennedy's tour did not succeed in making the environment a national political issue, as I had hoped."

"Six years later, during anti-Vietnam War protests called teach-ins, the idea for Earth Day suddenly occurred to me," Nelson remembers. "Why not organize a huge grassroots demonstration — a teach-in — that would focus on what was happening to our environment?"

On April 22, 1970, the first Earth Day was a success, fulfilling Senator Nelson's goal of "a nationwide demonstration of concern for the environment so large that it would shake the political establishment out of its lethargy and, finally, force this issue permanently onto the national political agenda."

An estimated 20 million Americans participated in the first Earth Day. Each year since, Earth Day has been observed around the world.

When Senator Nelson received the Presidential Medal of Freedom in 1995, President Clinton noted, "As the founder of Earth Day, he is the grandfather of all that grew out of that event — the Environmental Protection Act, Clean Air Act and Safe Drinking Water Act. He also set a standard for people in public service to care about the environment and try to do something about it."

Nelson served two terms as governor of Wisconsin, beginning in 1958. He served in the U.S. Senate from 1962 to 1981. He died on July 3, 2005, at his home in Bethesda, Md., at the age of 89.

(Text adapted from <http://wilderness.org>)

DOTers to celebrate Earth Week

The Green Team has begun planning activities for the week of April 18-22, culminating on Earth Day. Details of the activities will be posted to DOTNET as they are finalized.

Planned events include grounds cleanup and updating the Adopt-a-Flower-Bed program at the central complex. Field office employees are encouraged to get supervisor's approval and use time during Earth Week to clean up around DOT facilities.



Green team reusable shopping bags still available

Last year, the Green Team placed reusable shopping bags in Iowa DOT inventory for employee use. For business use, order the bags through the inventory system using stock number 002 003200 at a nontaxable cost of \$1.56 each. Bags ordered for office use will be shipped with regularly scheduled office supply deliveries.

For personal use, please call office supplies at 515-239-1324. The cost is \$1.70 plus tax. This includes a small shipping charge.



Organic gardening – easier than you think

Gardening using organic techniques is not as tough as you might think. Not only will your work be gentler on the environment, but if you have kids and/or pets, it only makes sense to engage in nontoxic gardening.

These 10 tips for green gardening will save you money, too. When you engage in the three “Rs” – reduce, reuse and recycle, you will spend less and possibly enjoy the process more.

1. Spread mulch around your plants (at least 1-3 inches). This will reduce evaporation when you water, saving you money on your utility bill. Do not forget to water in the early morning or after the sun goes down – also less evaporation than in the heat of the day. Your plants will flourish and grow bigger and more beautiful as a result.
2. Spend a bit more upfront for solid garden tools that will last more than a season or two. If every gardener did this, just think of the space that could be saved in landfills.
3. Speaking of tools, purchase simple (yet sturdy) hand tools, avoiding those that require gasoline or electricity. Think of the extra workout you will get, while minimizing CO² emissions. Added bonus: No need for a dust mask.

4. Choose nontoxic pesticides. For example, many gardeners rely on bugs to reduce garden pests. Did you know that ladybugs eat aphids? Of course, earthworms help enrich your soil, too. You can keep deer out of your yard without expensive deer repellent. Mix one egg with a few dashes of Tabasco sauce, then spray on your plants. Deer hate animal protein.
5. Use a push-mower to trim your lawn. Charming and quaint, and you will get some looks from your neighbors. Still, it brings back wonderful memories and is 100 percent emission free. Remember what I said about a workout? Step it up.
6. If your yard is too big or you are a bit too lazy to push-mow, how about a solar-powered automower? Again, this one is gentle to the environment as it gets power from the sun. But even better, you can enjoy an iced tea while your automower zips around trimming the grass.
7. Rake and sweep instead of using a leaf blower. Human power = good. Gas power = wasteful.
8. Do not rake up leaves around plants. Leave them for a natural mulch. Consider raking in some of your used coffee grounds and/or compost if you are a super green gardener.
9. Install plants that will self-pollinate, or which cross-pollinate. This is a sure-fired way to keep your garden growing naturally and at low-cost to you and the environment. Talk to a garden expert if you need help. For example, blueberries are both male and female. You need to get at least one of each in order to grow berries to harvest.
10. Do not use slug bait. This is deadly for dogs and babies – and, for some reason, canines love its taste. A natural way to keep slugs away is to “bait” them with small, shallow bowls of beer. Slugs are attracted to it, and then die.



Adapted from www.peachygreen.com

Personnel updates

Information supplied by the Office of Employee Services for Jan. 21 to Feb. 17, 2011

New hires

Erik Baxstrom, transportation planner 1, Systems Planning; **Debbie Blackford**, administrative assistant 2, Driver Services; **Michael Bloom**, highway technician, Davenport garage; **Matthew Boell**, information technology specialist 4, Information Technology Division; **Rick Brooks**, highway technician associate, Clarion garage; **Jacob Brothersen**, mechanic, Mount Pleasant garage; **Ronald Ehlinger**, highway technician associate, Grimes garage; **Neal Fobian**, transportation engineer, Contracts; **Christopher Frame**, highway technician, Davenport garage; **Robert Galabuzi**, accountant/auditor 1, Motor Carrier Services; **Joshua Goines**, highway technician associate, Boone garage; **Daniel Harless**, highway technician associate, Highway Division Highway Helper; **Daryl Hart**, accountant 2, Finance; **Michael Hauber**, bridge inspector 1, Bridges and Structures; **Andrea Henry**, information specialist 2, Multimedia Services; **Joshua Hill**, highway technician associate, Storm Lake garage; **Jon Holmes**, highway technician associate, Oskaloosa garage; **Laura Hutzell**, transportation planner 1, Systems Planning; **Christine Jaeschke-Hopkin**, highway technician associate, Fort Dodge garage; **Keith Myers**, highway technician associate, Avoca garage; **Adrienne Knight**, geologist 2, Materials; **Paul Olson**, bridge inspector 1, Bridges and Structures; **Rodney Olson**, highway technician associate, Alton garage; **Nicholas Reichl**, program planner 1, Transportation Data; **David Schweitzer**, design technician specialist, Design; **Michael Sittig**, highway technician, Rockwell City garage; **Steve Steelman**, highway technician associate, De Soto garage; **Trent Tapken**, highway technician associate, Anamosa garage; **Christy VanBuskirk**, transportation engineer specialist, District 5 Office; **Anthony Volz**, program planner 1, Transportation Data; **Jennifer Waddell**, engineering office assistant 1, Mason City maintenance

Promotions

Troy Calvert, from construction technician senior, Des Moines construction to engineering technician senior, Contracts; **Joshua Cedar**, from construction technician to construction technician senior, Cherokee construction; **Mark Holm**, from right-of-way agent 4 to compliance officer 2, Right of Way; **Bryan Jacobson**, from highway technician associate to mechanic, Adair garage; **Craig Markley**, from transportation planner 4 to public service executive 5, Systems Planning; **Earl Ogden**, from transportation driver, Support Services to highway technician associate, Ames garage; **Steven Peters**, from equipment operator senior to garage operations assistant, Dubuque garage; **Lori Pflughaupt**, from driver's license clerk, Ames DL station to secretary 2, Research and Technology Bureau; **Jennifer Teymer**, from driver's license clerk to driver's license clerk senior, Cedar Rapids DL station; **Thomas Tibbott**, from highway technician associate to mechanic, Manchester garage; **Joshua Tostlebe**, from management analyst 2 to information technology specialist 3, Information Technology Division; **Angela Walker**, from driver's license clerk to driver's license clerk senior, Cedar Rapids DL station; **John Willenbring**, from highway technician, Dyersville garage to highway technician senior, Manchester construction

Transfers

Michael Davidson, motor vehicle officer, within Motor Vehicle Enforcement; **Jason Fisher**, highway technician associate, from Neola garage to Missouri Valley garage; **Patrick Hayes**, from mechanic, Decorah garage to equipment operator senior, Mount Pleasant garage; **Gary Letze**, highway technician associate, from Altoona garage to Carlisle garage

Retirements

Gerald Johnson, equipment operator senior, Charles City garage; **Edward Mahoney**, highway maintenance supervisor, Des Moines garage; **Donald Meeker**, construction technician senior, Des Moines construction

Service awards

Information supplied by the Office of Employee Services for April 2011

40 years

Mardel Huebner, District 6 materials; **Lynne Rupp-Clinton**, Denison maintenance

35 years

Valerie Goethals, Right of Way; **Wallace Rippie**, Materials

25 years

Darrell Adams, Ames garage; **Joel Bryan**, Bridges and Structures; **Daryl Carr**, District 3 materials; **Robin Harris**, Support Services; **Willie Mohorne**, District 2 Office; **Timothy Schwarz**, Davenport garage; **Debra Shafer**, Information Technology Division

20 years

Darren Bierl, Clarion garage; **Cole Cobb**, Correctionville garage; **Kevin Mollenbeck**, Latimer garage; **Brenda Sanders**, District 5 field staff; **Dakin Schultz**, District 3 Office

15 years

John Fleig, Systems Planning; **Michael Thayer**, District 3 Office; **Terry Weinfurtner**, Council Bluffs-north garage

10 years

Tiffany Marlow, Employee Services; **Belefa Parks**, Grimes garage; **Connie Velder**, Fort Dodge DL station; **Jurek Wiench**, Materials

5 years

Hercile Booth, Cedar Rapids DL station; **Edward Freeman**, Avoca garage; **Russell Helle**, Manchester garage; **Elizabeth Meier**, Waterloo DL station; **Scott Schmit**, Waterloo garage



Motorcycle Safety Forum - April 29

See and be seen

"Conspicuity" is the theme of the sixth Iowa Motorcycle Forum to be held April 29 at the Scheman Building on the Iowa State University campus in Ames. Anyone interested in motorcycle safety is invited to attend. Toni Kerkove, Iowa DOT motorcycle safety coordinator, says, "The forum brings people together to discuss ways we can be more conscientious riders and offers ways to take that message back to other riders."

For more information contact Kerkove at 641-423-1675 or toni.kerkove@dot.iowa.gov.

Time to think Golf!!!!



"Fore Par" were the winners of the 2010 Iowa DOT golf league. Team members were (front row, from left) Joe Guckert, Robin Harris, Jane Stahlheim; (back row, from left) Tom Valline, Dennis Smith, Jason Strum. Not pictured, Jana Moreland who subbed for the team.

The Iowa DOT Golf League is looking for all who love the game of golf. League play begins in May. All levels of experience welcome. Form a six-member team or contact Matt Law, if interested in joining a team.

E-mail: matthew.law@dot.iowa.gov or phone 515-239-1211.



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 Media and Marketing Services, at 515-239-1314 or e-mail tracey.bramble@dot.iowa.gov.

Nancy J. Richardson, Director

Tracey Bramble, Multimedia Services, editor
Christina Andersen, Multimedia Services, desktop publisher
Printing Staff, Multimedia Services, printing



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



PLEASE RECYCLE THIS ISSUE

On the cover: Nancy Richardson retires from the Iowa DOT after 37 years of service.

April I-Spy clue: No I-Spy this month

March I-Spy solution: There is a lamb on the green leaf below the center flower.

Service Area	Correspondent	Phone
District 1	Lori Wilkens , Des Moines	515-261-9500
District 2	Lu Mohorne , Mason City	641-423-7584
District 3	MaryBeth Banta , Sioux City	712-276-1451
District 4	Marlene Jensen , Atlantic	712-243-3355
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	Peg Muxfeldt , Ames	515-239-1422
Motor Vehicle Division	Judy Lensing , Ames	515-239-1469
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	Brian Squier , Ames	515-233-7915
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
Research and Technology Bureau	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
Transportation Data	Jodi Clement , Ames	515-239-1289

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.

April is Stress Awareness Month

Five stress reduction tips

Coming off another long winter and entering a busy construction season, stress can be a huge issue for many DOTers. Stress can prevent you from performing to the best of your abilities, which reduces productivity and lessens your sense of well being. Uncontrolled stress is detrimental to the work environment.

The good news - stress can be managed. It just takes a little time and effort to incorporate minor, but positive changes into your daily routine.

- 1. Give up the idea of total control.** It is a fact; you cannot always have your way. There are aspects of your life you will never be able to control. Learn how to take things in stride and make the best out of the situation. Having a good attitude and a healthy perspective in life helps keep those worrisome thoughts at bay.
- 2. Exercise ... exercise ... exercise.** Physical activity is a great outlet for frustration, anger and negative energy, some of the emotions that accompany stress. Stress levels increase when these pent-up emotions are not identified and eliminated. Exercising releases endorphins, which have been said to be responsible for promoting the feeling of euphoria and alleviating physical pain.
- 3. Seek the help of others.** There are times when problems may seem overwhelming. In this situation, the support of friends and family can save the day. Having someone to confide in will help take the load off your shoulders. Knowing that you do not have to

bear the burden alone and that you have someone to turn to when things are not going your way makes a huge difference when battling stress and anxiety.

- 4. Set aside some time for yourself.** Stress can be magnified when you feel overwhelmed with too many things going on at once. If you are a person who is always taking care of others to the point of neglecting yourself, realize you are not only harming your sense of well being, but you may not be doing your best for those in your care. Take some time for yourself. Sometimes as little as 15 minutes of solitude and relaxation can make a world of difference in your stress level.
- 5. Get enough rest.** A lack of sleep can make even the most stable person react badly. Ideally, you should get 7-8 hours of sleep every night. Sleep is the time when the body restores itself. Not getting enough sleep will lead to feeling lethargic and sluggish in the morning. Taking a 15-minute power nap during the day will help energize the body. If you feel listless and tired all the time, make a special effort to include more rest into your daily routine.

Stress is conquerable. Making some simple changes in your lifestyle will make a difference. With a little effort, you can achieve balance in your life.

(Adapted from Des Moines Radio Group's "The Business Minute" March 15 article by Tim Lee.)

