



MARCH 2012

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*Rides*

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# PAUL'S PERSPECTIVE

DIRECTOR PAUL TROMBINO III

As I write this article in February, the temperature outside reminds me more of late March or early April. This sign of spring evokes, for me, the "start" of our construction season of 2012. This year's construction work on the primary system will likely be the largest dollar value of work in the history of the department. Depending on the remaining outcomes of bid lettings scheduled from March through June, we will have let out to bid more than \$700 million in construction work on the primary system during the 2012 fiscal year. This is great news for the transportation system and a credit to a wonderful Iowa DOT team.

As you have all likely read, there has been a great deal of conversation lately about resource needs for the management and implementation of Iowa's transportation system. But, to me, the most important resource is Iowa DOT's people. With one of the most active construction and maintenance seasons in recent history on the slate for 2012, I want to take the time to acknowledge and commend the front-line folks who are in the field every day doing safety enforcement, inspection, maintenance and other functions to support Iowa's world-class transportation system.

The 2012 work zone safety workshops are just wrapping up. These annual sessions are held around the state to inform Iowa DOT staff, and county, city and utility crews about work zone safety and traffic control best practices. All Iowa DOT field employees who work in a work zone should attend one of these classes regularly to stay focused on our goals of safety of our workers and the traveling public. We must continue our work diligently to reduce the number of work zone crashes.

Five Iowa DOT employees lost their lives in work zone crashes over the past 20 years. An average of four fatalities has occurred in Iowa work zones over the last five years (2006-2011). While the majority of these losses of life have been motorists, crews in the field run significant risks and must understand and use best practices they have learned. Work zone safety should be a topic reviewed every day prior to the commencement of work.

In all of our operations, there is nothing more important than employee safety and the safety of our contractors. The goal of achieving an injury-free workplace is not an end in itself; it is an organizational value woven into the fabric of everything that we do at the Iowa DOT. Everyone at the DOT is personally accountable and responsible for the safety of our workplaces and coworkers. Keep yourself safe and an eye out for others so everyone goes home safely at the end of each day.

Please be safe in all that you do.

A handwritten signature in black ink that reads "Paul".



## Risk analysis tool emerges from 2011 floods

During the 2011 Missouri River flooding in western Iowa, the use of light detection and ranging (LiDAR) data became a valuable tool for evaluating the risk to the Iowa DOT's infrastructure. LiDAR information was one of many data sources used by staff in the preliminary bridge section of the Office of Bridges and Structures to determine which roadways and facilities were in potential danger of being flooded and which locations were safe, allowing for better utilization of resources and protection of the infrastructure in western Iowa.

Dave Claman, preliminary bridge engineer, stated, "During the flood, it was critical to our operations to have the most accurate data for the elevation of the roads and our facilities relative to the projected flood elevations to assess the potential risk. We found that the flood inundation maps provided by the U.S. Army Corps of Engineers were not as accurate as needed. Due to the dynamic nature of the flooding, information needed to be continuously reanalyzed and updated. Using the LiDAR information, the entire preliminary bridge staff worked countless hours during the height of flooding to more precisely pinpoint areas of potential impacts so that management could coordinate possible detour routes with the districts and neighboring states. Without the LiDAR data, we would have essentially been shooting in the dark. We would not have been able to assess and predict the risks to the infrastructure and identify the locations that could be mitigated. We did not have the LiDAR technology to evaluate risk in the floods of 2008 and 2010, and using it in 2011 made the risk analysis much easier and more accurate."



Using the LiDAR technology, Iowa DOT engineers were able to precisely pinpoint locations on Interstate 29 in jeopardy of being overtopped by the Missouri River flooding. The flood risk at those locations could then be mitigated with equipment like the TrapBags seen here.

One area where Claman says his staff used LiDAR was for determining the grade of Interstate 29 from Sioux City to Council Bluffs. This information, along with the projected flood elevations along the entire I-29 corridor, was used to assess the lowest-lying areas for potential mitigation sites. For those low-lying areas, the DOT decided to use TrapBags™ as a way of preventing flood waters from inundating I-29 and U.S. 30. "The precision of the LiDAR information in combination with our geographic information system data allowed us to use resources more wisely, placing staff and materials where it was needed most. This saved resources from locations that may have been mitigated unnecessarily if the data was less precise," said Claman.

Claman added, "Another example of the benefits LiDAR provided during the flood was the assessment of the flood risk for the Onawa garage. We were able to determine a worst case flooding scenario that revealed our garage sat on high ground and would not be inundated. This allowed us to leave materials and equipment in place. Normally, we would have moved the resources as a precautionary measure, but because of LiDAR, we found this to be unnecessary."



LiDAR was used to show the worst case flood elevation in Onawa to assess the flood risk to the Iowa DOT's garage. This assessment showed that even in the worst case, the garage would not be included. This saved significant resources as the stored salt and sand would not have to be moved.

Now that the flooding has subsided, Claman's staff has initiated additional mitigation projects. "The highest priority is protecting reconstructed I-680. Due to breaches in the local levees upstream of I-680, the interstate is vulnerable to a 10-year flood event. Various alternatives have been reviewed to protect the interstate and we are currently focusing on

*LiDAR, continued on page 4*

**LiDAR**, continued from page 3

constructing a 1.6-mile long dike downstream of I-680. The dike will match the elevation of the roadway and place the erosive/scouring forces of the overtopping flood waters over an armored earthen embankment instead of the I-680 roadway."

Claman says mitigation work will also be taking place at the I-29/I-680 Loveland interchange. He said, "I think last summer we all realized how vital this interchange is to the area. Keeping it open was a top priority during the flooding. Now we have a chance to add dikes and culverts that will provide protection for an additional two feet of water."

Mitigation work also continues on Iowa 175 near Onawa. Last fall, repair plans developed by Bill Kaufman, transportation engineer in the Office of Bridges and Structures, preserved the road embankment along the river. Claman said, "This was a very unstable area with a scour hole 50 feet deep and 200 feet wide. The embankment was so unstable that there was no safe way to get construction equipment near the hole. Bill came up with the idea of utilizing hydraulically dredged material to fill the hole. The process was successful and bridge reopened sooner than expected. Bill's mitigation plan will also keep the Iowa 175 bridge open in the event of future Missouri River floods."

Claman concluded, "Without the LiDAR information and the diligent efforts and expertise of the entire preliminary bridge staff, as well as many others at the DOT, we would not have been as responsive as we were to the needs of the traveling public during this historic flood event."

## LiDAR

is a technology that creates an interactive topographic map with elevation data accurate within eight inches. LiDAR is a process of scanning the earth with lasers from an aircraft to obtain accurate elevations. The Iowa DOT has been using LiDAR for supplementing survey information, concepting road and bridge projects, designing alternative corridor alignments, identifying and designing borrow sites and wetland mitigation locations, assessing drainage complaints, performing bridge hydraulic analysis and many other uses as was discovered during the 2011 Missouri River flood.

## DOTer uses his power to benefit families in need



Dan Grauerholz and his friend, Carter

**D**an Grauerholz, highway technician in the Osage garage, is a powerful guy. As a competitive bench presser, he focuses on living a healthy life. Thankful for the gifts he has been given, Grauerholz has found yet another outlet for his power, helping sick kids.

In January, Grauerholz and a group of weightlifters were asked to take part in an exhibition to benefit terminally ill children. The purpose of the exhibition, held by an organization called HopeKids, was to introduce the kids and their families to the world of powerlifting in advance of a benefit on March 24.

HopeKids, while based in Minnesota, also serves Iowa children that are being treated at the Mayo Clinic in Rochester, Minn., or at other Minnesota facilities. Grauerholz said, "This is a great cause and I hope that the benefit event March 24 will raise funds to help these families. I feel honored and humbled to be part of it."

To find out more, go to [www.hopekids.org](http://www.hopekids.org). While on that website, if you would like to donate to the March event, click on the "Donate Now" tab. At the bottom of the donation page there is a "Designation" section. Type "Relentless2012" to ensure the donation goes toward this event.

# Winter dashboard

Every day staff in the Iowa DOT's 109 maintenance garages do what they do best. In the winter, that often means fighting snow and ice. With years of experience, the 53 highway maintenance supervisors who oversee these garages each have a little different strategy of what works in their specific service area. While weather, topography and other factors are to be considered, the Iowa DOT needed a more consistent way to manage salt use.

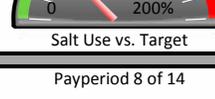
Tina Greenfield in the Office of Maintenance began working on a solution last summer. "Supervisors needed a better way to track salt use and tools to see how each garage's salt supply is being utilized on an ongoing basis," said Greenfield. "Our instructional memoranda (IMs) contain a chart relating weather observations to a suggested salt application rate. We used this chart to create a program that estimates an expected salt amount used in a recent storm based on the weather information that is routinely logged in crew reports and collected from roadside weather stations.

The result is the "winter dashboard." This interactive reporting system is available to Iowa DOT maintenance managers to allow them to more closely monitor salt use. "Using the elements of the dashboard, a maintenance manager can see at a glance the salt use of each garage, and how it compares with the expected use based on the IM," said Greenfield. "They have been using a biweekly report for years, and now the dashboard can provide more detailed feedback so salt supplies can be adjusted as needed."

"But real life is never quite as simple as a formula. The supervisors all have a high level of experience in what works best in their service area. We are asking them to use that experience in conjunction with the data to make the best decisions to maintain an adequate level of service using the least amount of resources," Greenfield said. "District managers and supervisors are being asked to look very closely at their operations and how those line up with the IMs. This level of

recordkeeping is not easy and there was some anxiety out there when we started this project because it required a shift in strategy for many of them."

Each garage has a salt budget for the winter season plus salt use targets based on the IMs and weather data collected so far this year. The supply, targets and use are constantly monitored. Greenfield said, "There are some storms that don't fit the 'norm' and salt use will either blow the target out of the water or be way below what the data suggests. That is where the experience of the stormfighters is critical to the process. We anticipate that by combining the data and our experience, we'll see better salt rate estimations in the future." Greenfield says by closely tracking salt use, the Iowa DOT is expected to see significant savings and more consistent use of resources across the state.

YTD Winter Operations Statewide Summary						
Statewide	Salt Used	31,870	57%		675 Hrs Used	58,951
	Target Salt	55,944			Target 675	88,107
	Allocation	153,847			675,676,677,682 Use	77,634
	% Allocation Used	20.7%	Statewide Salt Use vs. Target		675,676,677,682 Target	105,728
District 1	Salt Used	5,177	54%		675 Hrs Used	10,044
	Target Salt	9,675			Target 675	16,208
	Allocation	30,666			675,676,677,682 Use	13,838
	% Allocation Used	16.9%	Salt Use vs. Target		675,676,677,682 Target	19,450
District 2	Salt Used	6,051	52%		675 Hrs Used	12,870
	Target Salt	11,533			Target 675	17,912
	Allocation	26,116			675,676,677,682 Use	17,245
	% Allocation Used	23.2%	Salt Use vs. Target		675,676,677,682 Target	21,494
District 3	Salt Used	6,462	68%		675 Hrs Used	8,056
	Target Salt	9,460			Target 675	13,595
	Allocation	23,695			675,676,677,682 Use	11,571
	% Allocation Used	27.3%	Salt Use vs. Target		675,676,677,682 Target	16,314
District 4	Salt Used	4,437	84%		675 Hrs Used	6,397
	Target Salt	5,302			Target 675	9,198
	Allocation	21,720			675,676,677,682 Use	8,798
	% Allocation Used	20.4%	Salt Use vs. Target		675,676,677,682 Target	11,038
District 5	Salt Used	3,744	45%		675 Hrs Used	7,429
	Target Salt	8,349			Target 675	12,925
	Allocation	22,359			675,676,677,682 Use	9,023
	% Allocation Used	16.7%	Salt Use vs. Target		675,676,677,682 Target	15,510
District 6	Salt Used	5,999	52%		675 Hrs Used	14,156
	Target Salt	11,624			Target 675	18,268
	Allocation	29,291			675,676,677,682 Use	17,160
	% Allocation Used	20.5%	Salt Use vs. Target		675,676,677,682 Target	21,922
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	90%-100% of Target					
	Over Target					

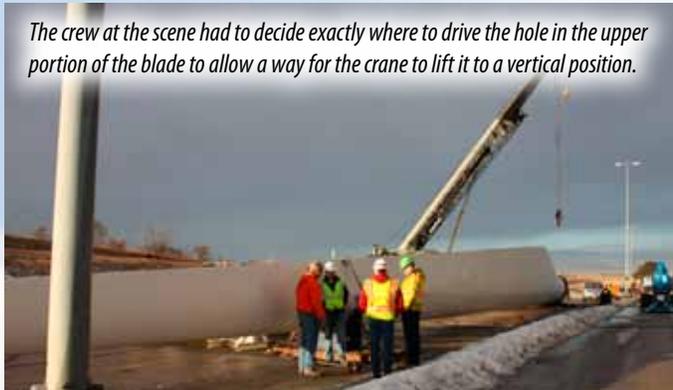
## Donated wind blade becomes art at Adair County rest area

**W**hen artist David Dahlquist first approached Mark Masteller, the Iowa DOT's chief landscape architect, and Steve McMenam, Iowa DOT rest area administrator, with the idea of incorporating a wind blade into the art at the new rest area on westbound Interstate 80 in Adair County, the DOTers were intrigued.

"The theme of the rest area is alternative energy," McMenam said. "There is a large wind farm just to the west, so the idea made sense." Little did they know that this idea would take nearly two years and involve engineers from several disciplines to accomplish.

The characteristics of the 23,000-pound, 148-foot tall blade, donated by Siemens Energy through Mid-American Energy, had to be studied carefully to determine the best and safest way to install it vertically next to the rest area building. Masteller and the team eventually contacted the blade's original designer in Denmark to determine a course of action.

"Incorporating the blade in the design was a long process," Masteller said, "But I think the blade will be an attention-getter to travelers that will cause them to take a break from their travels and learn more about Iowa's leading role in the development of alternative energy."



*The crew at the scene had to decide exactly where to drive the hole in the upper portion of the blade to allow a way for the crane to lift it to a vertical position.*



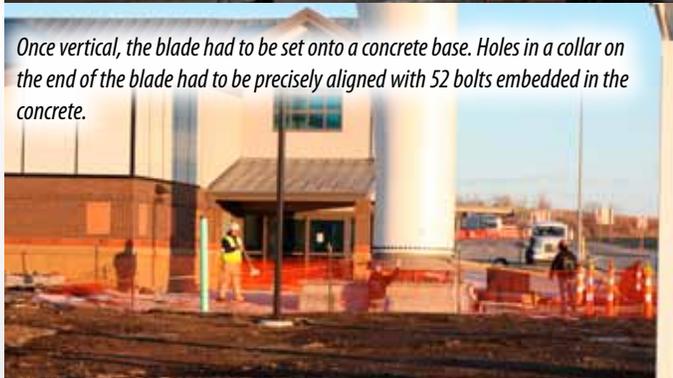
*After the blade was set in place, workers placed nuts on the bolts to secure the blade.*



*Lifting the blade to a vertical position was a slow and tedious process.*



*With the blade securely in place, workers were lifted 110 feet in the air to release the crane and patch the hole in the blade.*



*Once vertical, the blade had to be set onto a concrete base. Holes in a collar on the end of the blade had to be precisely aligned with 52 bolts embedded in the concrete.*

## 2012 Food Drive April 16-20



### Just Build It (central complex)

You can build any type of structure, but it needs to be built primarily (at least 80 percent) with items from the shopping list on DOTNET. You may use any items, or combination of items, from this list and add a few items of your choice.

Supervisor approval is needed to participate and time should be charged to the volunteer function code (051). Also obtain approval from the Office of Support Services for the space to build your structure.

Please notify Ladana Sogard at 515-239-1564 by April 6 of the location of your structure and name of a contact person.

Structures need to be completed by April 13 and should be on display April 16-19 during the food drive activities.

### Pizza lunch

Tuesday, April 17

A slice of pizza for a \$2 donation.

### Book and popcorn sale

Wednesday, April 18 - Thursday, April 19

Please bring your used books to the Northwest Wing First Floor Conference Room starting Monday, April 16. We are NOT accepting any college textbooks or large reference books this year.

### Walking taco lunch

Thursday, April 19

Walking taco with all the fixings for a \$4 donation.

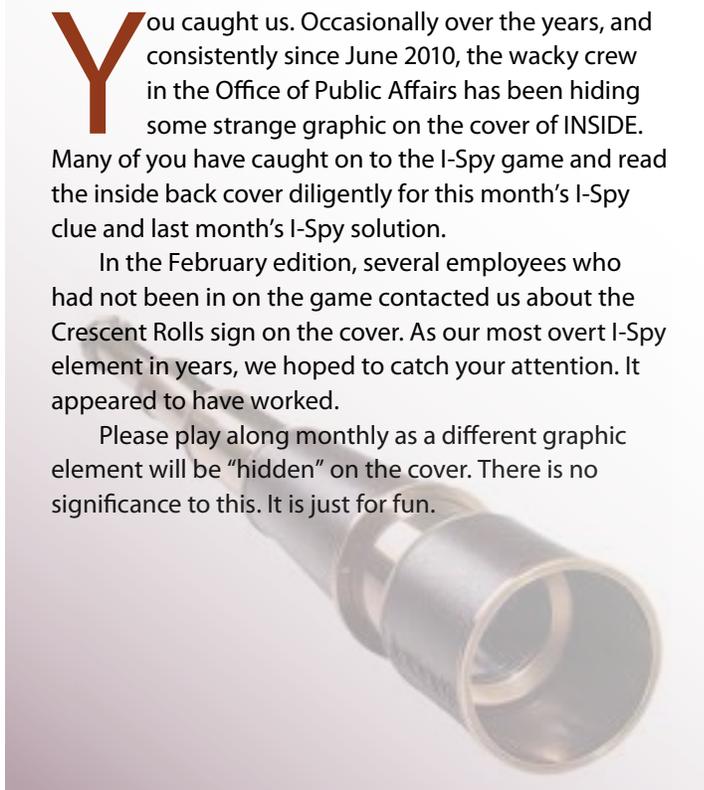
## I-Spy

**Y**ou caught us. Occasionally over the years, and consistently since June 2010, the wacky crew in the Office of Public Affairs has been hiding some strange graphic on the cover of INSIDE.

Many of you have caught on to the I-Spy game and read the inside back cover diligently for this month's I-Spy clue and last month's I-Spy solution.

In the February edition, several employees who had not been in on the game contacted us about the Crescent Rolls sign on the cover. As our most overt I-Spy element in years, we hoped to catch your attention. It appeared to have worked.

Please play along monthly as a different graphic element will be "hidden" on the cover. There is no significance to this. It is just for fun.



## DOTNET wellness page

**T**aking charge of your health sounds like a great idea, doesn't it?



The Iowa DOT's newly formed wellness committee thinks so. This group of "wellness champions" began meeting last year to put together ideas and promote tools to encourage employees to live healthier lifestyles.

One tool is a new DOTNET site dedicated to Iowa DOT employee wellness. The site includes monthly recipes, a map of walking trails around Ames, scheduled lunch-n-learn sessions, a list of fitness centers around the state that offer discounts to state employees, and links to several Internet wellness tools.

Also on the DOTNET site are brief biographies of the wellness committee members and reprints of the wellness success stories that are printed periodically in INSIDE. Check the site often as the group intends to add more content. If you have ideas of items to add to the DOTNET site, please email [dot-wellness@dot.iowa.gov](mailto:dot-wellness@dot.iowa.gov).



# A little scare leads to big changes

## Sue Enke's wellness success story



**F**or many of us, it takes a serious wake-up call to look at our habits and make changes to live healthier. For Sue Enke, an auditor in the Office of Finance, it was the realization that several of the "minor" symptoms like fatigue and chest pains she had been experiencing

indicated issues with her heart.

While watching television is often noted as a detractor to a healthy lifestyle, Enke says one particular show has increased her health IQ. She said, "My father, being an avid fan of the Dr. Oz Show, encouraged me to watch his show for health information. Interestingly enough, I was watching Dr. Oz one day when a guest, Star Jones, said the number one killer of the women over 55 wasn't cancer, but heart attacks. As she began telling the audience about the signs of a heart attack for women, I realized these were symptoms I had experienced. It may be strange that a TV show made me realize the potential danger of not following a healthy diet and exercising daily, but it did."

Enke said, "For the past 10 years, I had been walking on a daily basis, but I was still gaining weight. I had cut down on how much I was eating, so I didn't understand why the weight was still piling on. I decided to step up my fitness program. MSN published a health article to confirm that drinking pop could be harmful to your health, so I cut that out of my daily routine. I researched health advice from multiple sources so I could make better nutrition choices."

Enke participated in Live Healthy Iowa last year and is participating again this year. She also signed on as a Wellness Champion for the DOT through the Iowa Department of Administrative Services (DAS). She said, "I was working on recreating my fitness in an effort to become a role model for others working at the DOT. Although finances are tight, I made room in my budget for a gym membership and even hired a personal trainer for a few months. My face is pretty red after a workout with my trainer, but that shows how much effort I put into the session. We laugh about it, but I honestly think we measure my accomplishments by how red my face gets."

Enke says over the past several months, she has lost several pounds, lowered her body mass index considerably, and reduced her cholesterol to a healthy level. She said, "It has not been easy changing my lifestyle, but it has been worth it. I still have a way to go, but I am working on it step by step."

### When should women seek medical help for possible cardiac symptoms?

Given that cardiac symptoms in women may not follow the textbook, how do you know when you should seek medical help for symptoms that might be related to your heart? The rule you should follow is really pretty simple; if you think it might be related to your heart, see a doctor. Here are some specific guidelines that might help.

- Get medical help if you might be having angina.
- Go to your doctor or the emergency room right away if you have any of the following symptoms:
  - Episodes of pain, pressure, burning or squeezing in the chest, jaw, shoulders, back or arms, lasting up to 5 to 10 minutes.
  - Unexplained episodes of shortness of breath lasting up to 5 to 10 minutes.
  - Episodes of palpitations with light-headedness or dizziness.
- Get medical help if you might be having a heart attack. Call 911 immediately if you experience any of these symptoms:
  - Pain, pressure, burning or squeezing in the chest, jaw, shoulders, back or arms, that lasts more than 5 to 10 minutes (no matter how small).
  - Unexplained shortness of breath lasting more than 5 to 10 minutes.
  - Sudden severe nausea, vomiting or indigestion.
  - Sudden sweating for no reason.
  - Sudden unexplained extreme fatigue.
  - Loss of consciousness or fainting.
  - Sudden, unexplained, panicky feeling of doom.

Source: "Cardiac Symptoms in Women," Richard N. Fogoros, M.D. Nov. 12, 2011

*If you have a wellness success story to share, please contact Tracey Bramble at 515-239-1314 or [tracey.bramble@dot.iowa.gov](mailto:tracey.bramble@dot.iowa.gov).*



HyVee

# Nutrition Notes

with Amy Clark



## Sunglasses for inside your eyes

**D**id you know the inside of your eyes also need protection? Sunlight and indoor lighting over time may possibly cause damage to the inside of your eyes, leading to eye diseases such as age-related macular degeneration (AMD) and cataracts. But you can eat your way to healthier vision with nutrients naturally designed to protect eyes from damaging light.

Lutein and zeaxanthin are two powerful antioxidants that act like internal sunglasses, protecting eyes from damage. Newer research has shown lutein and zeaxanthin may benefit healthy vision for all adults. These two nutrients have been found to work together to help improve visual performance, improve night vision and sharpness of images.

Clinical research shows at least 10 mg of lutein are needed daily to help protect eyes from damage. But most Americans are only getting 1-2 mg of lutein, far below the recommendation.

Food sources of lutein		
Food	Serving	Lutein
Kale (cooked)	1 cup	23.8 mg
Spinach (cooked)	1 cup	20.4 mg
Collards (cooked)	1 cup	14.6 mg
Turnip greens (cooked)	1 cup	12.2 mg
Spinach (raw)	1 cup	3.8 mg
Romaine lettuce	1 cup	1.3 mg

To increase the absorption of lutein and zeaxanthin, cook in a small amount of oil or serve with an oil-based salad dressing for salads. Because Americans fall short of meeting their need from diet alone, a supplement may need to be considered. The lutein supplement is the same form found naturally in foods and has comparable absorption.

## Classic kale chips

### Ingredients:

- 1 bunch of kale, washed and stems removed
- 2 tbsp apple cider vinegar or lime juice
- 1-2 tbsp olive oil
- Sea salt or seasoning blend to taste

### Directions:

- Preheat oven to 350 degrees.
- Chop or tear kale into pieces.
- Mix oil, salt and vinegar (or lime juice) in a bowl, mix well with kale and massage into kale pieces.
- Spread onto baking sheet.
- Bake for 10 minutes or until crispy. Take kale out immediately if its color changes to brown.

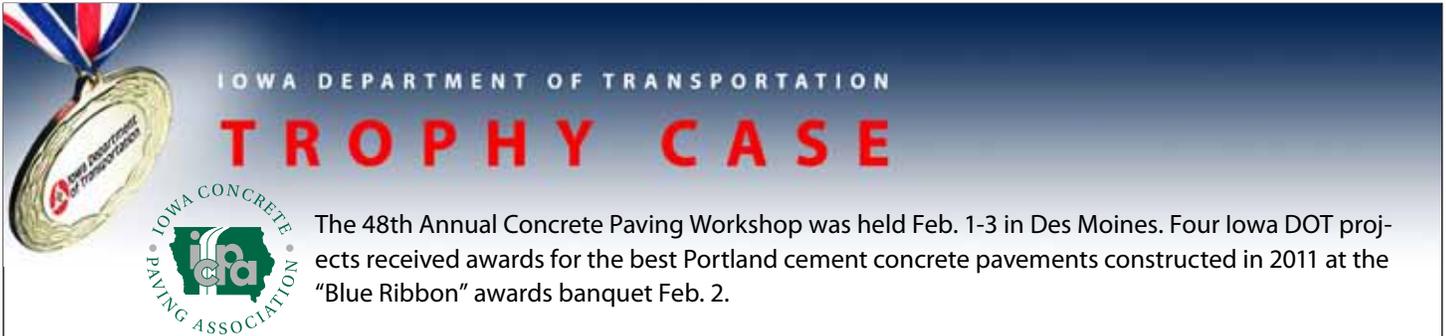
Calories 117 (calories from fat 68); total fat 7.5g (saturated fat 1g, trans fat 0g); cholesterol 0mg; sodium 166mg; total carbohydrate 11g (dietary fiber 2g); protein 4g

## Other nutrients for eye health:

Food	Serving	Food sources
EPA/DHA from omega-3 fatty acids	500 mg/day	Tuna, salmon, trout, fish oil supplement
Vitamin C	500 mg/day	Citrus fruits, orange juice, strawberries, kiwi
Vitamin E	400 mg/day	Nuts, peanut butter, sweet potatoes, fortified cereals, vegetable oil
Zinc	40-80 mg/day	Beef, seafood, poultry, nuts, eggs, baked beans

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





## IOWA DEPARTMENT OF TRANSPORTATION TROPHY CASE



The 48th Annual Concrete Paving Workshop was held Feb. 1-3 in Des Moines. Four Iowa DOT projects received awards for the best Portland cement concrete pavements constructed in 2011 at the "Blue Ribbon" awards banquet Feb. 2.

### Interstate category I-29 in Woodbury County



(front row, from left) Todd Burch, Cory Chew and Pedro Nunez, Cedar Valley Corp.; Kim Sullivan, Iowa DOT Office of Design (back row, from left) Curt Swoyer, Standard Ready Mix; Dean Herbst, Iowa DOT Sioux City construction; Jason Hankins, Kenny Hoening, John Quandahl and Craig Hughes, Cedar Valley Corp. (Not pictured are Rollin Nemitz, Tony Willman, Jeff Marienau, Joe Profera and Mike Murray, Iowa DOT Sioux City construction.)

### Traffic management category U.S. 30 in Boone and Story counties



(front row, from left) Michael Spooner; Jason Spooner, Allied Manatt's Group; Jordan Spooner; Chris Sawin, Allied Manatt's Group, Larry Stonehocker, Iowa DOT Des Moines construction (back row, from left) Jose Castro and Kevin Sorenson, Allied Manatt's Group; Danny Zeimen, Iowa DOT Des Moines construction; Rick Hudson, Allied Manatt's Group; Greg Mulder Iowa DOT Des Moines construction and Steve Naderman, Allied Manatt's Group

### Divided highway category U.S. 61 in Lee County



(front row, from left) Mark Van Dyke, Iowa DOT District 5 Office; Jeff Johnson, Iowa DOT Mount Pleasant construction; and Mark Gorton, Flynn Co. Inc. (back row, from left) Larry Hankins and Gary Hoffman, Flynn Co. Inc.

### State road category U.S. 30 in Marshall County



(front row, from left) Michael Spooner; Jason Spooner and Rick Hudson, Allied Manatt's Group; Doug McDonald and Mike Schneider, Iowa DOT Marshalltown construction; (back row, from left) Jose Castro and Mike Viehdorfer, Allied Manatt's Group; Jason Strum, Iowa DOT Office of Design; Kevin Sorenson, Allied Manatt's Group; Jamie Giannetto, Iowa DOT Marshalltown construction; Steve Naderman, Allied Manatt's Group

# Family happenings

## Motor Vehicle Division

Diann McMillen



*Hadley (left) and Addison (right) Juhl*

**Kari Juhl**, driver's license examiner in the Waterloo DL station, and her husband, Mitch, are the proud parents of adorable twin daughters. Addison Jo and Hadley Claire were born Wednesday, Oct. 26, 2011, 6:39 and 6:40 pm. Addison weighed 4 pounds, 15 ounces and measured 17.5 inches long. Hadley weighed 4 pounds 7 ounces and also measured 17.5 inches long. The girls were born six weeks early and spent 10 days in the neonatal intensive care unit. Addison and Hadley are both very healthy and happily living with their proud parents in Evansdale.



It was a New Year's Eve wedding for Motor Vehicle Officer **Roquel Oldfield** and her fiancé' Josh Yeager. The couple was joined by their children, Rhandyn, 11, (left) Rheagan, 9, (center); and Hannah, 12, (right). The wedding was officiated by Motor Vehicle Captain Dean House. Congratulations to the Yeager family!

## District 4

Marlene Jensen



**Kevin Petty**, garage operations assistant at the Adair garage, retired from the Iowa DOT Dec. 22, 2011, after 32 years of service. A coffee was held that day to wish him well in his retirement. Petty spends his time riding his motorcycle, golfing, and visiting his granddaughter in Tennessee, where he has recently purchased a home.

## District 1

Lori Wilkens



**Nick Ballard**, highway technician associate in the Grimes garage, and his wife, Bridget, are the proud parents of a baby boy. Drake was born Feb. 10 weighing 9.5 pounds and measuring 20.25 inches. Big sisters Zoie, 5, and Nikki, 2 ½ are very excited.

**In memory**



**Don Carmody, 64,** of Mount Pleasant, died Monday, Feb. 6, at the University of Arizona Medical Center in Tucson, AZ. Born Sept. 9, 1947, in Ottumwa, Donald Francis was the son of Matt F. and Catherine A. (O'Brien) Carmody. He was a graduate of Centerville Community College and Drake University. On Dec.

20, 1969, he married Mary Lou Murray at St. Patrick's Catholic Church in Melrose.

Carmody began a 38-year career in banking in the Des Moines area, where he worked for Thrift Plan Inc., American Finance Company and Bankers Trust Co. He moved to Mount Pleasant in 1981 and began working for the Mount Pleasant Bank and Trust. In 2000, he helped form the Henry County Bank, (now known as Two Rivers Bank and Trust). He retired in September 2007, but continued to serve as a board member of the bank's financial group.

Carmody has served in a number of leadership capacities. He is a past chairman of the Iowa Bankers Association (1997-1998); past member of the IBA Board and American Bankers Association. Carmody served as a board member of the Mount Pleasant Area Chamber Alliance, Manufacturer's Association and Economic Development Commission; past member of the Southeast Iowa Regional Planning Commission; former treasurer of the city of Mount Pleasant; a board member of the Southeastern Community College Foundation; former treasurer of the Rec Center; and Junior Achievement board member. He was a member of the Mount Pleasant Noon Rotary Club and St. Alphonsus Catholic Church.

Carmody was the chairman of the Avenue of the Saints highway project. He spearheaded and was the driving force of its completion that connected St. Louis to St. Paul. He was a member of the Iowa Transportation Commission from May 2002 to April 2006 and a commissioner of the U.S. Department of Transportation in Washington, D.C., serving on the National Surface Transportation Infrastructure Financing Commission.

Carmody was the recipient of many prestigious awards including; the Sam Walton Business Leader Award in 1999; Mount Pleasant Chamber Alliance Citizen of the Year in 1997; and James A. Leach Leadership Distinguished Banker of the Year Award in 2005.

Along with his wife, Mary Lou, Carmody loved raising and showing Great Danes. The Carmody's raised three #1 Great Danes and four "Best in Show" All Breed Great Danes. Carmody was a lifetime member of the Des Moines Kennel Club, and a member of the Burlington Kennel Club and Great Dane Club of America. He also belonged to the Dog Judging Association where he was known for his judging of dogs in national and international competitions.

He is survived by his wife, Mary Lou; one son, Shawn (Monica) Carmody of Chicago; and three brothers.



**Billy Dean Brown, 81,** of Ames, died Jan. 14, at home. Brown was born May 25, 1930, in Weatherby, Mo., to Cecil and Iva Mae (Stewart) Brown. He married Mary Templeton March 22, 1970, at the Little Brown Church in Nashua.

Brown loved to tinker with things. He did plenty of tinkering in his 36½ years working for the Iowa DOT as a maintenance worker and mechanic. His final position was designing, building and maintaining the DOT's paint equipment. On the side, he managed to build propane heating equipment, served in a local stock car pit crew and had patents issued for some of his paint equipment designs.

He also loved being around people. He spent most of his working life heavily involved with the American Federation of State, County and Municipal Employees union (he was a past president of the Local Unit AFSCME 2997). After retiring, he and Mary worked at local race tracks, spent time at Prairie Meadows, and enjoyed playing cards and spending time with friends and family.

His survivors include his wife, Mary, of Ames; five children, Richard (Carol) Brown, of Nevada, Mike (Cindy) Templeton, of Boone, Mark (Janet) Templeton, of Story City, Chris (Mike) Carnelia, of Overland Park, Kan., and Mona Clark, of Houston, Texas; eight grandchildren; four great grandchildren; sister, Velma Fleming of Alleman; and brother, Ken (Colleen) Brown of Stanton.



**Lowell Lawrence Stolfus, 73,** of New Hampton, died Monday, Feb. 6, at home. He was born July 16, 1938, in New Hampton, son of Barney and Mae Ingalls Stolfus. He married Linda Mundt Jan. 11, 1965, in Cedar Falls. Stolfus earned his GED in the U.S. Air Force where he served from 1956-60.

He worked in the construction business for several years, worked for several companies in New Hampton, and worked in road maintenance for the Iowa DOT for 21 years, retiring in 2000.

*In memory, continued on page 13*

*In memory, continued from page 12*

He was a member of Trinity Lutheran Church, and worked many years in the concession stand for the New Hampton Booster Club. Lowell enjoyed hunting, fishing, camping, riding motorcycles, woodworking, and playing cards. He especially enjoyed spending time with his wife, daughters, sons-in-law and grandchildren.

He is survived by his wife; three daughters, Lisa Sullivan of Frisco, Texas, Ladine (Rod) Knapp of New Hampton, and Amy (Scott) Honken of Hartley; three grandchildren, two sisters; two brothers; many nieces and nephews; and three sisters-in-law.



**Gary Lee Smallwood**, 71, of Ottumwa, closed his eyes at 2:24 a.m. Feb. 8, at Ottumwa Regional Health Center and opened them in the presence of Jesus, his Lord and Savior.

He was born April 20, 1940, in Ottumwa to Jack and Violet Dietrich Smallwood. He married Geneva Carter Aug. 13, 1965.

A resident of Ottumwa all of his life, he worked as an equipment operator for the Iowa DOT for 32 years. He then drove for Whaley Waste Systems. Gary enjoyed going for coffee and he was always joking.

Surviving are his wife, Geneva; daughters, Tammy (Todd) Duett of Davenport, and Missy (Jay) Smallwood of Ottumwa; a son, Gary (Calynda) Smallwood Jr. of Bloomfield; 10 grandchildren; six great-grandchildren; four brothers; two sisters; a half-brother and half-sister; and numerous nieces and nephews.



**Richard J. Heideman Sr.**, 76, of Waterloo, died Wednesday, Feb. 8, at Ravenwood Nursing and Rehabilitation Center.

He was born June 8, 1935, in Waverly, son of Henry and Clara Sommerfelt Heideman. He married Dorette Sue Makinster on Jan. 15, 1954, in Waterloo.

He attended Waterloo West High School. Heideman worked at Waterloo Public Schools, John Deere, Assink Sand and Gravel and highway maintenance for the Iowa DOT, retiring in 1999. He served in the U.S. Army Signal Corps from 1958-63.

He is survived by his wife; two sons, Jeffrey of Waterloo and Richard of Kissimmee, Fla.; a daughter, Stacey Heideman of Waterloo; a grandson; a great-granddaughter; three sisters and a brother.

# kidisms!

TEACHER: Willy, name one important thing we have today that we didn't have 10 years ago.

WILLY: Me!



TEACHER: Tommy, why do you always get so dirty?

TOMMY: Well, I'm a lot closer to the ground than you are.



TEACHER: Why are you late?

WEBSTER: Because of the sign.

TEACHER: What sign?

WEBSTER: The one that says, "School Ahead, Go Slow."



TEACHER: In this box, I have a 10-foot snake.

SAMMY: You can't fool me, teacher...snakes don't have feet.



TEACHER: Ellen, give me a sentence starting with "I."

ELLEN: I is...

TEACHER: No, Ellen. Always say, "I am."

ELLEN: All right... "I am the ninth letter of the alphabet."



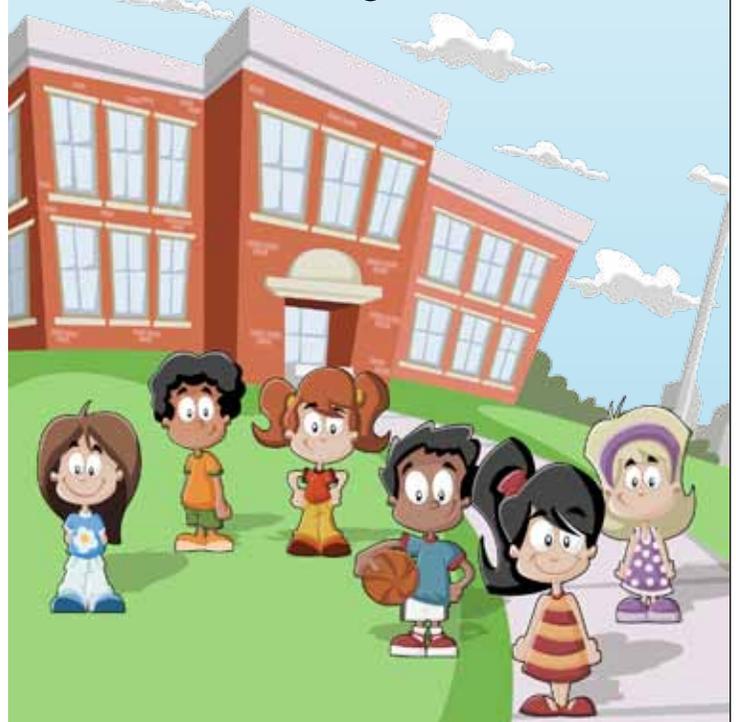
MOTHER: Why on earth did you swallow the money I gave you?

JUNIOR: You said it was my lunch money.



TEACHER: If I had seven oranges in one hand and eight oranges in the other, what would I have?

CLASS COMEDIAN: Big hands!



## Service awards

Information supplied by the Office of Employee Services for March 2012

### 40 years

**Rosanna Bayless**, Information Technology Division; **Gary Smith**, District 6 materials

### 35 years

**Jack Brass**, Iowa Falls garage; **David Fullarton**, Design; **Kevin Holm**, Bridges and Structures; **Benjamin Holmes**, Perry garage; **Connie Kent**, Des Moines DL station

### 30 years

**Judith Albin**, Driver Services; **Kirk Gunhus**, Decorah garage; **Peggy Riecken**, Systems Planning; **Douglas Sorem**, Traffic and Safety

### 25 years

**Baron Hannah**, District 3 materials; **Delbert Jones**, Maintenance; **Lois Lawson**, Driver Services; **Paula Moro**, Motor Vehicle Division; **Janet Vaughan**, Support Services

### 20 years

**Theresa Lobdell**, Davenport DL station; **Barry Sieh**, Local Systems; **Robert Stradley**, Des Moines garage

### 15 years

**Julie Cox**, Fort Dodge DL station; **Leo Garreau**, Support Services; **John Heim**, Information Technology Division

### 10 years

None

### 5 years

**Christina Andersen**, Public Affairs; **Leah Berbano**, Employee Services; **Jesse Denker**, Transportation Data; **Roger Dyke**, Bloomfield garage; **Jeffrey Ford**, Jefferson garage; **Kyle Graff**, Tama garage; **Leo Harlow**, Newton garage; **Douglas Knoll**, Information Technology Division; **Robert Kurtz**, Cherokee construction; **Todd Lenning**, Williams garage; **Michael Miller**, Council Bluffs-south garage; **Mark Nordholm**, Support Services; **James Norris**, Creston construction; **Nancy South**, Construction; **Angela Walker**, Cedar Rapids DL station; **Jeremy Weber**, District 2 bridge crew; **Richard Wright**, Waterloo garage

## Personnel updates

Information supplied by the Office of Employee Services for Jan. 6 to Feb. 2, 2012

### New hires

**Steven McElmeel**, transportation engineer specialist, District 3 Office; **Mark Nel**, highway technician associate, Mason City garage; **Tiffany Stupp**, purchasing assistance, Support Services

### Promotions

**Debra Arp**, from transportation planner 3 to transportation planner 4, Systems Planning; **Rick Fink**, from highway technician associate to mechanic, Council Bluffs-south garage; **Scott Nelson**, from custodial worker to public service supervisor 1, Support Services; **Kenneth Schwanke**, from motor vehicle officer to motor vehicle investigator, Motor Vehicle Enforcement

### Transfers

**Michael Abbott**, motor vehicle officer, within Motor Vehicle Enforcement; **Kie Ahrens**, highway technician senior, from Sioux City construction to District 3 materials

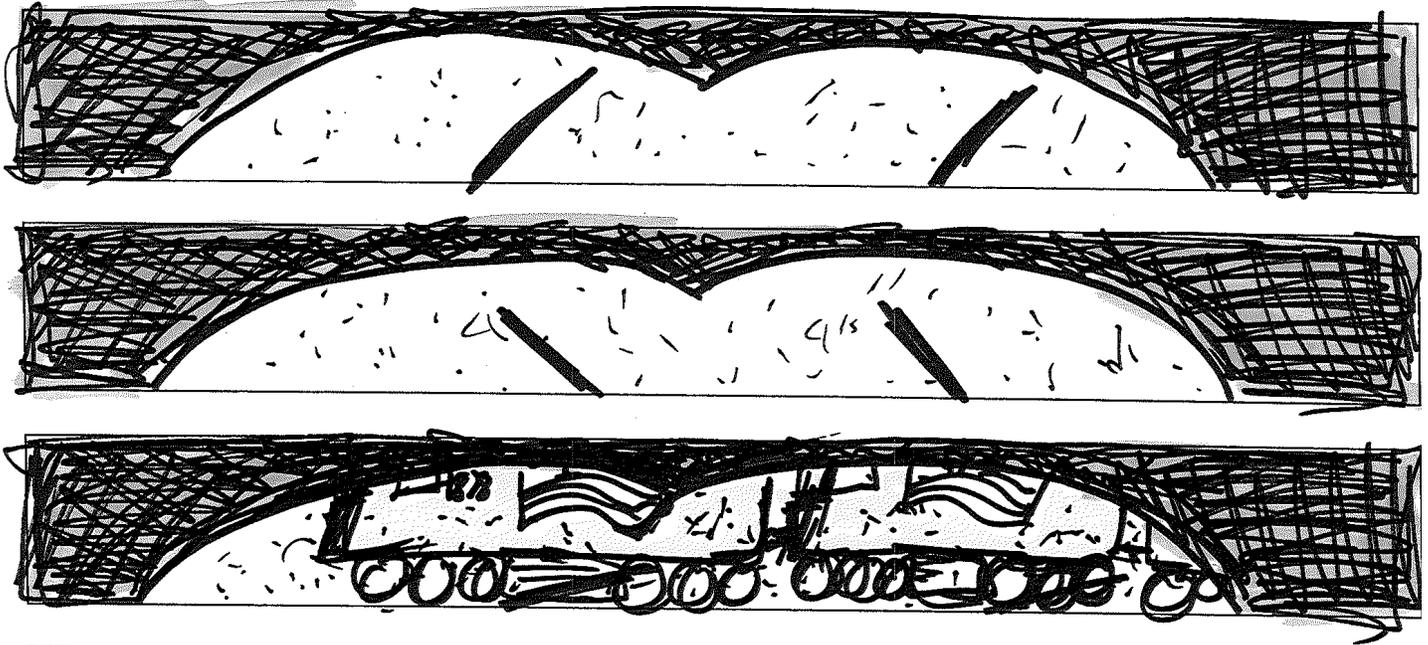
### Retirements

**Timothy Fouts**, equipment operator senior, Council Bluffs-north garage; **Wes Swallow**, garage operations assistant, De Soto garage

"Be who you are and say what you feel  
because those who mind don't matter and  
those who matter don't mind."

— *Dr. Seuss*





BLOWING AND DRIFTING SNOW MAKE IT HARD TO SEE EVERYTHING. EVEN TRAINS.



USE EXTRA CAUTION AROUND TRAIN CROSSINGS THIS WINTER.

Fun-Armed & Creative Illustration

## INSIDE

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

**Paul Trombino III**, Director

**Tracey Bramble**, Public Affairs, editor

**Christina Andersen**, Public Affairs, desktop publisher

**Jaraine Mohs**, Public Affairs, technical editor

**Andrea Henry**, Public Affairs, graphic artist

**Keven Arrowsmith**, Public Affairs, photography

**Printing Staff**, Support Services, printing



**Iowa Department  
of Transportation**

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**PLEASE RECYCLE THIS ISSUE**

**On the cover:** 2011 Iowa Aviation Photography Contest winner, Classic Aircraft

**March I-Spy clue:** You may need the luck of the Irish for this hidden image.

**February I-Spy solution:** The real directional sign simply says Crescent, not Crescent Rolls.

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 .....	Mary Thompson, Ames .....	515-239-1415
Design .....	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.....	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
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.

## Register now for the Motorcycle Safety Forum

**R**egistration is now open for the Ninth Annual Motorcycle Safety Forum. This rider-focused event is facilitated by Iowa's "Ride Bright" motorcycle safety team, a diverse partnership of motorcycle safety advocates from the Iowa DOT and Governor's Traffic Safety Bureau, along with motorcycle trainers, dealers and riders.

The event is being held Friday, April 27, at the Scheman Building on the Iowa State University campus in Ames from 8 a.m. to 5 p.m.

Last year's forum was a sold-out event, so don't wait too long to register. Registration is only \$10 and includes a continental breakfast, lunch, breaks and an opportunity to enter a drawing for an Aluma motorcycle trailer.

The Motorcycle Safety Forum brings together stakeholders, including individuals representing the Iowa Motorcycle Rider Education Program, Iowa departments of Transportation and Public Safety, and motorcycle associations, along with enthusiasts, riders and dealers.

The theme for this year's event is "All the Gear – All the Time," emphasizing "conspicuity" or wearing rider apparel that helps get you noticed by others sharing the road.

Beyond making themselves more easily seen, there are plenty of ways motorcyclists can increase their safety, including continuing on a path of lifelong learning. For the first time in the event's nine-year history, all paid forum participants will be provided a free coupon (value up to \$245) that can be used to register for Motorcycle Safety Foundation's (MSF) Basic Rider Course I or II. Both courses are part of the Iowa DOT's Rider Education Program and taught by Iowa-licensed, MSF-certified rider coaches. The coupons can be redeemed at any of the approved sites located throughout the state. Courses are available from early April through mid-October.

This one-day, interactive forum will feature several presentations, safety displays, rider training, an exhibitor trade-show and other motorcycle-related exhibits. Presentations include:

- Dan Petterson, ENABLE Consulting – Regarding Rider Responsibility
- Sherry Williams, Motorcycle Safety Foundation



- Pete Leehey, Pete Leehey Law Firm – Don't Let a Motorcycle Crash Destroy You Financially
- Brittany Morrow, MSF and founder of [www.rockthegear.org](http://www.rockthegear.org) - Rock the Gear

Motorcycle fatalities have increased significantly, both in Iowa and nationally, since the late 1990s. Iowa has more than 200,000 licensed motorcycle operators and more than 125,000 registered motorcycles. Preliminary data shows 34 people were killed last year while driving or riding on motorcycles in Iowa. Average annual motorcycle fatalities continue to increase among riders age 45 and older. Typically, about half of Iowa's motorcycle crashes involve another vehicle, and about nine of 10 motorcycle fatality victims were not wearing a safety helmet.

To register for the forum, contact Iowa State University's Conference Services by phone at 515-294-6222, fax 515-294-6223 or email [usc-info@iastate.edu](mailto:usc-info@iastate.edu). Participants may also register online at [www.ucs.iastate.edu/mnet/motorcycle/home.html](http://www.ucs.iastate.edu/mnet/motorcycle/home.html).

Participants are asked to be prepared to share ideas and thoughts with forum committee members and other riders throughout the day.