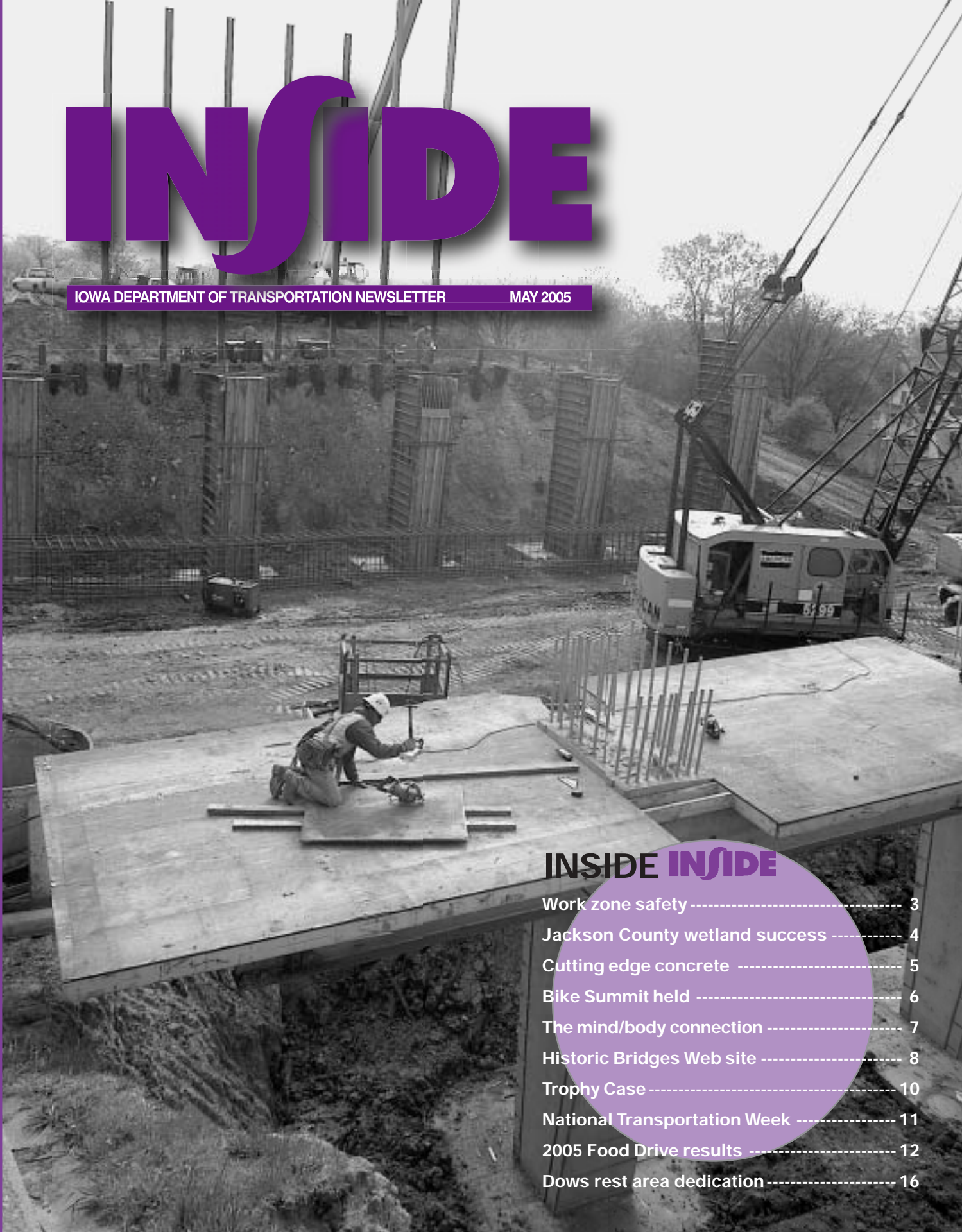


INSIDE

IOWA DEPARTMENT OF TRANSPORTATION NEWSLETTER

MAY 2005



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From my view

Mark F. Wandro, P.E., L.S.



Although I realize there is no shortage of work around the DOT any time of the year, the public perception is that we as an agency kick into high gear during construction season. With all the publicity received during major construction projects like I-235, Iowa 60, U.S. 34, and U.S. 218, you would think

the messages associated with using caution in the work zone would get through.

It seems every year I hear horror stories of crashes and near misses in construction zones. Not only on the major routes, but also from the hundreds of maintenance work zones set up all over the state by the DOT, counties and cities. Here are the latest work zone crash statistics for Iowa:

When we send these numbers out to the public in a news release, that's all they are...numbers. To the five families who lost loved ones in work zone-related crashes last year, those numbers mean one less family member at Christmas dinner — maybe a father who will never see his son's first baseball game or a mother who will not be attending her only daughter's wedding or a child who will never finish high school.

As transportation workers, we need to personalize this message to our friends and neighbors as much as we can. Try to make the reality of work zone hazards real to drivers in Iowa.

You'll read on the next page about steps drivers need to take to stay safe during the construction season. This year, stepped up enforcement efforts in work zones should assist in keeping workers and motorists safe even more than in the past. Remind your friends that fines are doubled in a work zone.

With interstate speeding fines set to increase in July, the fines for speeding through a work zone will seem even less worth the few minutes those extra miles per hour might save you on a trip.

Work zone fatalities in 2004	5
Ten-year average for work zone fatalities	6.5
Average number of injury crashes in work zones each year	136
Average number of property damage crashes per year	224
Average number of total crashes per year	366
U.S. 10-year average for work zone fatalities	900

DOT employee injured in Iraq

Specialist Robert Briggs of Company C, 224th Engineering Battalion, was injured in a mortar attack at Camp Blue Diamond near Ramadi, Iraq, on April 16. When not serving in the Iowa National Guard, Briggs, 37, is an equipment operator in the Mount Pleasant garage.

According to published reports, Briggs and two other soldiers were injured in the incident. One injured soldier has already returned to duty, while Briggs and the other soldier were taken to Landstuhl Regional Medical Center in Germany. Briggs has since been moved stateside to Walter Reed Army Medical Center.

Briggs reportedly sustained shrapnel wounds to the right side of his head and body. The extent of his injuries has not been released.

"Bob is one of our best," said Highway Maintenance Supervisor Brad Steinhart. "He's one of those guys you can always count on."

Anyone wishing to send a card or message can mail those to the Mount Pleasant maintenance garage, 906 E. Harvest Drive, Mount Pleasant, IA 52641.

Work zone safety

Joining forces to increase safety in Iowa work zones, the DOT and Iowa State Patrol urge motorists to use caution and protect yourself and the workers in the area. Being well equipped with the information you need to navigate work zones is one way to calm your nerves and increase the chances of making a safe trip through work zones. Not planning for and obeying traffic laws in work zones may get you double the usual fine for each offense, as the Patrol is stepping up enforcement efforts in these areas.

There are several tools you can use to get ready for your trip. On the Internet, go to 511ia.org to see a map and find details of work being conducted on the route you plan to travel. You can also call 511 from most telephones to get the same information. For work zone delays throughout the U.S. outside Iowa, visit the Federal Highway Administration's National Traffic and Road Closure Information Web site, www.fhwa.dot.gov/trafficinfo/index.htm.

Tips for Driving Safely in Work Zones

Once you come upon a work zone, Iowa DOT officials offer these tips to protect you and the workers trying to improve Iowa's roads.

- **EXPECT THE UNEXPECTED.** Normal speed limits may be reduced, traffic lanes may be changed, and people may be working on or near the road.
- **SLOW DOWN.** Speeding is one of the major causes of work zone crashes.
- **DON'T TAILGATE.** Keep a safe distance between you and the car ahead of you. The most common crash in a highway work zone is the rear-end collision.
- **KEEP A SAFE DISTANCE BETWEEN YOUR VEHICLE AND THE ROAD WORKERS AND THEIR EQUIPMENT.**
- **PAY ATTENTION TO THE SIGNS.** The warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see the one that says you've left the work zone.
- **OBEY ROAD CREW FLAGGERS.** The flagger knows what is best for moving traffic safely in the work zone. A flagger has the same authority as a regulatory sign, so you can be cited for disobeying his or her directions.
- **STAY ALERT AND MINIMIZE DISTRACTIONS.** Dedicate your full attention to the roadway and avoid changing radio stations or using cell phones while driving in a work zone.
- **KEEP UP WITH THE TRAFFIC FLOW.** Motorists can help maintain traffic flow and posted speeds by merging as soon as possible. Don't drive right up to the lane closure and then try to merge.
- **PREPARE FOR YOUR TRIP TO TAKE A LITTLE LONGER.** Check radio, TV and Web sites for traffic information. Expect delays and leave early so you can reach your destination on time.
- **BE PATIENT AND STAY CALM.** Work zones aren't there to personally inconvenience you. Remember, the work zone crew members are working to improve the road and make your future drive better.

Jackson County wetland success

Frogs are croaking on U.S. 61 near Maquoketa. The frogs' song can be heard from their habitat in Hurstville Marsh. The marsh became a reality in the late 1990s after the DOT expanded U.S. 61 through the area, and in the process began a wetland mitigation project that has become home to many species of plant and wildlife, including frogs of all kinds.

This 18 acres of wetland and 23 acres of restored prairie along U.S. 61 are not only home to flora and fauna, a newly constructed interpretive center now welcomes guests to also explore Jackson County treasures, including the historic (1870s) Hurstville Lime Kilns that once supplied 1,000 barrels of fine lime per day.

The wetland, prairie and interpretive center are all under the control of the Jackson County Conservation Board. The DOT worked with this group to maintain the integrity of the wetland and also provide an economic and educational product for Jackson County.

(Top photo) The Hurstville Marsh Interpretive Center opened in Jackson County last year.

(Bottom photo) Hurstville Marsh



Daryl Parker, who works for Jackson County Conservation, heads up the team running the site that was deeded to the county from the DOT in 2000. "We opened the interpretive center on Aug. 21 last year," he said. "In the first two months we had 2,000 visitors from all over, including Canada and several U.S. states. This spot on U.S. 61 is the only pullover between Dubuque and Davenport, so I think the traveling public will take advantage of it."

Funds for the \$1.2 million center came from a variety of sources including \$491,000 in transportation enhancement funds and other grants from Silos and Smokestacks and the Iowa Department of Natural Resources. More than \$400,000 was raised in local donations.

With the educational emphasis on the environment, the interpretive center not only focuses on the natural setting, but also on what we can do to preserve our world through recycling. Even the construction of the building used recycled material in shingles, carpet and other building products. A kiosk shares information with visitors about the use of recycled building products.

With the environmental piece also comes education on the economics of east central Iowa. "We have a strong environmental education program in Jackson County," said Parker. "This center will enhance that and dovetail with the economic enhancement opportunities in the area. This is the busiest highway in the county. With the lime kilns just to the north, people can get a sense of how the lime industry shaped the financial structure of this area and how the economic and ecological systems are functioning today."

The DOT began its wetland mitigation program in the late 1980s and has made great strides in the past several years of developing quality wetlands to replace land used for roads. Scott Marler, who leads the DOT's team of wetland biologists, says the department currently restores 150 percent of the acreage of wetlands impacted with road projects, which has resulted in thousands of acres of mitigation wetlands statewide.

Many times these wetland projects are turned over to the county to manage as recreational and natural areas. Other times private landowners oversee the property under strict guidelines from the DOT that the area must remain a wetland.

Iowa wetlands are essential to the ecological balance in our state. Preserving the wetland ecosystems and providing learning opportunities about these special areas will provide benefits for generations to come.

Cutting-edge concrete

A very understated simple span bridge in Wapello County is about to become famous, at least to bridge engineers.



This lonely bridge is about to get an extreme makeover.

The unassuming span over a small stream will be transformed this summer with first-in-the-nation ultra-high performance concrete (UHPC) in its precast bridge beams. This material, which is patented under the trade name Ductal by the manufacturer, Lafarge, consists of cement, silica fume, metallic fibers, superplasticizer, sand, and a very small amount of water.

Since this product is so new, the DOT held a seminar in August 2003 to explore the benefits of its use. Response to the meeting was very good with attendees from several prestigious universities, the Federal Highway Administration, contractors and consultants.

Because the material is unique, it took some time for the DOT to find a precasting operation willing to take on this test project at a reasonable cost. "We identified the project in Wapello County and secured funding from the federal Innovative Bridge Construction Program in 2003," said Dean Bierwagen of the Office of Bridges and Structures.

"But the bids we were getting for the UHPC beams were extremely high. The material itself is expensive, and the precasting plants were adding in a large contingency since they had not worked with the UHPC before."

Bierwagen, who is leading the project for the DOT, said, "When we did the initial material testing at our lab in Ames in January 2003, we were very surprised by how well the UHPC poured with a limited amount of water. It's really quite different than the traditional concrete we're used to working with."

After additional lab testing in January 2004, a batch test was completed in April at the selected precasting plant. After nearly a year, a 70-foot test beam was completed and is now being tested at Iowa State University. Testing on the beam is expected to show compressive strength of up to 30,000 pounds per square inch (psi). Ordinary structural concrete has strengths in the 3,500-5,000 psi range (although strengths are higher in prestressed beams). If testing to verify shear and flexural capacities is successful, the three 110-foot production beams will be poured and construction will begin on the new bridge later this summer.

Iowa State University's Center for Transportation Research and Education and the DOT jointly designed the final beam section for the bridge, a modified Iowa 45-inch bulb tee. To save on material in the beam section, the web width and flange thickness were reduced.



(Top photo) PCC Engineer Todd Hanson assists with the UHPC lab mix. (Bottom photo) Dean Bierwagen, front, and Gary Novey (back) inspect the test beam.

Design was a challenge for several reasons. Since this is the first test of this material in bridge beams in the U.S., there are no approved specifications. French design standards and a model designed by a consultant were modified for use. Another challenge was the composite connection of the beam to the cast-in-place deck. These and several other challenges were met and, as long as the material tests to specifications, the design is ready for construction.

Bike Summit

Iowa Bicycle Summit wheels into Des Moines

More than 60 bicyclists and bicycle facility planners met in downtown Des Moines April 9 for the 2005 Iowa Bicycle Summit. The summit, sponsored by the Iowa Department of Transportation, Iowa Bicycle Coalition and Iowa Natural Heritage Foundation, was a day-long conference focusing on bicycle advocacy, trails development, bicycle clubs, and national programs and trends.

Speakers included members of the Iowa Bicycle Coalition, bicycle club representatives, and trail and facility planners. The topics expanded past the Iowa borders with presentations from Caryn Giarratano from the Missouri DOT talking about bicycle facilities and Anthony Yoder from the League of American Bicyclists who shared information on bicycle-friendly communities. The lunch speaker, Colleen Chapleau, a cancer survivor who rode the eight-day Tour of Hope ride with Lance Armstrong, kept the crowd captivated.

The meeting, held at the Holiday Inn Downtown at Mercy Campus, concluded with a bicycle ride around Des Moines on the Neal Smith Trail.



While visiting with other advocacy organizations across the country, they are all amazed by the relationship we have with the Iowa DOT. Most advocates that have this relationship have worked many years to develop a positive relationship. In Iowa, it's because our Iowa DOT is comprised of passionate and dedicated individuals who care about bicycling.

From: Mark Wyatt, Iowa Bicycle Coalition

I would like to extend our congratulations on a job well done with the 2005 Iowa Bicycle Summit. The Summit was well-organized, presented relevant information and drew a wide range of participants from various groups.

From: Jim Lane, Chair of the Central Iowa Bicycle Pedestrian Roundtable, Des Moines Area Metropolitan Planning Organization



(Top left) Bicyclists prepare to ride following the summit presentations. (Top right) Attendees shared information and ideas throughout the summit. (Bottom left) Caryn Giarratano, Missouri DOT bicycle and pedestrian coordinator, enthusiastically presented the do's and don'ts of bicycle facility design. (Bottom right) Congressman Leonard Boswell spoke of his support for bicycling and the Iowa trails system.



The mind/body connection

Feeling angry, frustrated, sad, anxious, worried?



Do you become agitated, irritated or downright devastated when things do not go your way? If so, your health could be at risk.

Negative emotions cause physiological responses in your body that can lead to stomach-aches, diarrhea, ulcers, high blood pressure, clogged arteries, heart attack or stroke. Emotional imbalance can lower your resistance to communicable illness such as cold and flu. In addition, the ability to fight cancer, recover from heart attack, and heal quickly after surgery are all affected by your emotions.

Consequently, peace of mind, relaxation and a sense of humor can contribute to better health, higher resistance to illness and quicker recovery.

Current research has brought professional acceptance, respect and even devotion to the field of medicine that deals with the mind/body connection. Psychoneuroimmunology, as it is called within the medical community, has become an essential part of preventative health care and recovery care. Tell a doctor that

you haven't been feeling well and one of the first questions asked of you will probably be, "Have you been under a lot of stress lately?"

Skeptical?

A few years ago, a Stanford University Professor, David Spiegel, a professor of Psychiatry, launched a study to disprove New-Age self-help promises that positive thinking can cure ills. Spiegel compared two groups of breast cancer patients. One received standard care; the other attended support groups in addition to standard care. In the support groups, the patients could express their emotions in a supportive setting. The results surprised him. Women in the support group lived an average of 18 months longer than the others.

A study by the Medical Research Council's Common Cold Unit found that when exposed to viruses, people under stress were twice as likely to develop a cold as those not under stress.

At the Montreal Heart Insti-

tute, researchers found that heart attack patients experiencing major depression were about four times as likely to die within six months as those not depressed.

Can't change how you feel? Change how you react.

Denying your negative feelings is not the key to health-preserving positive thinking. When feelings are denied or repressed, lethargy, boredom and a lack of enthusiasm toward life can result. It's better to acknowledge your feelings and express them to a supportive friend or professional; or express them in a letter, a poem or a drawing. Get them out and move on.

Learn all you can about stress reduction. There are a variety of ways to reduce your stress. Regular exercise releases pent-up tension. Practicing deep breathing cleanses the blood oxygen of unhealthy by-products. And mental breaks like meditation or listening to relaxing music can help your body and mind unwind. If you tune in to your feelings, you can control them before they take control of you.

Get help if your anger, frustration, sadness or worry leaves you feeling out of control. You might benefit from stress management classes, a support group of those who share your concerns or talking to a supportive, objective person such as an employee assistance program counselor.

(This information provided by the DOT's employee assistance provider, Employee and Family Resources. To find out more, log on to their Web site at efr.org/eap.)

Using 21st century technology to preserve generations of Iowa bridges

Historic Bridges Web site

Engineers and history buffs have a new tool to research old bridges in Iowa. The DOT's Office of Location and Environment (OLE) recently unveiled its Historic Bridges Web site, complete with a listing of bridge types, drawings and a bridge database searchable by county, bridge type or decade constructed.

The idea for the site began in 1994 when the DOT, in cooperation with the Federal Highway Administration and State Historic Preservation Office, hired Fraser Design to complete an inventory of Iowa's state, county and city historic roadway bridges constructed prior to 1942. The inventory was originally intended to be used as a planning tool for

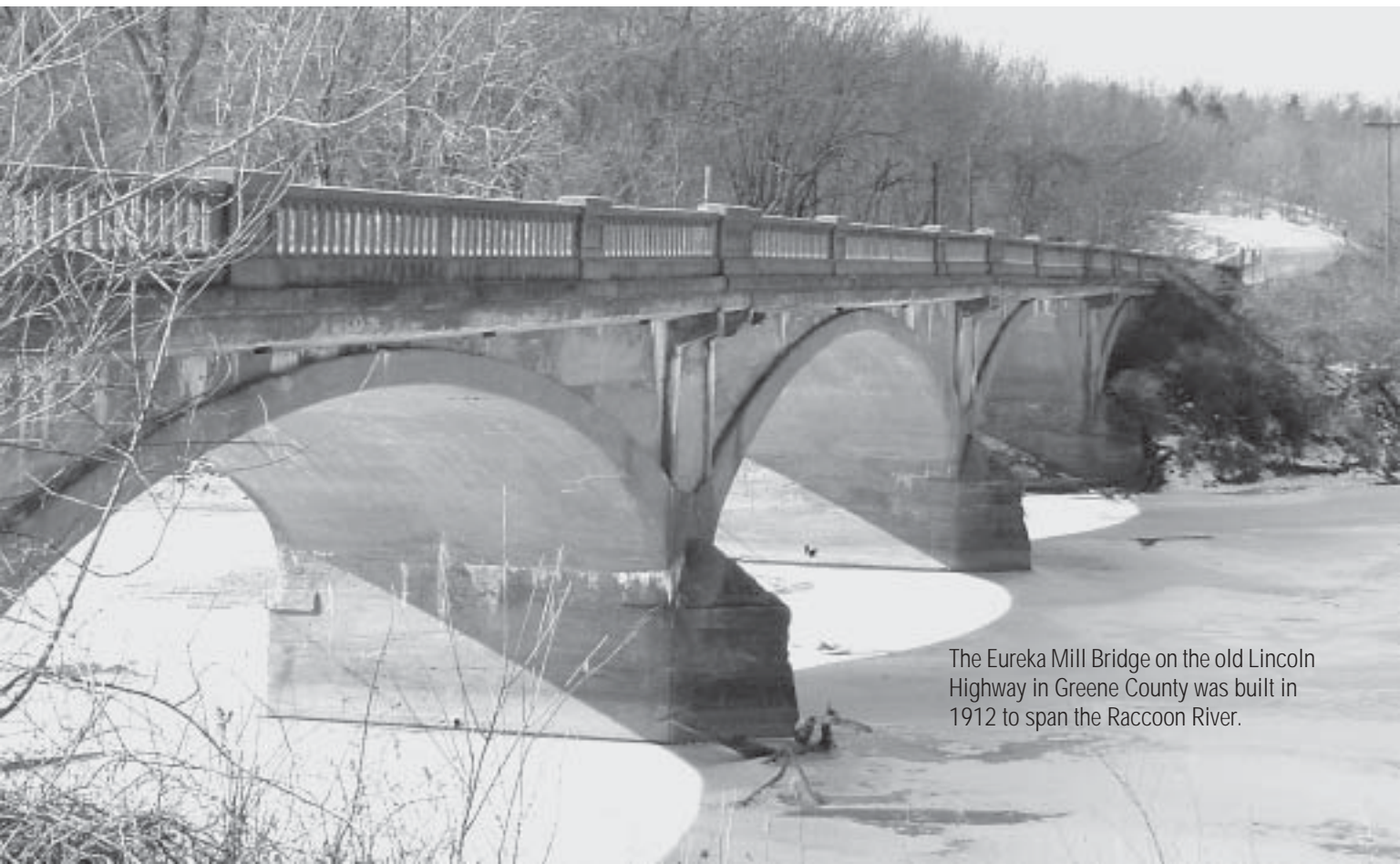
state and local agency officials as they perform bridge maintenance, rehabilitation and replacement projects. However, many members of the public are also interested in Iowa's historic heritage and would like to learn more about our historic bridges. A Web site seemed like the perfect venue to make this information available to all who were seeking it.

Judy McDonald of OLE's cultural resources section, said, "The historic bridge index was originally completed on paper. It wasn't a convenient way to find information."

The Historic Bridges Web site currently includes all historic bridges built prior to 1942 that were included in the 1994 survey. Since the initial list was compiled,

the DOT has hired the Louis Berger Group, Inc. to expand the 1994 inventory to include bridges constructed between 1942 and 1970. These will be added to the site once the second survey is complete.

Iowa currently has a total of 25,075 historic and contemporary bridges, placing it fifth among the states in the nation. If Iowa's roadway bridges were laid end to end, they would stretch across the state and half way back. About 9,000 bridges were looked at in 1994 for the historic inventory and about 10,000 are being considered in the present inventory.



The Eureka Mill Bridge on the old Lincoln Highway in Greene County was built in 1912 to span the Raccoon River.

Information for the Historic Bridges Web site was compiled by McDonald and David Stember, also in the cultural resources section of OLE. The site was designed by Stember and OLE's Webmaster, Michelle Fields. The bridge drawings were completed by Ken Dunker of the Office of Bridges and Structures.

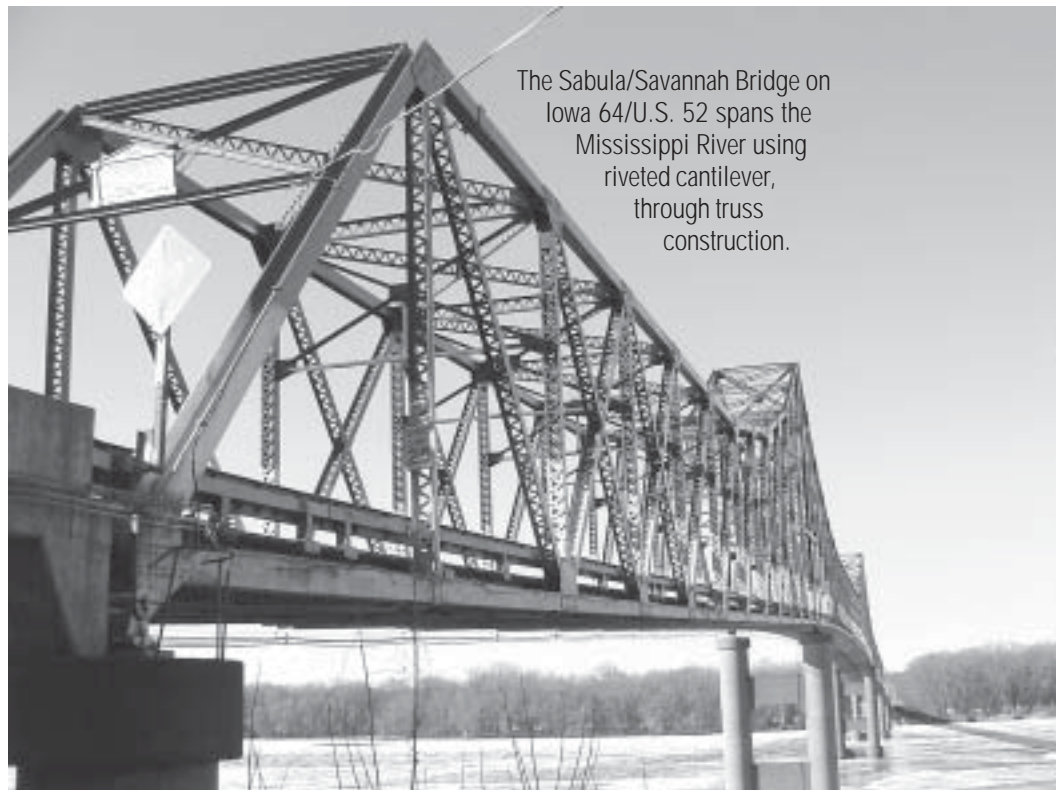
Specific details about each bridge on the Web site include:

- a historical overview of bridge development and construction providing the context in which the bridges are evaluated;
- an inventory of several types of vehicular bridges including a description of their structural configuration;
- an evaluation of each structure's National Register of Historic Places significance;
- photographs of each bridge; and
- a map showing the bridge location.

Each bridge listed on this Web site is listed on the National Register of Historic Places (NRHP). The evaluation process to consider a bridge eligible for the NRHP includes: 1) significant contribution to the broad patterns of history; 2) association with lives of significant people in history (important bridge designers have created a few of Iowa's significant bridges); and 3) distinctive characteristics of a type, period or method of construction. Most bridges that qualify for the NRHP fit in the last category.



The Mederville Bridge connects Evergreen Road over the Volga River in Clayton County. The 156-foot concrete open spandrel arch was built in 1918.



The Sabula/Savannah Bridge on Iowa 64/U.S. 52 spans the Mississippi River using riveted cantilever, through truss construction.



Trophy Case

Recent DOT Awards

The 2005 Annual Governor's Highway Traffic Safety Conference Awards were handed out March 31, with two DOT employees on the recipient list.



Frank Redeker, District 5 traffic technician, was recognized March 31 at the Governor's Highway Traffic Safety Conference for his innovative efforts to document the use of portable traffic analyzers.

The "Commission's Special Award for Traffic Safety" was presented to Redeker by Kevin Techau, commissioner of the Department of Public Safety. Redeker routinely works with the Iowa State Patrol (ISP) on traffic issues related to construction projects and speed zones, and was able to accomplish the documentation process in the midst of his regular duties.

The specific project Redeker was noted for included baseline speed data collected on U.S. 34

and U.S. 61 in Henry and Des Moines counties. Redeker used a device to record the type and speed of vehicles traveling these roadways before and after special enforcement efforts by ISP. This allowed ISP to use the data in assessing the success of the enforcement efforts.



Terry Dillinger, director of the Office of Driver Services, was honored as a leader in the development of Iowa's TraCS system, a state-of-the-art computer system that allows law enforcement officers to capture crash and citation data electronically. The system, now known throughout the United States as the "National Model," is currently utilized in 26 other states and two Canadian provinces.

Stay Alert... Stay Alive

May is Motorcycle Safety Awareness Month

It's the old adage at social events — "to see and be seen." The same message goes for motorcycle riders. Increasing visibility is a big push in this year's safety awareness month.

Sharing the road with drivers of much larger vehicles who aren't always looking for motorcycles can be tricky. Getting the word out to both the cyclists and the motorists to "see and be seen" can reduce the number of injuries and fatalities on Iowa roadways.

National statistics show that in a crash, motorcyclists are six times more likely to die, two-and-a-half times more likely to be injured and five times more likely to have property damage. Half of all fatal motorcycle crashes don't involve another vehicle. Of the crashes involving another vehicle, 66 percent occur because the motorist didn't see the motorcycle.

On average in Iowa, 40 motorcyclists die in crashes each year. Motorcycle crash involvement is highest in riders age 15-25, but the numbers are increasing for riders 45 and older. Over 90 percent of Iowa's motorcycle fatality victims were not wearing a safety helmet.

"Being as visible as possible and wearing protective gear, including a helmet, are two of the most important things a motorcyclist can do to ride safely," said Mary Stahlhut of the Office of Traffic and Safety. "New laws concerning the use of modulating headlamps will also help motorcycle's visibility."

National Transportation Week 2005

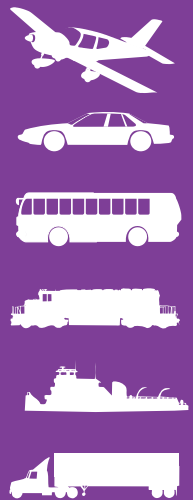
National Transportation Week is being celebrated May 15-21. U.S. DOT Secretary Norman Mineta said, "National Transportation Week is an opportunity to celebrate our achievements in transportation and face up to the challenges ahead. It is also an excellent time to convey to the American people how proud we are to be transportation workers."

Here are some transportation facts from the National Transportation Week Web site:

- In 2003, the value of imported goods and goods slated for export that were carried on the nation's transportation network amounted to nearly \$2 trillion-\$1,259 billion in imports and \$724 billion in exports.
- The U.S. rail network is an integrated system of approximately 550 separate railroads that haul a fleet of more than 1.5 million freight cars over a network of approximately 142,000 miles.
- In contrast to most other continents, the vast majority of North American freight railroads are for-profit, tax-paying, private-sector firms.
- Measured in ton-miles, freight railroads carry 42 percent of the nation's intercity freight.
- Rail intermodal - the movement of truck trailers or containers by rail and at least one other mode of transportation - has been the fastest growing segment of the freight rail industry. It combines the door-to-door convenience of trucks with the long-haul economy of railroads.
- In 2004, intermodal accounted for more rail revenue than coal for Class I railroads. Intermodal transports a huge range of consumer goods - everything from bicycles to automotive parts, from lawn mowers to glassware, from greeting cards to bottled water, from toys to computers.
- One freight train can carry the load of up to 500 trucks. One intermodal train can carry 280 truck trailers.
- There are nearly four million miles of roads in the United States, enough to circle the globe about 160 times, go to the moon and back more than eight times, or take 800 round trips between New York and Los Angeles.
- U.S. public transit ridership grew 24 percent in the 1995 through 2001 period—from 7.8 billion to 9.7 billion unlinked passenger trips.
- In 2002, an average U.S. car or light truck (e.g., SUV or pickup) was driven about 12,000 miles - a distance equal to a journey about half-way around the world.
- The number of people killed in motorcycle crashes in the United States has increased over the past 10 years—from 2,395 in 1992 to 3,244 in 2002.
- U.S. households with three or more vehicles are much more numerous than households with no vehicle—24 percent of households had three or more vehicles, while 8 percent had no vehicle in 2001. About 31 percent of households had one vehicle and 37 percent had two.
- Construction of the U.S. Interstate System was the largest earth-moving project in the history of the world. Nearly 42 billion cubic yards of earth were moved. In comparison, "only" 362 million cubic yards were moved during construction of the Panama Canal. The concrete used to construct the Interstate System could build a wall 9 feet thick and 50 feet high around the world's equator.
- There are 62 routes on the U.S. Interstate System. Of these, only three are transcontinental highways, running from coast-to-coast (I-10, I-80, I-90). However, seven interstate routes connect Canada and Mexico.
- In 1796, the Philadelphia and Lancaster Turnpike in Pennsylvania became the country's first financially successful toll road. In 1940, the Pennsylvania Turnpike became the first modern toll road.
- The first street in the U.S. paved with asphalt was New York's Fifth Avenue in 1872.
- In 1893, Massachusetts created the first state highway department - a three-man commission charged with linking the state's major cities.

* Taken from "The Roads That Built America: The Incredible Story of the U.S. Interstate Highway System," by Dan McNichol, published by Barnes and Noble.

NATIONAL TRANSPORTATION WEEK



Family Happenings

Design
Judy Lensing



It's another girl for **David and Donna Matulac**. Jessica Jordan was born March 20 at 1:33 p.m. She weighed 6 lbs. 11 ozs. and was 18 ½ inches long. Big sister Emily, 3, is very happy to have a baby sister. Daddy was a transportation engineer in Design. He has recently promoted to transportation engineer specialist in Traffic and Safety. Mommy is a transportation engineer in Location and Environment.



2005 food drive results

April 4-8 DOT employees opened their pantries and pocketbooks to help those less fortunate. Here are the results.

Food Drive Events-Ames

Cinnamon/Pecan Roll Sale	\$247.00
Do-Biz Cookie Sale	381.05
Book Sale	871.29
Ice Cream Social	128.00
Online Auction	5,795.00

Additional cash donations:

North annex events	865.30
Design events	861.74
Other cash donations	<u>646.00</u>
Total event cash donations	\$9,795.38
Food donations	1,018 lbs.

Cash and food donations were divided equally between 15 central Iowa food banks.

Other location's event results:

Motor Vehicle Division-Park Fair	
Cash Donations	\$1,800.00
	406 lbs. to Des Moines food banks

Other district employees

649 lbs. to local area food banks

Thank you everyone for all the work and for caring so much and helping to Turn Hunger Around!

Maggie Suckow, 2005 food drive chair

In Memory

Dennis Dale Rewerts, 53, of Allison died Friday, March 4, at Allen Hospital in Waterloo. Rewerts, an equipment operator senior in the Allison garage, had worked at the DOT since 1973, and had been EOS in Allison since December 1991. Rewerts is survived by his wife, Carol; a daughter, Jamie (Chad) Osterbuhr of Nevada; a granddaughter, Emy; and other relatives.

Donald L. Smith, 78, of Marion died of cancer March 10. Smith was an engineer with the Iowa Highway Commission from 1950 to 1972. He retired from the DOT to become Delaware County engineer until his retirement in 1992. Smith is survived by his wife, Janet, and other family members.

Thank you

I would like to thank all those who donated leave to me while I was off work after having my twins. I would also like to thank my co-workers and others for their support and concerns during my difficult pregnancy. We couldn't have made it as far as we did without your help. You have all made my time off a lot less stressful. We can't thank you enough!

*Barb, Damion, Hannah, Grace, and Gavin Honkomp
 Spencer DL station*

Crossword *Summer Fun*



Burma Shave Safety messages

For those who never saw the Burma shave signs, here is a quick lesson in our history of the 1930s, 40s and 50s. Before the interstates, when everyone drove the old two-lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. They were small red signs with white letters. Five signs, about 100 feet apart, each containing one line of a four-line couplet and the obligatory fifth sign advertising Burma Shave, a popular shaving cream. Here are a couple of the actual signs.

DON'T LOSE YOUR HEAD
TO GAIN A MINUTE
YOU NEED YOUR HEAD
YOUR BRAINS ARE IN IT.
Burma Shave

NO MATTER THE PRICE
NO MATTER HOW NEW
THE BEST SAFETY DEVICE
IN THE CAR IS YOU .
Burma Shave

ACROSS

- 3 Gaze up at these on a clear night
- 10 People do this in a pool
- 11 The Windy City
- 12 Henry Dorley Zoo is here
- 13 Wear this to prevent a burn
- 15 JR's hometown
- 16 Our nation's capital
- 18 Big park with a faithful friend
- 22 A vessel propelled by wind
- 25 Sandy spots
- 26 A famous St. Louis landmark
- 28 Unofficial first "summer" holiday
- 30 Minnesota known for 10,000 of these
- 32 Popular Florida vacation venue
- 33 Famous for Florida nightlife
- 34 The River Walk is popular in this Texas city
- 35 The Mile High City

DOWN

- 1 Barbeque and the Royals
- 2 When your skin turns red
- 4 This kid activity usually ends in early June
- 5 Take the family to a park for meal
- 6 Time for relaxing with the family
- 7 Johnson Space Center located here
- 8 Where some kids go for a week in the summer
- 9 Beach shady spot
- 14 The Big Apple
- 17 South Dakota vacation destination
- 19 Officially starts June 21
- 20 This theme park is 50 years old this year
- 21 Mall of the Americas' location
- 23 When your skin turns brown
- 24 Peaches are the state fruit here
- 27 Home of the Big Dig and Red Sox
- 29 Summer is best to visit this icy state
- 31 It shines down from the sky
- 33 Augusta is capital of this summer destination state

SERVICE AWARDS

Information supplied by the Office of Employee Services for May 2005.

40 Years

Willis Samuel, Transportation Data.

35 Years

Steve Highland, Transportation Data; **Loran Martensen**, Cedar Rapids construction.

30 Years

Yvonne Diller, Systems Planning; **Diane McCauley**, Modal Division; **Lynda Modlinski**, Davenport DL station; **Larry Moeller**, Information Technology Division; **Harold Risner**, Newhall garage.

25 Years

Earl E. Reed Jr., Council Bluffs-south garage.

20 Years

Larry Christiansen, District 4 field staff; **Tammy Jeanes**, Chariton garage; **Kathleen Larson**, Driver Services; **Rex**

Ringgenberg, Oskaloosa garage; **Ruben Valenzuela**, Muscatine garage; **Duane Wegner**, Charles City garage.

15 Years

Kay Anderson, Employee Services; **Quinta Miller**, Des Moines DL station.

10 Years

John Buck, Decorah garage; **Melissa Davis-Oviatt**, Finance; **Karla Hocker**, Information Technology Division; **Lisa Husmann**, Rail Transportation; **David Jones**, Mount Ayr garage; **Dennis Kinsey**, Altoona garage; **Jane Schrier Kock**, Carroll DL station; **Jay Nelson**, Sloan garage; **Lance Schlumbohm**, Rock Rapids garage; **Dirk Zaiser**, Jefferson construction.

5 Years

Olga Gorjackovski, Design; **Cory Heintz**, Media and Marketing Services; **Charles Levy**, Information Technology Division; **Michelle Mc Enany**, Aviation and Public Transit; **Martin Merial**, Grimes garage; **Michael Pawlovich**, Traffic and Safety.

PERSONNEL UPDATES

Information supplied by the Office of Employee Services for Feb. 25 to April 7, 2005.

New Hires

Craig Brimeyer, equipment operator, Dubuque garage; **Kerry Burzlaff**, equipment operator, Davenport interstate garage; **Robert Cole**, design technician associate, Design; **Bradley Fleming**, equipment operator, Ames garage; **Laura Konz**, transportation engineer intern, Sioux City construction; **Jason Schroeder**, equipment operator, Davenport interstate garage; **Donald Sharr**, driver's license clerk senior, Mason City DL station; **Kevin Smith**, mechanic, Avoca interstate garage; **Jeffery Zimmerman**, equipment operator, Ottumwa garage.

Promotions

David Anderson, from driver's license clerk, Sioux City DL station, to driver's license clerk senior, Iowa City DL station; **Cindy Baker**, from driver's license clerk to driver's license clerk senior, Des Moines DL station; **James Hanson**, from equipment operator senior, Grimes garage, to garage operations assistant, Waterloo garage; **Jeffrey Harness**, from construction technician assistant, District 5 Office, to construction technician, Chariton construction; **Dean House**, from motor vehicle sergeant to motor vehicle captain, Motor Vehicle Enforcement; **Julia Lucas**, from secretary 1, Des Moines construction, to equipment operator, Ames garage; **David Matulac**, from transportation engineer, Design, to transportation engineer specialist, Traffic and Safety; **Hayder Salehoglu**, from equipment operator, Cedar Rapids garage, to materials technician 3, District 6 materials; **Ronald Schappaugh**, from assistant soil party chief to soil party chief, Design; **Kurtis Shackelford**, from bridge inspector 1, Bridges and Structures, to engineering technician senior, District 1 Office; **Brian Smith**, from transportation engineer to transportation engineer specialist, Design; **Terry Smyser**, from equipment operator, Knoxville garage, to construction technician, Chariton

construction; **Ronald Troudt**, from assistant soil party chief to soil party chief, Design; **Michael Willis**, from accounting clerk 2, Des Moines DL station, to clerk specialist, Driver Services.

Transfers

Gloria Aswegan, clerk specialist from Vehicle Services to Driver Services; **Glenn Goode**, motor vehicle officer within Motor Vehicle Enforcement; **David Harless**, equipment operator senior, within the Grimes garage; **Gary Huston**, from transportation planner 1, Systems Planning, to engineering technician senior, District 5 Office; **Lisa Luko**, secretary 1, from Ottumwa construction to Mount Pleasant construction; **Brenda Minor**, driver's license clerk, from Iowa City DL station to Des Moines DL station; **Michael Murray**, construction technician, from Cherokee construction to Sioux City construction; **Terry Tesch**, equipment operator, from Le Mars garage to Alton garage; **Neal Torneten**, equipment operator senior, from Neola garage to Atlantic garage.

Retirement

Kenneth Gampp, equipment operator, Sioux City-Hamilton garage; **Larry Larson**, equipment operator, Spencer garage; **Carol McDaniel**, executive officer 1, Program Management; **Stanley Perkins**, construction technician supervisor, New Hampton construction; **Kathryn Remley**, equipment operator, Waverly garage; **Gerald Sydnese**, electrician, Facilities Support; **Wendell Wendt**, construction technician, Manchester construction.

35 YEARS

Iowa Department of Transportation



Steve Highland
Transportation Data



Loran Martensen
Cedar Rapids construction

May is National Bike Month

May 2005 marks the 49th Annual National Bike Month™ designated by the League of American Bicyclists. Bike to Work Day has grown up this year! Not only can you participate in Bike To Work Day on Friday, May 20, you can participate in bicycling events all week long!

Is there a better time to start commuting? Gas is over \$2 per gallon and construction seems to be everywhere. Ever wonder what that bike trail looks like during rush hour?

The purposes of Bike to Work Week are to encourage people to try bike commuting, increase cycling awareness and promote a healthy alternative form of transportation.

To find out more about bicycling in Iowa or about Bike to Work Week or Day, go to iowabikes.com.



Quote of the day

"Sometimes it is not enough to do our best; we must do what is required."

Sir Winston Churchill

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 coworkers. For more information, contact Tracey Bramble, Office of Media and Marketing Services, 515-239-1314 or e-mail tracey.bramble@dot.iowa.gov.

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District 6	Jeanne Heeren, Cedar Rapids	319-364-0235
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Civil War theme celebrated



Many Iowans dressed in Civil War era clothing demonstrated aspects of life in the 1860s and participated in a special ceremony at the dedication.



Iowa's newest rest area was dedicated March 19 near Dows in Franklin County. This special ceremony was sponsored by Department of Iowa Sons of Union Veterans of the Civil War, Charles H. Huntley Camp 114, Co. B 32nd Iowa Volunteer Infantry Reenactors, and the Iowa Department of Transportation.

The public event honored the Union Veterans of the Civil War and their descendents, as well as all other veterans who have served and fought throughout the years to protect our country, or are now serving in the armed forces.

A unique ceremony was performed in the tradition of those held by the Grand Army of the Republic in the 1890s. Although the cold weather prevented many of the "living history" displays that were planned, some members of the Department of Iowa Sons of Union Veterans of the Civil War, Charles H. Huntley Camp 114, Co. B 32nd Iowa Volunteer Infantry Reenactors, 16th U.S. Medical Corps, Co. K 37th Iowa Volunteer Infantry (the Graybeards), the 3rd Iowa Light Artillery, the 2nd Battery Iowa Light Artillery Reenactors, and the 8th Texas Brigade, CSA were available inside the facility to share information about this era in American history.

The architectural features incorporated into the rest area facility and grounds pay homage to the soldiers of Iowa who served during the Civil War. Iowa's brave contribution during the Civil War is well documented, having supplied more soldiers per capita than any other state, north or south, and recording the ninth highest number of deaths amongst all states.



