

OCTOBER 2012

INSIDE



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PAUL'S PERSPECTIVE

DIRECTOR PAUL TROMBINO III

Measuring Communication

"The void created by the failure to communicate is soon filled with poison, drivel and misrepresentation." –C. Northcote Parkinson

"If you don't have trust inside your company, then you can't transfer it to your customers." –Roger Staubach

One of my primary goals at the department is to foster quality communication both internal and external. This means developing an atmosphere where people feel comfortable sharing their perspectives and having discourse respectively on all issues in the department. How well we treat each other during the debate of ideas is a key indicator of how well we trust each other.

We are beginning our next step in unfolding Face2Face Communication training across the department. I believe the training and tools will further enhance our communication and trust. Communication will become a key indicator towards our success. With any key performance indicator, we must develop measures to be sure we are improving and delivering the best communication. As a result, we are in the process of reviewing options to measure internal communications.

Recently, I had an Iowa DOT team member tell me there was a significant lack of communication within the department. Quite honestly, I can say this comment really gave me pause. All of us must work hard to improve communications – most importantly me. In the end, great communication is a choice we individually make every day. Making the right choice in the right way improves our work environment and delivers great safety, mobility, and economics for our customers.

Please be safe in all that you do.

A handwritten signature in black ink that reads "Paul". The signature is written in a cursive, flowing style.



Social media, continued from page 3

So far eight Iowa DOT Pinterest boards have been established, including showcases of Iowa transportation, safety topics and transportation-related kids' projects.

Storify is a popular new way to catalog items related to a specific topic. The Iowa DOT used this medium to create a timeline of information related to the 2011 Missouri River floods. Storify is also used for gathering information about motorcycle and teen driver crashes, two high-risk groups; as well as for school bus safety.

As the Iowa DOT's social media presence has matured, we have gone from simply posting information on sites like Twitter to monitoring the conversation and engaging the public.

The department has also gone from blocking all employee access to social media sites to a policy that now embraces business use of social media by granting employee access, upon supervisory approval, for use of the tools as part of their job.

Measurement is another important aspect of the department's use of social media. Depending on the purpose and communication objectives of a site, various metrics are constantly measuring its performance and results. For instance, if the Iowa DOT posts a safety message on Facebook, we will know exactly how many people read it and how many people shared it.

Ogg said, "Conversations about the Iowa DOT and its employees, services and products are going on every day on social media websites. Now, we have an opportunity to be part of that conversation, and then use the information to help make informed decisions or simply to answer a citizen inquiry."

"Social media is also a valuable tool during emergencies like flooding or a winter storm. Not only can travelers receive up-to-date information on travel conditions through 511 on Twitter or Facebook, the Iowa DOT can monitor the conversation on all popular social media sites and quickly address any rumors or broad dissemination of misinformation," said Ogg.

Another aspect of social media use by state agencies is capturing all of the content to comply with Iowa's open



Iowa DOT Facebook page

records laws. After analyzing several products, the Iowa DOT purchased a tool that captures every post, comment, photo, video or other item, and then saves the information daily. The information is then stored as a public record in the department's electronic record management system.

The next big step for the department is to acquire a data mining tool that will be able to perform a more in-depth analysis of social media conversations about transportation issues in the state. "Data mining" is the computer-assisted process of digging through and analyzing enormous sets of data, and then extracting the meaning of that data. Data mining derives its name from the similarity to mining a mountain for a vein of valuable ore. Both processes require either sifting through an immense amount of material or intelligently probing to find where the value resides.

Social media tool	Available to the public	Iowa DOT began use
Facebook	February 2004	December 2008
Flickr	February 2004	August 2011
YouTube	February 2005	December 2008
Twitter	July 2006	December 2008
Pinterest	March 2010	June 2012 (pilot)
Storify	April 2011	May 2012 (pilot)



Milestones on the horizon



The Iowa DOT will be celebrating 100 years as an agency in 2013. An employee committee has been working diligently to put together

activities to commemorate this historic event around the theme of "A journey in transportation. 100 years of connecting people."

The goal of the Iowa DOT's 100th anniversary activities is to involve current DOT employees, retirees, partner groups, Iowa dignitaries and the media in reflecting on 100 years of history among all modes of transportation in Iowa and how that history has strengthened and prepared us for the future of transportation. Activities will focus on aspects in Iowa DOT history, such as safety standards, materials testing, registration processes, etc., that have improved safety, convenience and the well-being of Iowans. Understanding the changes throughout the history of the Iowa DOT will foster a greater understanding of the impact the DOT has had on Iowans' daily lives.

Some of the planned events include the following.

- Commemorative cover on the 2013 Iowa Transportation Map
- Anniversary website
- Online photo-based timeline of significant achievements at the Iowa DOT over the last century
- Blog to engage employees and the public
- Traveling displays with historical artifacts to be rotated through Iowa DOT district locations and Iowa museums
- Anniversary ceremony to include opening the time capsule from the 75th anniversary, located on the central campus

If you have comments or questions or would like to assist with the activities, please contact one of the committee members: Cheryl White, Director's Office; Andy Loonan, District 1; George Martens, District 1; Krista Rostad, District 2; Dakin Schultz, District 3; George Feazell (co-chair), District 4; Doyle (Jake) Jacobs, District 5; Newman Abuissa, District 6; Sandra Larson; Highway Division; Beth Collins, Lori Jensen and Linda Torgeson, Information Technology Division; Leighton Christiansen, library; Wallace Rippie, Materials; Vicki Stamper, Policy and Legislative Services; Cathy Mather, Planning, Programming and Modal Division; Linda Martens, Right of Way; and Andrea Henry (co-chair) and Cherice Ogg, Strategic Communication.

One Gift: Oct. 1-31

Iowans Helping Iowans:
Together We Can Make A Difference



Iowa's One Gift program is an opportunity for state employees to contribute to participating charitable agencies through payroll deduction with 100 percent of donations going directly to the charitable agencies an employee chooses. More than 400 charitable agencies offer much-needed assistance to Iowans throughout the state by providing a variety of services. When you contribute to One Gift, your donation stays in Iowa, where it helps your neighbors, friends and family.

The State of Iowa holds its annual One Gift Campaign in October, when employees make pledges for the following year. Contributions are made through the convenience of payroll deduction - either as a one-time deduction from your first paycheck in January or as multiple deductions spread throughout the year.

In this time of great need, state employees are challenged to make a difference in their communities by helping to reach the statewide goal of \$400,000. To make a pledge, simply complete the One Gift pledge form from the website listed below, print it and submit your signed form to Connie Haselhoff in the Office of Finance. Even a contribution of just \$1 per week makes a difference.

Find out more at <http://das.hre.iowa.gov/onegift/index.html>.





Hy-Vee

Nutrition Notes

with Amy Clark



Tea time

Emerging research shows that tea, steeped in history and full of health benefits, has a health impact on heart disease, cancer and weight loss. It is also the second-most-popular drink in the world. Tea made from real tea leaves is rich in antioxidants (flavonoids) that can help the body protect itself from free radicals.

Disease beater

- **Lowers heart disease risk.** Harvard researchers found that drinking at least one cup of black tea daily was associated with a 45 percent decrease in heart attacks.
- **Lowers cholesterol.** Components of tea appear to reduce the amount of cholesterol in the blood by interfering with the absorption of fat and cholesterol.
- **Reduces stroke risk.** A study done in the Netherlands showed that men who drank five cups of black tea daily reduced their stroke risk by 70 percent. Can't drink five cups a day? Even two cups daily can reduce your risk by a whopping 46 percent.
- **Fights cancer.** Tea appears to be good at fighting cancer, especially gastrointestinal tract cancers. Tea is very high in antioxidants that protect our body from cell-damaging free radicals.

Tummy tamer

According to a new study, green tea appears to accelerate calorie burning – including fat calories. Researchers suggest compounds in green tea called flavonoids may change how the body uses a hormone called norepinephrine, which speeds the rate at which calories are burned. In one study looking at tea's slimming ability, people who drank black, green or oolong tea one or more times per week had 20 percent less body fat than those who drank none.

Age defier

Drinking two or three large cups of green tea a day helps bolster the body's defenses, especially as you age. Tea has been named China's "Fountain of Youth."

So why not add tea to your daily lifestyle? Unsweetened, fresh-brewed tea contains virtually no calories, is

sodium-free, fat-free and cholesterol-free, while being a satisfying, soothing beverage. This makes tea an ideal choice.

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

Tea-Spiced Cider

Serves: 8 (1 cup each)

Source: Hy-Vee Seasons Magazine

Ingredients

- 3 cups water
- 2 (4-inch long each) cinnamon sticks
- 1 tsp Hy-Vee ground nutmeg
- 2 whole cloves
- zest of one orange
- 3 black tea bags
- 2 tbsp Hy-Vee brown sugar
- 5 cups apple cider

All you do

1. Heat water, cinnamon sticks, nutmeg, cloves and orange zest to boiling; reduce heat and simmer 10 minutes, stirring occasionally. Add tea bags and remove from heat. Let steep for 3 to 4 minutes. Remove and discard tea bags.
2. Stir in brown sugar and apple cider. Return to medium heat and warm, about 20 minutes. Pour through fine mesh strainer before serving.





IOWA DEPARTMENT OF TRANSPORTATION TROPHY CASE

Personal Accomplishments



Barb West, public service executive 3 in the Office of Driver Services, recently bagged her third bear while on a hunting trip to Ontario,

Canada. The bear weighed in at 190 pounds.



Shana Wood, daughter of Barb and **Craig Wood**, engineering operations technician in the District 2 Office, competed at the 4-H horse show at

Iowa DOTers represent at the Iowa State Fair



Chuck Thompson, a 15-year Iowa DOT veteran and highway technician in the Des Moines garage and Des Moines construction, won first place at the Iowa State Fair in the "Neatest Beard" competition.

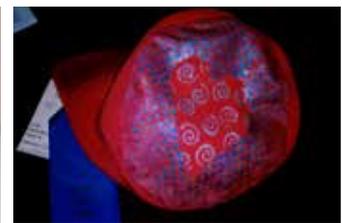


the Iowa State Fair. In the pole bending competition, Shana placed 14th out of 42 exhibitors and in the barrel racing competition placed eighth out of 43 exhibitors. She received a blue ribbon in each event. Also, she represented North Iowa Saddle Club in the Iowa Jr. Cowgirl Queen Contest at the Iowa State Fair. Shana was a tough contender, receiving honors of being in the top 20 of the 74 entries.



Milly Ortiz, transportation planner 2 in the Office of Systems Planning, won a blue ribbon in the Decorated Cakes Division, Amateur Class, Sugar Artistry Class. This is the third time

Ortiz has entered and second time she has brought home a blue ribbon.



Diane McCauley, executive officer 2 in the Office of Rail Transportation, entered five items in the adult clothing class in the fabric and threads division. Her results were pretty impressive with two first place (blue) ribbons, one second, and one third place finish.

Family happenings

District 3

MaryBeth Banta



(From left) **Alex Crossgrove, Dennis DeJager, Dean Herbst, Rich Michaelis, Tim Grell, Warren Fiddelke, Steve Mc Elmeel, Baron Hannah, Dwight Rorholm, Daryl Carr, Todd Huju, Paul Orr, Kirk Montange, Darwin Bishop, Mike Malchow and Tony Roark.** Not pictured, Jon Best.

The District 3 golf outing was held Aug. 18 at Prairie Rose Golf Club in Brunsville. After enduring a late start due to a rare rain shower, a good time was had by all.

Design

Judy Lensing



Mark Muxfeldt, assistant soil party chief, and his wife, Valerie, were blessed with a baby daughter Aug. 4. Isabella Grace weighed 7 pounds, 5 ounces and was 20 inches long. Her older brother Hayden, 2, is quite excited, as are Grandpa Kevin, a design technician specialist in Bridges and Structures; Grandma Peg, a secretary 1 in Employee Services; and great uncle Bill Burnett, soil party chief in Design. Unexpectedly, baby Isabella shares a birthday with Grandpa Kevin, who used to try to ignore birthdays. That won't be happening any more.



Adrienne Knight, geologist 2 in the Office of Design, and her husband, Charles, are the proud parents of a baby girl. Harper Joanne Knight was born July 2 at 11:45 p.m.. She weighed 8 pounds, 5 ounces and was 20.75 inches long. Baby Harper joins her big sister, Marin, 4, at home.



Khyle Clute, transportation engineer intern in the methods section, and his wife, Kristin, welcomed their second son Aug. 23. Andrew Williams weighed in at 8 pounds 4.5 ounces and was 20 inches long. Big brother Matthew, 2 ½, is very excited and so is Grandpa John Clute from the Office of Bridges and Structures.

In memory

Roger Kent Swenson, 69, passed away Sunday, Aug. 5, at his home surrounded by his loving family. Swenson was born July 30, 1943, in Ames, the son of Elmer Martin Swenson and Amy Ilaine (Gjerde) Swenson.

He graduated from Radcliffe High School in 1961. He retired from the Iowa DOT in 2005, after more than 48 years of working in different departments. He enjoyed coffee, golf, mowing and farming. Above all else, Swenson enjoyed spending time with his family, especially his grandchildren.

He is survived by wife Virginia (Martin) Swenson, daughter Angela (Mark) Schnurstein, and grandchildren Emma and Mason, of Ankeny.



Kudos!

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

To: Bill Kreinbring Jr., Tipton garage
From: Lt. Neil Wellner, Iowa State Patrol

I would like to take this opportunity to personally thank you for taking time out of your day to assist us with the "Oran Pape Memorial Bridge" dedication Aug. 9. Although these events are always somber in nature, it is still a significant event in the history of the Iowa State Patrol. We appreciate you recognizing this and helping to honor a fallen hero.

I would like to thank Bill Kreinbring, highway maintenance supervisor of the Tipton garage, for allowing us to utilize the facility for the dedication ceremony.



To: Travis Nitcher, Oakdale garage
From: Randy Jones, Iowa State Patrol

Thanks to each of you for your work today on the bridge dedication ceremony. I was very pleased, and so was the headquarters staff. Looked great! The setup, including the location, flags, signs, chairs and podium, were well done. I very much appreciate what you did.

(Editor's note: The Oakdale garage crew assisted the Iowa State Patrol with a bridge memorial ceremony Aug. 22. The DOT crew set up the site at the Iowa River Trail just east of First Avenue in Iowa City. The trail provided an opportunity to have the event off the roadway, but still next to the bridge.)

To: Steve McMenam, Maintenance
From: Don Rexilius, Chicago

I was traveling on my motorcycle recently and was caught in the rain. I pulled into the eastbound Interstate 80 rest area at Tiffin. I was saturated. Your attendants had just washed the floor. I was afraid that they would kick me out. Instead of kicking me out they invited me in, offered to take the heater and dry me out and warm me up. The one gentleman, I believe his name was Dave, offered me a dry shirt and brought me a cup of their own coffee. In the one hour I was stranded at the rest area, the workers couldn't have been any more hospitable or accommodating. They kept returning from doing their rounds to see if there was any way to make me more comfortable. If they exemplify the service at all of your rest stops, then your state is second to none. Thanks to Iowa for hiring employees such as these.

To: Mark Masteller, Design
From: Keith Dunbar, Kirkland, Wash.

I traveled Iowa's I-35 this summer and loved how Iowa treats its road shoulders and right of way with native flowers and grasses. This was first rate and makes the state more beautiful for the traveling public. Big kudos to you and the Iowa DOT staff.

To: Driver Services
From: Susan Rollins, Cedar Falls

I just moved here from Minnesota. When I went to get my Iowa license at the Crossroads Mall location in Waterloo, it was the best experience I have ever had at a motor vehicle office, and I have lived in multiple states! The people were friendly and very helpful. They deserve a pat on the back.

Personnel updates

Information supplied by the Office of Employee Services for July 20 to Aug. 30, 2012

New hires

Mark Dell, transportation engineer, Design; **Tamirat Eshete**, accountant/auditor 1, Vehicle and Motor Carrier Services; **Kenneth McIntosh**, mechanic, Ottumwa garage; **MacAyla Pelphrey**, accountant/auditor 1, Vehicle and Motor Carrier Services

Promotions

Drew Donscheski, from motor vehicle officer to motor vehicle investigator, Motor Vehicle Enforcement; **Timothy Grell**, from highway technician associate, Sioux City-Hamilton garage to highway technician senior, District 3 materials; **Dale Harris**, from materials fabricator 1 to materials technician 4, District 2 materials; **Thomas Herrick**, from right-of-way agent 2 to right-of-way agent 3, Right of Way; **Jennifer Hoskins**, transportation engineer, Design to transportation engineer manager, Jefferson construction; **Pamela Neuhaus**, driver's license clerk to driver's license clerk senior, Cedar Rapids DL station; **Kirk Montange**, from mechanic, Sioux City-Leeds garage to highway technician senior, District 3 materials; **Pamela Neuhaus**, driver's license clerk to driver's license clerk senior, Cedar Rapids DL station; **Nicholas Paardekooper**, from highway technician senior, Creston construction to garage operations assistant, De Soto garage; **Lori Pflughaupt**, from secretary 2 to program planner 1, Performance and Technology Division; **Anthony Willman**, from highway technician senior, Sioux City construction to materials technician 4, District 3 materials; **Mitchell Wood**, from highway technician associate to highway technician, Coralville garage

Transfers

Kyle Bennett, design technician specialist, within Design; **Denny Eppert**, bridge inspector 2, within Bridges and Structures; **Timothy Carey**, equipment operator senior, from Greenfield garage to Atlantic garage; **Diane Govi**, clerk specialist, from Vehicle and Motor Carrier Services to Des Moines DL station; **Dennis Kleen**, program planner 3, within Motor Vehicle Division; **Roger Marshall**, from highway technician, Missouri Valley garage to facilities maintenance coordinator, Maintenance; **Linda Martens**, right-of-way agent 3, within Right of Way; **Janese Milam**, clerk specialist, from Driver Services to Vehicle and Motor Carrier Services

Retirements

Gordon Accola, executive officer 1, Support Services; **Roger Bierbaum**, transportation engineer executive, Contracts; **Leo Garreau**, public service executive 1, Support Services; **Robert Hubbard**, highway technician associate, Des Moines garage; **Dwight Jenkins**, construction technician supervisor, Sioux City construction; **Roger Rohlf**, information technology administrator 2, Information Technology Division; **David Shanahan**, highway maintenance supervisor, Dubuque garage

Service awards

Information supplied by the Office of Employee Services for October 2012

40 years

Dynise Collum, Cedar Rapids garage; **Daniel Franklin**, Policy and Legislative Services

35 years

Elizabeth Baird, Policy and Legislative Services; **Randy Barnhardt**, Pocahontas garage

30 years

Brian Huizenga, Alton garage; **Harold Phipps**, District 1 maintenance

25 years

Richard Bees, Oakland garage; **Terry Crane**, Tipton garage; **Cynthia Deerr**, Vehicle and Motor Carrier Services; **Jacqueline Flohrs**, Driver Services; **Dale Gahrng**, Williamsburg garage; **Kenneth Huseman**, Dubuque garage; **Scott Loge**, Garner garage; **Cindie Mead**, Sioux City construction; **Richard Miller**, Mason City garage; **Manuel Paez**, Clarinda garage; **Dennis Petersen**, Tipton garage

20 years

Lennis Harberts, Ashton garage; **Christine King**, Bridges and Structures; **Larry Lynn**, Independence garage

15 years

Raymond Allen, Muscatine garage; **Michael Carlson**, Location and Environment; **Jay Carolus**, District 5 paint crew; **Allen Harwood**, Burlington garage; **Jason Loving**, Mount Pleasant garage; **Scott Marler**, Location and Environment; **Timothy Simodynes**, Research and Technology Bureau; **Marc Solberg**, Location and Environment; **Darrell Ver Heul**, Newton garage; **Terry Whitehead**, Sidney garage; **Julie Willenborg**, Carroll DL station

10 years

Robb Brechwald, Storm Lake garage; **Shane Martin**, District 6 bridge crew; **Timothy Meredith**, Support Services; **Kip Siems**, Waterloo garage

5 years

James Armstrong, District 5 Office; **Keven Arrowsmith**, Strategic Communications; **Berkeley Greenwood**, Pacific Junction garage; **Mark Harle**, Bridges and Structures; **Alexander Jansen**, Motor Carrier Services; **Dennis Pingel**, Cherokee construction; **Allyssa Sweeney**, Right of Way; **Jennifer Teymer**, Cedar Rapids DL station

Hurry - the train is about to pull out of the station!



For the past few months, the Octagon Center for the Arts has hosted “Rail Reality – how the trains made Ames.” The exhibit celebrates the 150th anniversary of the Union Pacific Railroad and the railroad’s history in Ames. The exhibit runs through the end of October at the Octagon, 427 Douglas Ave. in Ames. Gallery hours are Tuesday through Saturday, 10 a.m. to 5 p.m.

INSIDE

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

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PLEASE RECYCLE THIS ISSUE

On the cover: Beautiful harvest view along Lincoln Highway heritage byway

October I-Spy clue: On a clear day, you can see all the way to Egypt.

Aug.-Sept. I-Spy solution: There is a gas cap on the canoe.

Service Area	Correspondent	Phone
District 1	Lori Wilkens , Des Moines	515-261-9500
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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
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Materials.....	Adriana Reyes , Ames.....	515-239-1085
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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.

Winter is on its way

You may have heard that Iowa has two seasons, construction and winter. Guess which one is coming soon?

The Iowa DOT counts Oct. 15 as the first day of the winter season. That means trucks are being prepped, salt sheds are filled and the field forces are gearing up to keep Iowa's roadways safe.

How does the Iowa DOT prepare for winter?

Annette Dunn, the Iowa DOT's winter operations administrator, says, "The Iowa DOT's maintenance facilities are well prepared for the challenges of this winter season. The Iowa DOT's 109 maintenance garages employ approximately 1,170 equipment operators, mechanics and supervisors to keep the agency's 901 trucks, 53 motor graders and 11 heavy-duty, self-propelled snowblowers on the road during a winter weather event."

The Iowa DOT has stockpiled approximately 230,000 tons of salt and nearly 2.5 million gallons of salt brine to help maintain safe travel on the more than 9,400-mile Primary Highway System, consisting of interstate, U.S. and Iowa routes.

The Iowa DOT uses salt brine, a mixture of rock salt and water, to help with snow and ice removal operations. Salt brine can be used to pretreat roadways before a storm to help prevent a bond from forming between the pavement and precipitation. Brine is also used to prewet salt before it leaves the truck, giving the salt a jump start on its ability to melt snow and ice, and helping to keep the salt brine on the roadway.

Some people ask why the Iowa DOT trucks may be spraying brine on bridge decks and other areas prone to frost on days when no snow or ice is in the forecast. This pretreatment prevents the formation of frost, which typically occurs on cold, clear nights. An unexpected encounter with a frost-covered bridge or roadway can be particularly treacherous when traveling at higher rates of speed, which makes maintaining control of your vehicle more difficult.

What you can do to get ready for driving in the months ahead?

While the garage employees are preparing the state equipment for winter, our personal vehicles also need to be winterized. To minimize the possibility of a breakdown, get your vehicle tuned up. Check your vehicle's wipers, hoses, battery, alternator, belts, tires, brakes, exhaust system, lights and fluid levels. Make sure your vehicle's heater and defroster are in good working order. A breakdown is frustrating on a good day, but can be dangerous during wintry weather.

Place a winter survival kit in your vehicle. This kit should contain items to help sustain your life and the lives of your passengers should your vehicle become stranded. These items can include booster cables, candles and matches, a flashlight with fresh batteries, extra blankets and warm clothes, nonperishable food items, a can for melting water, and a snow shovel. Sufficient supplies should be in the kit for all persons traveling in the vehicle. Carrying a mobile phone in your vehicle is also advised for use during an emergency.

Know before you go.

For more than a decade, www.511ia.org has been assisting motorists in making wise choices as to whether to travel during winter weather. Over time the services available through the 511 website have increased to include:

1. **Full-feature website** using a dynamic Google® map that enables users to track traffic impacts online or via text message or email on specific roadways using the "My Reports" feature.
2. A **streamlined website** for lower bandwidth computers that gives a quick look at conditions.
3. A **mobile application** for real-time updates. The app currently includes cameras, speeds and electronic signs. Traffic events are coming soon.
4. Statewide, county and metro area-specific **Twitter** feeds automatically tweet out information entered into the 511 system. Connect at <http://www.iowadot.gov/511/social-media.html>.
5. Five regional and one statewide **Facebook** page to keep motorists informed via Facebook.
6. Dial 511 on your **telephone** to receive traveler information.

Kick your winter driving skills into gear.

That first snowfall and slick roads quickly remind drivers that it's time to adjust your winter driving behaviors. Some very simple changes can help you make the adjustment.

1. Turn off the cruise control. It is not suitable for winter driving.
2. Adjust your speed for conditions. Just because the sign says 70 mph does not mean that conditions are safe to drive at that speed. Remember the simple slogan, "Ice and Snow ... Take It Slow."

