

OCTOBER 2013

INSIDE

Read about how the Iowa DOT is gearing up for winter with salt retention studies, page 3



What's INSIDE

- Zero Fatalities: Iowa's new goal • 2
- Second salt retention study builds on last year's results • 3
- Iowa DOT virtual museum coming soon • 4
- Wetherbee is last Iowa DOT senior volunteer • 5
- Nutrition Notes • 6
- October is breast cancer awareness month • 7
- Smokehouse 72 brings home championship • 12

Zero Fatalities: Iowa's new goal

Fatalities on Iowa highways are significantly lower than they were at this time last year, and near all-time record lows. So that's great, right? Reducing the number of people killed on our highways is always good, but if even one person doesn't make it home tonight, we all have work to do.

As of Sept. 20, 2013, 202 people have died on Iowa's highways this year. That's 41 less than the same time last year. That's a start, but it is not good enough. What would you say if you saw a logo like one of these?

Those are some silly examples, but it makes you think. From a personal perspective, isn't zero always the fatality goal you have for your own family? What about your neighbor and the Smiths down the street? Don't they want

202 **101**
Fatalities **Fatalities**

Not The Worst We've Seen Half As Many As Last Year

10 **2**
Fatalities **Fatalities**

Nobody's Perfect Hope You're Not One of Them

everyone home and safely tucked in bed tonight? So if each of our families has a goal of zero fatalities, why would we not have that as a collective goal?

The Iowa DOT, in partnership with the Iowa Governor's Traffic Safety Bureau and others, has initiated a Zero Fatalities program to bring an updated safety culture to our state. There is evidence that persistence pays off. Take seat belts for example. While it has taken more than 40 years to change opinions about seat belt use, now more than 90 percent of Iowans buckle up behind the wheel. While this isn't perfect yet, the trend is going in the right direction. We'll keep trying to get to 100 percent with seat belts, but now it's time to expand that persistence to other dangerous driver behaviors.

The Iowa DOT chose the Zero Fatalities program, developed by a company in Utah in cooperation with the Utah DOT and its partners, because of the success that state has seen in driving down highway deaths since the program began. The Nevada and Arizona DOTs have also

zero
Fatalities

A Goal We Can All Live With



implemented elements of the program. Steve Gent, director of the Iowa DOT's Office of Traffic and Safety, said, "Because we all have a stake in highway safety, many offices within the DOT and other state agencies and stakeholders will be involved in this program to explore options and see what might work best here. The Zero Fatalities program has a range of great options to choose from, so we're confident the message of Zero Fatalities will be in front of every Iowan on a regular basis very soon."

Safety gurus will tell you there are five "E's" in highway safety: engineering, enforcement, education, emergency response, and everyone else. For years, people have tried to reduce fatalities by addressing these elements individually. Zero Fatalities gathers all these elements together under one umbrella. Each still operates the same way, but with a clearly stated common goal. For example, you might recognize the "Click it or Ticket" slogan. That is still an enforcement campaign, but combining it with the Zero Fatalities program gives people the clear understanding that the fear of getting a ticket isn't the main reason to buckle your seat belt.

Some of the elements that can be implemented in this multimedia, multidisciplinary program include getting people personally involved in the cause of safe driving. Mark Lowe, director of the Motor Vehicle Division, says he sees zero fatalities as a goal we should start instilling in our youngest drivers from the very start. "We had already been looking at revamping the driver's manual to be more interactive and making sure the test questions we ask these kids really shows they understand the concepts they need to know instead of just memorizing sign shapes or stopping distances. By including the Zero Fatalities message in this early training, our kids will possibly avoid the apathy that many adults seem to feel towards so many people dying on the highways."

Kids in Utah have taken the Zero Fatalities message and done amazing things. Brent Wilhite, the Zero Fatalities program manager from Penna Powers Brian Haynes, the consultant that developed the program with the Utah DOT, said, "Through various teen leadership groups, high school

Zero Fatalities, continued on page 7

Second salt retention study builds on last year's results

Experimental spreader design and impact of prewet rate were the focus of the second round of salt retention studies recently completed by the Office of Maintenance.

Tina Greenfield from the Office of Maintenance explained that last year the Iowa DOT conducted a study of the retention of salt on the roadway after being applied by one of a variety of types of spreaders. "We tested the three standard spreaders we knew were in use at garages around the state," said Greenfield. "Once the results were distributed, we found out that there are several other types of spreaders in use that were crafted by individual garages. We also had a lot of feedback from our field people on how the study could be improved, especially testing the impact of different prewet rates on spreader performance."

This year, six spreader types were tested; three standard spreaders plus three shop-built designs. Major changes from last year's test included calibrating the six test trucks at the De Soto facility instead of each truck being calibrated at its home shop. Each truck was weighed empty and then loaded with a known amount of salt. "The trucks were weighed again following the test so we could double check the spreader data," explained Greenfield.

Each of the six trucks was run through 10 test scenarios at the Iowa DOT's weigh scale near Waukee. Variables that were interchanged were speed (either 25 or 35 mph) and five different prewet rates from dry to 50 gallons per lane mile.

During each run, the truck dropped material on a rubber grid placed on the weigh scale pavement. Once the run was complete, squeegees were used to collect the material from the grid. "Last year we had Iowa State University analyze the material from the test," said Greenfield. "This year, our own materials staff is conducting this testing for us."



Box spreader designed by the Creston maintenance garage

Greenfield says the samples from each grid were placed in labeled plastic bags that were brought back to the lab, the water dehydrated out, and the sample weighed to see how much salt was retained on each grid square. "This type of test gives us a good baseline of how much salt is retained on a portion of the roadway. We cross reference that to the variables to find out the best spreader configuration, speed and prewet rate."

Greenfield and other staff from the Office of Maintenance say they are very pleased with the level of involvement from field staff in the testing and evaluation process. "We had several district mechanics and members of the winter steering committee, equipment committee, and de-icing committee come out to the test," she said. "We know that increasing the effectiveness of our salt distribution is important to all the garages, so it is very important to have their input in the testing process."



Iowa DOT virtual museum coming soon

In the midst of celebrating the Iowa DOT's 100th anniversary, the agency found a new way to preserve and share our rich history. The Iowa DOT's virtual museum is set to go live on the revamped website this month to showcase artifacts, architecture, arts, and awards from all parts of the agency.

These historical items, and the stories that go along with many of them, are being cataloged and placed online for anyone to access. Leighton Christiansen, Iowa DOT librarian, is curating the new museum. "I'm fairly new to the Iowa DOT," he said. "When I walk around the complex in Ames, I have noticed many offices have display cases containing historical items and various awards. In the back of my mind, I wondered about the history behind the items. Then, working with the 100th anniversary committee, I brought up the idea of cataloging and displaying these items. To both save physical space and make the items available to more people, the 100th anniversary committee decided a virtual museum would be the way to go. It would not only give employees a way to connect with our past, it would open up a whole new avenue for the public to expand their knowledge of what the Iowa DOT is all about."

Christiansen said, "When you see an item in a display case, you don't often get the full history behind it. The great thing about the virtual museum is that we can include multimedia content with video or audio recordings of people telling the story behind a certain item, project or award. That way the stories are preserved and available for anyone who might want the information."

The virtual museum is being designed by Matt Haberkamp, an intern in the Office of Strategic Communications. Also collaborating on the project are Bob Dean and Eric Stumpf from the Iowa DOT's electronic records management system section.

The group is launching the site with information on the woman's head sculpture at the corner of Lincoln Way and Grand in Ames. Christiansen said, "This is a long-term project. The plan is to add one new content item each month under each of the four categories: artifacts, architecture, arts, and awards. To do that, we'll be relying on the various offices and field locations around the DOT for input."

If your office or work location has items that could be included in the virtual museum, please contact Leighton Christiansen at 515-239-1200 or Leighton.christiansen@dot.iowa.gov.



Visit the virtual museum later this month at:
www.iowadot.gov/virtual_museum/index.html

Wetherbee is last Iowa DOT senior volunteer

Geneve Wetherbee isn't quite sure how long she has been volunteering as a greeter at the Marshalltown driver's license station, but she does remember she had her photo taken with Gov. Terry Branstad after he was first elected and she was a new volunteer. "I guess that would make it sometime in the early 1990s," she said.

Kim Snook, director of the Office of Driver Services, said, "In 1991 we worked with the Iowa Retired Senior Volunteer Program to find older volunteers to help out at our driver license stations. We thought having an older person as a greeter might help calm the nerves of older drivers who are often extremely nervous when coming to renew their license. We felt that being greeted by someone in their age group would help calm their fears, and it did."

Since the early days of the program, Wetherbee has been known as the "number lady" in the Marshalltown driver's license station. Snook says in the 1990s and early 2000s, most of the driver's license stations had machines that issued numbers to guests as the first step in the process. At many stations, volunteers assisted customers with the numbers and helped keep the line moving. "Now, Marshalltown is the last station with that type of system," she explained. "Because of changes in work flows, we have an employee screening customers at the entrance to all the other stations."

Wetherbee, now 86, says her job consists of greeting customers with a friendly "May I help you?" She also offers instructions to customers, tidies up around the station, and sharpens pencils. "The nice gals in the driver's license station keep me coming back," she said.

Snook said, "I have seen the employees become very close to the volunteers, not only at the Marshalltown driver's license station, but at all the other stations that had senior volunteers at their sites. The employees do things like helping the volunteers with transportation, visiting them when they became ill and helping them with grocery shopping and other errands."

One of the Iowa DOT employees especially close to Wetherbee is her granddaughter, Angie Barnes, a seven-year veteran driver's license clerk. Both ladies seem to enjoy spending time together at work, although Wetherbee is winding down her volunteer hours, working just a couple of afternoons each week.

Jane Andrews, driver's license clerk senior in Marshalltown, said, "As the days go by, we see Gen fewer days and on the days she's here, she doesn't stay as long as she has in the past, but she is still so proud to be helping us and we are happy to have her."



To honor Wetherbee for her dedication, the employees held a coffee Sept. 11. She was presented with a plaque and many stories of days gone by.

In addition to volunteering at the driver's license station, Wetherbee also volunteers at the local hospital, is part of a quilting group at her church making quilts to send to African orphans, sings in a special church choir, and has taught Sunday school. She has also been involved with the local bird, wildlife, and garden clubs. Barnes also proudly touts her grandmother as an original "couponer."

In addition to her volunteer work, Wetherbee who has been widowed twice, raised five children. The family has now grown to include 13 grandchildren and 19 great-grandchildren with another on the way. She says at first her volunteer efforts were a break from her duties as a wife and mom. She continued her work because she wanted to be helpful to others well into her golden years. Wetherbee's advice on leading a long and happy life, "Do good to others and it comes back to you."



Hy-Vee.

Nutrition Notes

with Amy Clark



Tailgate the healthy way

Tis the season for tailgating! What better time to build a better tailgate with nutritional trade ups and simple swaps. Add food fun and team spirit to your next tailgating event without sacrificing any of the crowd favorites. From better beverages to healthier sides, make your next tailgating event nutritious and delicious.

Look for lighter alternatives

- Instead of nacho chips with high-fat cheese, try baked tortilla chips with salsa. Try guacamole in moderation as avocado offers a heart-healthy fat.
- Instead of barbecue or hot chicken wings, try some chicken kabobs. They're easy to make and quick to cook.
- Think beyond burgers and brats for alternatives to help add variety and excitement to your next tailgating celebration. Consider chicken brats, ground turkey, or vegetarian burgers for something new and nutritional. Make it a wholesome meal with whole grain buns. Higher fiber content will help you feel full longer.
- Chili has a wonderful healthy base of beans and tomatoes. However, beef, sausage, cheese, and sour cream can intercept your healthy eating plan. Try choosing extra-lean ground beef or turkey, or try soy crumbles. Low-fat cheese and nonfat sour cream make great chili toppers.
- Instead of high-calorie sandwiches made with extra cheese and mayonnaise, select a healthy whole grain bun and then add low-fat deli cuts of ham, turkey, and roast beef. Switch from regular mayo to the low-fat version and use mustard. Don't forget the veggies!
- Drink a calorie-free beverage, either all day, or at least between each higher-calorie beverage. Moderation is key.

Explore the healthier side

Get creative and think outside the box with nutritious and delicious tailgating sides. Incorporate fresh fruits and vegetables in a variety of team colors for food fun. Consider simple substitutions in your favorite recipes for big nutritional benefits that everyone will be a fan of.

- Substitute low-fat mayonnaise or sour cream in traditional dip and salad recipes.
- Nonfat Greek yogurt will add protein-packed goodness to potato or macaroni salad when used in place of mayonnaise.
- Fruits and vegetables are high-fiber fillers that will add flavor without fat to your favorite sides. Add more fruits and vegetables whenever possible. Try grilled bananas, pineapples and peaches served with a low-fat yogurt dip.

For healthier tailgate ideas, ask your local Hy-Vee dietitian for suggestions.

Big Game Bell Pepper Chili

Serves: 8 (1 cup each)

All you need:

- 1 lb lean ground beef
- 1 medium sweet yellow onion, diced
- 1 medium green pepper, seeded, chopped
- 1 medium red pepper, seeded, chopped
- 2 (15 oz each) cans no-salt-added chili beans, undrained
- 2 (15 oz) cans no-salt-added tomato sauce
- 1 tsp chili powder, optional

All you do:

1. In a saucepan, cook ground beef, onion, and bell peppers over medium heat until beef is no longer pink. Drain.
2. Stir in beans, tomato sauce, and chili powder. Bring to a boil. Cover and simmer 45 minutes, stirring occasionally.

Nutrition Information: 210 calories; 5g fat; 35mg cholesterol; 590mg sodium; 26g carbohydrate; and 18gm protein. Source: Hy-Vee Test Kitchen



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

October is breast cancer awareness month

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The chance that breast cancer will be responsible for a woman's death is about 1 in 36 (about 3 percent). Death rates from breast cancer have been declining since about 1989, with larger decreases in women younger than 50. About 1 in 8 U.S. women (just under 12 percent) will develop invasive breast cancer over the course of her lifetime.

Here are just a few breast cancer facts:

- In 2011, an estimated 230,480 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 57,650 new cases of non-invasive (in situ) breast cancer.
- About 2,140 new cases of invasive breast cancer were expected to be diagnosed in men in 2011. A man's lifetime risk of breast cancer is about 1 in 1,000.
- About 39,520 women in the U.S. die each year from breast cancer, though death rates have been decreasing since 1990.
- For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. Just under 30 percent of cancers in women are breast cancers.
- White women are slightly more likely to develop breast cancer than African-American women. However, in women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 15 percent of women who get breast cancer have a family member diagnosed with it.
- In 2011, there were more than 2.6 million breast cancer survivors in the U.S.

Adapted from www.breastcancer.org



Zero Fatalities, continued from page 2

students learned about the program and then took it back to their schools and ran with it. Several high schools came up with their own programs and contests to make their peers more aware of why certain behaviors are dangerous behind the wheel. This isn't something their parents or other adults are pushing on them, so it seems to resonate more because the messages are coming from their peers."

But the program is not just for teens. Different elements can be used to address every aspect endangering the lives of our family and friends, including impaired driving, drowsy driving, speeding, seat belt use; and the big one, distracted driving. Seventy-five percent of Utahns now recognize the Zero Fatalities logo because the Utah DOT's use of multimedia messages on television, both on the news and in commercials; on the radio; in movie theaters; at teen parent nights in schools; and in printed materials of many varieties. But just recognizing a logo won't save a life. Of those who recognize the logo, an average of 55 percent say they have changed their driving behavior because of the information provided by the program.

Changing driving behavior isn't easy. But if we each have Zero Fatalities as a focus in all of our driving, both at work at the Iowa DOT and in our homes, we can achieve that goal we can all live with.

zero[®]
Fatalities

A Goal We Can All Live With

Family happenings

Design

Ladana Sogard



Agata Janus, design technician specialist, became a United States citizen Aug 15. She has been with the Iowa DOT since August 2006. Agata would like to thank all her co-workers for celebrating this important event with her, making it even more special.

District 3

MaryBeth Banta



Mick Loerts and his wife, Andrea, are proud first time parents. Austin Wayne was born Aug. 13 weighing 9 pounds, 10 ounces. Daddy Mick is a highway technician in the Spirit Lake garage.

Information Technology Division

Colette Simpson



Jurek Wiench, information technology specialist 3 on the Highway Division support team, became a United States citizen Aug. 28. Jurek began his employment with the DOT Dec. 24, 2009, as a chemist with the Office

of Materials. He was promoted to his current position July 19, 2013. Jurek began the citizenship process in March 2013. Jurek and his family participated in the August ceremony, which was held at the Walnut Center in Des Moines.

District 5

Brenda Hadley



Kathy Seat, secretary 1 at the District 5 maintenance office in Fairfield, retired Aug. 9, after 36 years of service. She began work for the Iowa DOT in August 1977 as a secretary at the Ottumwa construction office. She transferred

to the Ottumwa maintenance office in 1983. In 2001, her position was moved to the district maintenance office in Fairfield, where she has been ever since.

Family happenings, continued on page 9

Family happenings, continued from page 8

To honor Kathy, a party was held Aug. 20 at the Fairfield maintenance garage. Many were in attendance, including several co-workers and several retirees and their spouses. A good time was had by all.

**District 1
Kelly Bernady**



Kolby Shackelford, son of **Kurtis Shackelford**, district 1 traffic technician, was recently named the 2012 Iowa Junior Tour Player of the Year in the Boys 11 and under division by the Iowa PGA. Kolby played in 20 tournaments this season, winning 13 of them and never finishing outside of the top four. A few of his first place tournament wins include the Junior Tour Kick Off, Jester

Park Junior Amateur, Lake Panorama Junior, Beaver Creek Junior, Southeast Iowa Junior at The Preserve and Eagle Junior Classic at Carroll.

**Performance and Technology Division
Lori Pflughaupt**



Mike and Jodi Clement, both of the Performance and Technology Division, are the proud parents of a new baby boy. Kyle Michael was born Aug. 1 weighing 6 pounds, 1/2 ounce, and was 19 inches long. Congratulations to the Clements!

In memory

Rollie Billman Jr., 88, of Marshalltown, passed away Wednesday, June 12. Rollie was born on July 9, 1924, in Marshalltown, the son of Rollie Ernest Billman, Sr. and Hazel Blanche (Wilson) Billman. Rollie attended school in the Melbourne Community School District.

Rollie served our country honorably in the United States Navy from 1943 until 1946. During his service, he was on a supply ship as a machinist's mate. On Dec. 11, 1948, he was united in marriage to Katherine Mae Kaufmann. Rollie worked for the Iowa State Highway Commission and later the Iowa DOT, in maintenance for more than 25 years, retiring in 1979 from the Ames garage.

Rollie loved to camp, he belonged to Central Iowa Sam's Club, Two Rivers Sam's Club and Starcraft Camping Club. He enjoyed Walt Disney movies, eating at IHOP, helping can produce and cook, mowing the yard, taking trips to the south in the winter, as well as other traveling. He also had an avid interest in farming and farm equipment, and always wanted to know how things were made.



Don Krumm, 93, of Marshalltown, died Thursday, July 18. Don was born Dec. 3, 1919, in Stewartville, Minn., the son of George and Mary (Carney) Krumm. He attended country schools and went on to graduate from the Mount Vernon High School.

Don honorably served his country during World War II as a member of the United States Army. He married Dalphine "Dee Dee" Aug. 31, 1946, in Mount Vernon. Following his honorable discharge from the United States Army, Don and his wife made their home in Mount Vernon where Don served as fire chief for more than 12 years until moving to Marshalltown in 1967.

Don was employed by the Iowa DOT from 1946 to 1950 and again from 1951 until the time of his retirement in 1982. He enjoyed fishing, gardening, crossword puzzles and watching "The Price Is Right" and sports on television. Don was a lifetime member of the Veterans of Foreign Wars' Harry C. Harter Post #389 and American Legion Frank Lewis Glick Post #46.

Don is survived by his children; Brian Krumm of Marshalltown, Ginger (Dennis) McCready of Marshalltown and John (Joanie) Krumm of Cedar Rapids; seven grandchildren; ten great-grandchildren and his special friend Charming Bennethum of Marshalltown.

Personnel updates

Information supplied by the Office of Employee Services for June 21 to Aug. 1, 2013.

New hires

Todd Breeden, highway technician, Council Bluffs maintenance; **Rex Hewitt**, highway technician associate, Ames maintenance; **Karen Kienast**, executive officer 2, Employee Services; **Greg Steinberg**, Support Services; architectural technician 1

Promotions

Mary Ford, from public service executive 2 to public service executive 3, Driver Services; **Levi Frazier**, from highway technician associate to mechanic, Fort Dodge garage; **Edward Freeman**, from equipment operator senior to garage operations assistant, Avoca garage; **Luann Thiede**, from driver's license examiner to administrative assistant 2, Davenport DL station; **Dennis Whittle**, from highway technician associate, West Union garage to highway technician senior, New Hampton construction

Transfers

Steven Carpenter, from highway technician, Missouri Valley garage to equipment operator senior, Sidney garage; **Nathan Manderscheid**, mechanic, from De Witt garage to Davenport garage; **Jed Roe**, from highway technician associate, Perry garage to highway technician, Sigourney garage

Retirements

Thomas Geiger, highway technician associate, Urbana garage; **David Lloyd**, executive officer 1, Traffic Operations; **Katherine Seat**, secretary 1, District 5 maintenance

Central complex farmer's markets net \$1307.36 for charity

Produce, baked goods, and craft items donated by Iowa DOTers supplied this year's monthly farmer's market at the central complex in Ames. The events were held the second Wednesday morning of each month from May through September.

A total of \$1,307.36 was collected to be split between the Food Drive and Toys for Tots programs.

Thank you to all who donated items, volunteered to work, and purchased items.



Service awards

Information supplied by the Office of Employee Services for September 2013

35 years

Thomas Devine, Finance; **Mary Hubbard**, Waterloo garage; **Mary Johnson**, Information Technology Division; **Linda Sly**, Davenport construction

30 years

Kent Ellis, District 6 Office; **Dean Inskip**, De Soto garage; **Diane Recker**, Cedar Rapids construction; **Charles Steinbach**, Des Moines garage

25 years

Brooks Glasnapp, Right of Way; **Randy Hanlon**, Information Technology Division; **David Hawker**, Bridges and Structures; **Scott Henning**, Right of Way; **Penny Holtz**, Manchester garage; **Dale Maklenberg**, New Hampton garage; **Linda Martens**, Right of Way; **Glen Meyer**, Davenport garage; **Gary Nordby**, Council Bluffs construction; **Curtis Patton**, Des Moines garage; **Rodney Sheely**, Support Services; **Craig Wood**, District 2 Office

20 years

Troy Dralle, Allison garage; **Rebecca Moritz**, Sioux City DL station

15 years

Gina Abben, Waterloo DL station; **Timothy Andrew**, Leon garage; **Rodney Clark**, De Soto garage; **Michael Coon**, Strategic Communications; **Rodney Dennis**, De Soto garage; **Kevin Erickson**, Latimer garage; **David Flaherty**, Osceola garage; **Timothy Halbrook**, Fairfield garage; **Matthew Hovar**, Driver Services; **William Kaestner**, Williamsburg garage; **Kenneth Kincaid**, Carlisle garage; **Todd Landtiser**, District 5 paint crew; **James Lenz**, Missouri Valley garage; **Colin MacGillivray**, Information Technology Division; **Michael Marr**, Aviation; **Steven Parker**, Sioux City construction; **David Peterson**, Avoca garage; **Scott Pollock**, Mount Ayr garage; **Jay Ridlen**, Ottumwa garage; **Donald Rowe**, Clarinda garage; **Joel Saxton**, Emmetsburg garage; **Vance Wendel**, Mason City garage

10 years

Kelly Bell, Design; **Michelle Marchesano**, Vehicle and Motor Carrier Services; **Timothy McClung**, Aviation; **Mary Opheim**, Fort Dodge DL station; **Steven Opheim**, Fort Dodge garage; **Lori Platt**, Clinton DL station; **Jan Warwick**, Information Technology Division

5 years

Timothy Allen, Vehicle and Motor Carrier Services; **John Dostart**, Local Systems; **Kelly Gessert**, Council Bluffs-north garage; **David Mulholland**, Bridges and Structures; **Brent Roling**, Sabula garage; **Jared Smith**, Traffic Operations; **Samuel Weber**, Onawa garage; **Anthony Willman**, District 3 materials; **Blake Wittrock**, Motor Vehicle Enforcement



Kudos!

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

To: Whom it may concern
From: Judith Duver

On Aug. 22, my husband and I applied for our Iowa driver's licenses. We had been Iowans for 65 years, but then moved to Missouri for eight years. To regain our Iowa driver's licenses, we started with Quinta Miller, who was very pleasant in spite of the lateness of the day (it was 4:15 p.m.) Her smile was warm and her voice and manner were friendly. She set the tone for the entire visit. Thanks to her, our experience was pleasant.

To: Iowa DOT
From: Comment response card

Quinta Miller is outstanding at her job. She has excellent customer service skills. She has the skill to make people feel appreciated and important, she's a great problem-solver and assists customers to have a good outcome without making additional trips to the driver's license station.

(Editor's note: Quinta Miller is a supervisor at the Ankeny driver's license station. This message was left on a comment card at the Ankeny DL station by a person indicating he/she had an excellent experience in a 15-30 minute visit to take the knowledge test for a learner's permit.)

To: Mark Lowe, Motor Vehicle Division
From: Charlotte B. Nelson

I want to commend the staff who were working at the Euclid Avenue license renewal station in Des Moines Saturday, Aug. 17. Each person I connected with was quite professional, competent and extremely courteous. I am sorry I don't know their names, but I thought you should be told what excellent public servants they are. Not only did they carry out their responsibilities well, but one of them went beyond those duties.

When she noticed that after leaving the station I was sitting in my car in the parking lot for some time, she asked a co-worker to check on me. He kindly asked if I was okay. I was actually fine, just getting myself organized, but how grateful I was for their concern. Had I not been okay, their help might have been vital. Thanks to them and to the Iowa DOT.

INSIDE

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

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PLEASE RECYCLE THIS ISSUE

On the cover: Salt retention study
October I-Spy clue: 'Tis the "seasoning" for winter preparation
September I-Spy solution: Corn dog on the bottom of the tent

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District 1	Kelly Bernady , Ames	515-663-6371
District 2	Paige Merrill , Mason City	641-423-7584
District 3	MaryBeth Banta , Sioux City	712-276-1451
District 4	Brooke Bissell , Atlantic	712-243-7620
District 5	Brenda Hadley , Fairfield	641-472-6142
District 6	Sandi Byers , Cedar Rapids	319-364-0235
Bridges and Structures	Judy Whitney , Ames	515-233-7917
Construction and Materials	Adriana Reyes , Ames	515-239-1085
Contracts	Mary Thompson , Ames	515-239-1415
Design	LaDana Sogard , Ames	515-239-1783
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	Lori Shipley , Ames	515-239-1971
Modal offices	Cathy Mather , Ames	515-239-1140
Motor Vehicle Division	Diann McMillen , Ankeny	515-237-3250
Operations and Finance Division	Sheri Anderson , Ames	515-239-1340
Performance and Technology Division	Lori Pflughaupt , Ames	515-239-1646
Right of Way	Tami Bailiff , Ames	515-239-1216
Systems Planning	Peggy Riecken , Ames	515-239-1664
Traffic and Safety	Stephanie Anderson , Ames	515-239-1746

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.

Smokehouse 72 brings home championship

What started out as tailgating at an Iowa State football game is now a weekend passion and side business for Ray Ringgenberg, his twin brother Jay, and Jay's brother-in-law Rick Dodd. Ray Ringgenberg, a design technician specialist in the Office of Design, said, "One weekend we decided to enter a barbeque contest at an Iowa State game. When we won, we were hooked."

Ringgenberg and his partners, collectively known as the Smokehouse 72 BBQ team, have been barbecuing chicken, ribs, pork, and brisket competitively for more than 10 years. With television shows like Barbeque Pitmasters, the world now has a glimpse into the world of competitive barbeque. Ringgenberg said, "While in general the competitions are getting more popular, we don't do a lot of events, maybe eight or 10 each year. We usually only enter events sanctioned by the Kansas City Barbeque Society."

Just like any competition, there's a hierarchy in the world of barbeque. Recently, the Smokehouse 72 BBQ team found itself just steps away from the pinnacle of the barbeque world, the Jack Daniels World Championship Invitational Barbeque in Lynchburg, Tenn. "We recently won a competition in Wisconsin that entered us into the draw for the Jack Daniels," explained Ringgenberg. "We decided it felt a little like a college football player on NFL draft day. Although we weren't selected to compete at the Jack Daniels this year, we were pretty excited just to be in the mix and it motivates us to keep going."

The win in Wisconsin also secured the group an invitational spot in the American Royal 2014 competition next October in Kansas City, widely regarded as the World Series of barbeque. With prize money in the \$40,000 range, the competition is expected to be on fire. "We have been to the American Royal before, but in the open category," said Ringgenberg. "That means we simply entered and had to pay the \$500 entry fee and all our expenses. Because of the win in Wisconsin this summer, we qualify for the invitational part of the 2014 American Royal competition where the top 100 teams compete and the fees are paid."

Competitive barbeque is not an inexpensive hobby. "With meat, entry fees and travel, we can spend between \$500 and \$1,000 per event," said Ringgenberg. The group



The Smokehouse 72 team with Yogi the Bear at their recent win in Wisconsin. From left: Rick Dodd, Ray Ringgenberg, Yogi Bear, and Jay Ringgenberg

started a catering and vending business to help offset some of the competition costs. He said, "After a competition, we supply the meat to the Crossroads Tavern in Kelley. They help sponsor our team along with Electric Wholesale in Ames and Easy Camping RV in Nevada. Without the help of our sponsors, we wouldn't be able to compete like we do."

Each competition starts with choosing just the right cuts of meat. "Each of us has a role," said Ringgenberg. "I handle the chicken and ribs, and Jay and Rick do the brisket and pork."

Precise timing marks competition weekends. The team starts on Thursdays by trimming the meat. At noon on Friday, the competition inspector makes sure the meat meets the contest criteria. Ringgenberg said, "Once the inspection is done we inject and season the meat and get things ready. At 9 p.m. Friday night, the brisket and pork go on and cook all night. At 5:30 a.m. Saturday, the ribs are prepared and then put on the grill at 6:30. The chicken goes on at 9:30 a.m. Judging for chicken is at noon, ribs at 12:30, pork at 1 and brisket at 1:30 p.m. Then we clean up and prepare for the awards ceremony. Sometimes we get home and head straight to bed. There isn't much time to sleep on competition weekends."

While the prize money for the larger competitions is compelling, Ringgenberg says the team mostly competes for fun. "Just like anything else, if it wasn't fun, we wouldn't do it."

Factoid: Smokehouse 72 got their signature number from the Ringgenbergs' older brother Rick's race car number.