

JUNE/JULY 2012

INSIDE



What's INSIDE

- Iowa Transportation Commission elects officers • 3
- Motorcycle Safety Forum • 4 | Moving Iowa Forward Conference • 4
- Walking school bus provides connection for District 2 employee • 5
- How do you replace a landmark? • 6-7
- 2012 Food Drive wrap up • 8 | Farmer's Market season is here • 9
- Nutrition notes • 10 | Colin Greenan completes his second Boston Marathon • 11
- Iowa DOT central complex blood drive saves lives • 20



PAUL'S PERSPECTIVE

DIRECTOR PAUL TROMBINO III

Iowa DOT: Future and Forward Leaning

"He who rejects change is the architect of decay. The only institution that rejects change is the cemetery." – Harold Wilson

"Re-imagining our services and products by both medium and means." –Paul Trombino

At the June Iowa Transportation Commission workshop, I gave a presentation on a series of strategic initiatives ongoing at the department. One of the main themes I discussed was the ongoing changes happening on the transportation system and importance of the department to be in a constant, proactive position to meet demands of travelers and commerce. This requires all of us to re-imagine our services and products, and how to deliver those services. This begins and ends with a focus on our customers and a delivery of value to the delight of the customer.

As I have written before, the transportation system is in demand 24/7, 365 days a year irrespective of the weather or other conditions. Iowa's transportation system is an integral and essential part of society, serving commerce and daily functions of all Iowans. Our services and products affect every individual and business in Iowa, as well as persons who travel through the state. As the expectations of our customers change, the focal point of improvement of services will always be the needs and desires of our customers. The value they receive from our services instills and buys the department "trust."

This "trust" is the crucial piece of all our services and comes directly from the "delight" our customers receive when using the transportation system and our transportation services. We can extend our innovation and creativity to gain trust and productivity from process improvement, new technologies, our human resources, the value of our information, and the way we manage our assets. I believe this must be done by maximizing interconnectivity across the agency, across the state and amongst all transportation modes. All modes of transportation must put more effort toward establishing direct connections with customers and amongst modes; jurisdictional lines must be transparent and seamless.

I see a bright future for Iowa's transportation system. Iowa has always risen to challenges and found ways to overcome, adapt and meet needs. Continually looking forward with a focus on customer expectations, having a clear understanding of our mission, working to integrate our services, and breaking down silos and barriers will deliver a great transportation system to the delight of all users.

Please be safe in all that you do.

A handwritten signature in black ink that reads "Paul". The signature is stylized and cursive.

Iowa Transportation Commission elects officers

At its meeting in Ames May 8, the Iowa Transportation Commission elected Loree R. Miles as chair of the group and Charese Yanney as vice chair



Chair
Loree R. Miles
 Term: May 1, 2009,
 to April 30, 2013

Miles, a Democrat, is chief executive officer of Miles Development, LLC, a hotel development and management company, and a franchisee of three Value Place hotels, two located in central Iowa and one in Loveland, Colo.

She is a graduate of Hoover High School in Des Moines and attended the University of Northern Iowa.

Miles was the national marketing director of RSM McGladrey Inc., one of the nation's top business, accounting and tax consulting firms. She was also vice president of marketing for Hawkeye Bank and Trust.

She currently serves as vice chair of Anawim Housing of Des Moines; board member of Planned Parenthood of Greater Iowa; and chair of Value Place Strategic Partners Alliance.

Miles lives in West Des Moines with her husband, David, managing director of The Miles Group, LLC and president of the Iowa Board of Regents. They have two adult sons: Erik Raker, Des Moines; and Michael Raker, Falls Church, Va.; and two granddaughters.

Vice chair



Charese Yanney
 Term: May 1, 2012, to
 April 30, 2016

Yanney, a Republican, is a partner in Guarantee Roofing, Siding and Insulation Co. of Sioux City (1976-present). The company provides a full range of products and services, and holds the prestigious GAF certification as "Master Elite Contractor."

She attended Morningside College in Sioux City, and obtained her Bachelor of Science in education degree from the University of Nebraska, Lincoln, Neb., with a major in English/speech and drama, and minor in physical education.

Yanney is a former junior high and high school teacher at the Sioux City Community Schools (1973-1976), and O'Neill Public Schools in O'Neill, Neb. (1972-1973). In addition to teaching core curriculum classes, Yanney coached drama, was an assistant coach for junior high girls track, and organized pep club and cheerleading activities.

Yanney is currently a member of the Vision Iowa's board of directors. She is a current member of St. Luke's Regional Medical Center's board of directors of Sioux City. Yanney is past president of the Sioux City Symphony's board of directors and past chairman of the Siouxland Chamber of Commerce (2004-2005). Yanney was past chair of the Iowa Association of Business and Industry and is currently chair of their foundation board.

In 2010, Yanney was inducted into the Iowa Women's Hall of Fame. The Iowa Commission on the Status of Women established the honor in 1975 to provide visible examples for future female leaders.

Previously, Yanney served in several governor-appointed positions, including the Privacy Task Force (2001-2002); Vertical Infrastructure Committee (2000-2004); Governor's Committee on Community Colleges, a five-year plan for community colleges (2000-2001); Governor's Committee on Reformed Spending (1991- 1992); the Iowa Economic Development Board (1992-1998); and Iowa Beer and Liquor Control Department Board, including board chairperson (1982-1985).

Yanney was also formerly active in a number of civic and community organizations, including the University of Briar Cliff; United Way; Iowa Jobs for America's Graduate; Council on Human Investment; Girls Inc. of Sioux City; Looking for Secondary Education, a committee for the local school board; Sioux City Chamber of Commerce; and Junior Achievement.

Motorcycle safety forum

The Ninth Annual Motorcycle Safety Forum drew a record crowd of nearly 500 to the Scheman Building on the Iowa State University campus April 27.

Over the course of the day, four speakers engaged the crowd on topics including rider responsibility, financial issues related to motorcycle crashes and how the right gear can save your life in a crash. During lunch, the group was entertained with "Tales from the Claims," when two representatives from Nationwide Powersports Claims detailed some of the more interesting cases to come through their offices.

At breaks, the attendees learned even more from more than 20 vendors who were exhibiting their wares and ideas in the building.

Event organizer Toni Kerkove said, "Every year this event grows and gets better. Next year we're going to try to find a venue that would allow for more outside exhibit space for vendors and a location that would allow even more people to participate."



Attendees gathered information at vendor booths during breaks in the forum presentations.



Nearly 500 motorcycle enthusiasts packed into Scheman for the Ninth Annual Motorcycle Safety Forum.



Moving Iowa Forward Conference

The inseparable link between economic development and transportation was evident at the fourth Moving Iowa Forward Conference held April 24 at the Sheraton in West Des Moines. The event, attended by 135 people, was cosponsored by the Iowa Department of Transportation and Iowa Economic Development Authority, and sought to bring together users and providers of the transportation industry and economic development officials.

Following a welcome from Iowa DOT Director Paul Trombino III, speakers from Iowa's freight rail industry and business leaders shared their freight transportation challenges and how those challenges were overcome.

Six afternoon breakout sessions explored many topics, including flood recovery in western Iowa as it related both to highways and railroads, Iowa's unique position with two navigable rivers as borders and their role in freight transportation, freight company innovations to offset rising fuel costs, funding for freight transportation, the inside track on what it takes to successfully ship freight by rail, and innovative solutions and developments from freight shippers and carriers. Presentations from the conference are available at www.iowadot.gov/iowarail/.



Attentive attendees at the Moving Iowa Forward conference

Walking school bus provides connection for District 2 employee

In the search for ways to make walking to school safer, more fun and more convenient, communities are finding that walking school buses can make a real difference. Safe Routes to School programs, which encourage and enable children to safely walk and bicycle to school, often include walking school buses in their activities.

A walking school bus is a group of children walking to school with one or more adults. That may sound simple, and that is part of the appeal. It can be as informal as two families taking turns walking their children to school or as structured as a planned route with meeting points, a timetable and a schedule of trained volunteers.

All four Mason City elementary schools participate in the walking school bus program. One Iowa DOT employee, Chris Suntken, engineering technician senior in the District 2 Office, is a volunteer in the program at his son's school. He said, "With today's lifestyle, we as parents usually rely on our cars or school buses to get our kids to school because it's just more convenient. A child's age, traffic and safety are major factors in a parent's reluctance to let them walk to school alone. That's where this program comes in. After passing a background check, a volunteer walks to school with the kids every day, increasing the peace of mind for parents and activity level for kids."

One day a week, Suntken walks the nearly one-mile route from his home to Jefferson Elementary School. He is one of four volunteers for Jefferson's route 1. The school also runs a second route with other volunteers. The volunteers and students do not walk on rainy or snowy days and they only walk to school in the morning, not home after school.

Along the way on route 1, Suntken and his son, Bennett, pick up five other students ranging in age from kindergarten through third grade. Suntken said, "I think it's a great thing to get kids more active. Studies have shown kids who get a little exercise are less hyper and more eager to learn in the morning. I was and still am an active person, and I hope to instill those traits with my kids and other kids as well. I do what I can to encourage others by coaching many youth sports in my free time, and I am active in high school officiating as well."

Suntken explained, "I chose to get involved because our District 2 office is located just across the street from my son's school. The morning walk takes about 30 minutes to complete. My supervisors Vicki Dumdei and Dave Little have been very supportive in letting me adjust my work schedule and use some morning time as a walking school bus volun-



teer. I walk the kids to school then go to work. It is a win-win situation for the kids and me. I enjoy talking to the kids and getting to know them. I am eager to volunteer again next year. Hopefully, the success of the program will translate into more kids and more volunteers."

To find out more about Iowa's Safe Routes to School programs, log on to www.iowadot.gov/saferoutes.

How do you replace a landmark?

New U.S. 65 bridge in Iowa Falls

Adapted from the Hardin County entry on the National Parks Service website about original U.S. 65 bridge:

This long-span concrete structure spans the Iowa River in Iowa Falls. Carrying U.S. 65 (Oak Street) in a somewhat urban setting, this open spandrel arch features two massive ribs, upon which bear a series of paneled concrete columns. At its construction in 1928, the Iowa State Highway Commission (ISHC) described the bridge as the "longest arch span either concrete or steel in the state of Iowa." The Weldon Brothers Construction Co. built the 255-foot long Iowa Falls Bridge at a total cost of \$51,375. The ISHC awarded the construction contract to the Iowa Falls firm on July 9, 1927. The ISHC used this banner headline to depict the concrete landmark: "Nature Gives Scenic Beauty Touch to New Jefferson Highway Bridge at Iowa Falls." Since its completion, the Iowa Falls Bridge has carried a steady stream of urban traffic for decades with minimal alterations.

"Iowa Falls residents are fortunate in having the most beautiful and most picturesque section of the Iowa River through the heart of the town," the ISHC stated in 1927. Although highway commission engineers typically used riveted steel trusses for medium-span river crossings in rural settings, they used concrete open spandrel arches for a number of urban and small town structures in the 1920s. The Mederville bridge, built in 1918, was apparently the first of these, designed as an alternate to a steel truss bridge. This was followed by the Adair viaduct in 1923 and Iowa Falls bridge in 1928. By using open spandrel arches, ISHC could achieve a relatively long span at a reasonable cost, while contributing aesthetically to the urban settings in which the bridges stood. But given the restrictive parameters of the arches' use -- urban setting, long-span crossing, sufficient vertical clearance -- only a few were built during this period. The Iowa Falls bridge is distinguished as a well-preserved example of this application of urban bridge design. A centerpiece for this small city, it is a local landmark and an important transportation-related resource.

While this picturesque bridge was indeed a local landmark, it had surpassed its useful life and was in need of replacement. Sensitive to the significance of the bridge to the local community, Iowa DOT engineers, with significant input from local residents, considered several options for the new bridge.

In the end, a partial through steel arch structure was



The iconic U.S. 65 bridge built in 1928, had reached the end of its useful life.

chosen. Ahmad Abu-Hawash, chief structural engineer in the Office of Bridges and Structures, said this type of bridge was chosen over a new concrete arch bridge because it:

- would be easier to construct relative to a concrete arch.
- would have a shorter construction period than a concrete arch.
- was favored by the public (according to comments received at public information meetings).

Because of the importance of this bridge to the local area, Kimball Olson in the Office of Bridges and Structures developed a series of renderings used to convey the size, perspective and special relationships to other structures. He said, "We used extensive visualization techniques, including a highly detailed, three-dimensional model, during development of this project. This not only helped the city and representatives of the adjacent church understand project impacts and benefits of the bridge options, but also helped the designers, and ultimately the contractor, to better understand the site constraints and bridge construction."

Once the concept was approved, plans for the new bridge were developed and construction completed in fall 2011.

From the beginning of the process, Abu-Hawash and a team of DOT staff from various offices worked with Iowa State University's Institute for Transportation (InTrans) on innovative bridge health monitoring technologies that were incorporated in the upgraded bridge.

Not only is the new U.S. 65/Oak Street bridge stronger, its foundation is more secure and the roadway is 18 feet wider. More than 100 gauges, sensors and other technologies installed on the new bridge by ISU researchers now continuously monitor the structural health, behavior and security of the structure in real time.

Landmark, continued on page 7

Landmark, continued from page 6

"Those sensors provide a tremendous amount of quantitative information about the bridge's performance and condition," said Brent Phares, the interim director of the Bridge Engineering Center. "It's a model that could be used for other new bridges, including much larger ones."

Those gauges take 100 readings a second for corrosion, strain, surface conditions, moisture within the steel arch and structure movements over time. The bridge is also equipped to monitor the security of the structure and record surveillance video.

"This is a whole distributed network," Phares said. "There is an impressive information transfer infrastructure at that bridge."

Iowa State researchers set up the hardware that will collect data from the bridge gauges. The accompanying software now scans the data and triggers an emergency message to researchers, transportation officials or police whenever there are unusual readings. The system will also display real-time data readings and video feeds on a website. This phase of the project is expected to be completed by mid-summer.

The monitoring project is supported by a \$300,000 grant to ISU from the Iowa DOT. Abu-Hawash said the Iowa Falls project is a prototype for a system that will monitor a new Interstate 74 bridge over the Mississippi River between Bettendorf and Moline, Ill., when it is constructed.

He also said the Iowa Falls project was a chance to combine various monitoring technologies the department and Iowa State researchers have developed and tested over recent years. It gives researchers and engineers the data they need to verify the assumptions used to design a steel arch bridge, which can be more complicated than designing a traditional bridge.

"This was a good opportunity to test the concept and work out any bugs," Abu-Hawash said.

The Iowa Falls project was unique because Iowa State researchers had complete access to the bridge during its

construction, from fall of 2010 to fall 2011 because the monitoring system was part of the bridge project from the beginning.

"This is the first time in all the work we've done that a monitoring system was included in the bridge plans," Phares said. "It's never been in the contract documents to this level."

As a result, the project's contractor, Cramer & Associates Inc. of Grimes, worked closely with researchers to install all the gauges and sensors. While that resulted in an "inconvenience cost" the contractor charged back to the transportation department, Phares said the fee was far smaller than it would have been to complete the project independently of the bridge contractor.

"That special provision put into the original contract documents was extremely valuable," Phares said. "We didn't realize how valuable it would be. It gave us such easy access to the bridge when we needed it. It also opened up the lines of communication between the contractor and our team from day zero."

Researchers are hoping this kind of planning process, contracting agreement and monitoring system can be built into more bridge projects.

"I'm not sure how this could have gone any better," Phares said. "Hopefully, a statement has been made for using this process when other bridges are built in the state."



Construction of the new U.S. 65 bridge included installation of more than 100 sensors that transmit bridge health data back to a central location.



With much public input into the design, the new U.S. 65 bridge now serves as an updated landmark for Iowa Falls.



The technology used on the U.S. 65 bridge is a prototype for upcoming interstate projects.

2012 Food Drive wrap up

The 2012 central complex Food Drive was held April 16-20. Cash and 706 food items were collected to help support 17 central Iowa food pantries.

As part of the 2012 Food Drive, offices were challenged to "Just Build It" using products that would be donated to the cause. Four groups participated.

Events for the 2012 Food Drive included:

Online auction (held in October)	\$3,683.50
Office of Design bake sale	\$ 451.35
Jewelry sale	\$ 303.25
Office of Right of Way auction	\$ 454.50
Pizza lunch	\$ 336.55
Taco lunch	\$ 243.10
Books/popcorn sales	\$ 566.00
Cash donations	\$ 490.00
Paper umbrellas	\$ 60.00
Food donations	706 Items

To keep up with the entire range of All for One activities, please go to the group's DOTNET page at http://dotnet/all_for_one/afo_index.asp



Support Services provided this structure.



Support Services - mail room collected items for the food drive.

Dear Friends,
 On behalf of the clients and staff of ACCESS, thank you for your generosity. Because of support like yours, we can continue our mission of advocating for clients who have experienced domestic and sexual violence, while at the same time working to create a safer community for all of us.
 This letter acknowledges your charitable donation of \$440.37 collected at your 2012 DOT Employee Food Drive. We greatly appreciate your support of our agency.



The offices of Rail Transportation and Bridges and Structures combined for this display.

Food drive, continued on page 9



Food drive, continued from page 8



The folks in Systems Planning used dollar bills for the heart "raindrops" in this structure.

Dear Iowa Department of Transportation Employees:
 Thank you for your recent cash donation of \$440.37 received by the Nevada Community Cupboard and the two boxes of food items. The receipt of both items at this time is very helpful as we experienced an increase of 18 percent usage by our patrons in 2011.
 We appreciate your inclusion of the Nevada Community Cupboard in your yearly Employee Food Drive. The convenience of delivery to our door is also an added benefit.
 Contributions from businesses are one of the backbones supporting our Cupboard. We distributed 149 sacks of groceries to our patrons in March. Please consider us for future donations.

Farmer's market season is here!

The 2012 All for One Farmer's Market for the central complex kicked off May 9 with a sale focused on plants, both indoor or outdoor. The sale also included handmade crafts, jewelry, baked goods and anything else that can usually be found at a farmer's market. The two-hour event netted \$217.30 for the All for One efforts, benefitting equally the Food Drive and Toys for Tots.

Regular 2012 All for One Farmer's Market events will be held the second Wednesday of each month from 8 a.m. to noon in the director's courtyard (rain location will be in the north lobby). While each market day will have featured items, any item typically sold at a farmer's market will be accepted. At the June 13 event, \$324 was collected.

Date	Featured items
July 11	Handmade crafts
Aug. 8	Produce
Sept. 12	Produce

Thank you for the continued support you have given to All for One charitable events. Please be sure to visit the All for One website to learn how you can volunteer and for additional information on all activities planned by the committee throughout the year.

If you would like more information about the central complex Farmer's Market or advice on starting a Farmer's Market in your work location, contact one of the event co-chairs Zhaia Mergen, 515-239-1807 or Ladana Sogard, 515-239-2564.





HyVee.

Nutrition Notes

with Amy Clark



Get quenched with nature's sports drink

Did you know that the human body is about 70 percent water? During hot weather, it's more important than ever to replace this fluid when we sweat. Water is always a good choice for fluid replacement. You should drink at least one pint every 30 minutes during activity and even more when it's hot outside. At a minimum, eight glasses of fluids are recommended each day. Sports drinks are also good, as they contain necessary electrolytes for replenishing fluids during endurance activities; however, the average exerciser may not need the sugar and calories that most often accompany these types of beverages.

Coconut water, known as nature's beverage for thousands of years, is the clear liquid inside young coconuts. As the fruit matures, the coconut water gradually is replaced with the coconut meat and air. Fans of coconut water praise it for being relatively low-calorie and packed with nutrition. It is naturally loaded with key electrolytes, and at just 60 calories, a single serving of coconut water also provides as much potassium as a banana.

Plain coconut water has long been a popular beverage in the tropics, and has even been sold in ethnic markets and natural food stores for some time in the United States. Recently, coconut water has emerged into mainstream super-

markets, and can be found in juice-box-style packages in an array of flavors, such as peach-mango and tangerine.

Although most coconut waters are sold as shelf-stable beverages, keep in mind that coconut water is intended to be consumed immediately once it has been opened, or stored in the refrigerator for no more than a day.

For a refreshing summer beverage, concoct a coconut-water cooler with the addition of mouth-watering berries and enhance nature's beverage of choice.

Replenishment Smoothie

Yields approximately 16 ounces

All you need

- 1 cup mixed berries
- 1 ripe banana
- 1 scoop protein powder
- 1 ZICO natural coconut water

All you do

Mix all ingredients together in a blender using fresh or frozen fruit. Enjoy!

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



Colin Greenan completes his second Boston Marathon

The thought of running a marathon just for fun doesn't resonate with many of us. But for Colin Greenan, environmental specialist senior in the Office of Location and Environment, running long distances is the best stress reliever he has found.

"I appreciate being able to do things that are good for my heart, good for my body and good for my mind," he said. "When I don't run, things can grind on me more than they should. Running is my way of working out the things that cause me stress."

Greenan, who recently completed his second Boston Marathon and eighth marathon overall, says he gains inspiration when he sees other DOTers out and about being active. "I run every day on my lunch break, and it is a pleasure to see other employees out walking in the park or around the grounds. It inspires me that we have so many people who enjoy being active."

When Greenan began running as a teenager, he started running in 5K and 10K races. As a competitive person, besting his times in each race was a goal. As he matured and realized that age was not on his side to continue decreasing the times on the shorter races, he began running marathons.

"When I run a marathon, I don't feel the same sense of having to compete with myself on times as I did in the 5K or 10K races," he said. "This type of race is all about the preparation and finishing the race. It requires a lot of time and I enjoy the training the most. The race is actually a little anticlimactic for me."

Greenan says to prepare for the Boston Marathon held April 16, he began increasing his training last Christmas. "I would increase my weekly mileage about 10 percent per week," he said. "That decreased my risk of injury, but still got me where I needed to be by race day."

The weather this year for the Boston Marathon was a challenge. Greenan said, "It was about 70 degrees at the start of the race and it reached the upper 80s by the end. I wasn't acclimated to the heat, so I felt great just to finish without walking. It was so warm that seasoned runners were walking by miles 9 and 10. On a day like that, it really was just a feat to finish."



BOSTON MARATHON™

April 16, 2012

Although Greenan has been running since high school, he encourages anyone who wants to start a fitness program to do so, no matter what your age. "Physical activity is good for every aspect of your life," he said. "Beginning a fitness routine is as easy as going for a walk. Marathon running is just a thing I do, but not everyone wants to run distances, or even run. There are so many other things you can do to stay active. I would just encourage everyone to find an activity you enjoy to help clear your mind and keep your body healthy."

Greenan lives in Ames with his wife, Amanda, who is also a runner, and a variety of four-legged family members.



Kudos!

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

To: LuAnn Reinders, Iowa Economic Development Authority
From: Ron Paris, Kingston Ontario, Canada

Recently, I made a trip to the Bryce and Zion areas in Utah. As my route was Interstate 80, I traveled through Iowa both on the way out and the return trip. I thought I should make you aware of my impressions of your wonderful state.

I really enjoyed my travel through Iowa, the weather was terrific, the roads in very good shape and construction was minimal most of the way. I also fully appreciate that, when spring and summer come, you have to work on roads so some delay should be anticipated. As I say, my delays were minimal.

I have to say I was VERY impressed with your rest areas along the route. Not only were staff very helpful but you provide a service that is second to none in my travels. Making Wifi available at these locations is a wonderful bonus. I was able to make use of this service to keep in touch with family and friends as I made my way west and then again on my trip back east. This is a feature I have found in very few states or provinces through which I have driven. It really is a fantastic service and I thank you very much for taking the time and spending the funds needed to provide the service.

As I say, I enjoyed the scenery provided by your state, found any employee I spoke to at the rest areas to be polite, helpful and a real ambassador for your state. I certainly have plans to return and to suggest to others that Iowa is a state worth seeing and spending time in while on vacation.

Once again, thanks for helping to make this journey a memorable one for me. Your rest areas not only provided some relief from a day's drive but also permitted me to contact others, update my blog and, I hope, make many other people aware of the hospitality that awaits them in the state of Iowa. You have done a terrific job of making your state well worth a return visit.

To: Steve McMenamin, Iowa DOT rest area administrator
From: Mike and Etta Morrow, Ohio

Recently, my husband and I traveled from Ohio to Colorado via motorhome. Our route took us through Iowa on Interstate 80. We stopped at several rest areas during our trip and those in Iowa were by far the best. They were clean and very beautiful. I loved the sculptures and landscaping. We appreciated the wireless Internet and dump stations. Thank you for a quiet, beautiful place.

To: Steve McMenamin, Iowa DOT rest area administrator
From: Theresa

I am so enamored with the amazing Iowa rest area on east-bound Interstate 80 in Johnson County. Although I think all of Iowa's I-80 rest areas are exceptional, this one is by far my favorite. I applaud the sense of humor and the creativity of the entire Iowa rest area project, and I really find that Iowa's rest areas are refreshing not only for the body, but for the spirit, as well. The design of the rest areas encourages travelers to move and engage with the outdoor environment, which is a welcome and healthy change from the confining environment of a moving vehicle. I also appreciate the wide scope of the recycling containers.

To: Mark Hansen, Transportation Data
From: Russell Doorenbros, Iowa State University

I appreciate the iowadotmaps.com website. It was very useful to download all the active county roads in several counties around central Iowa, as well as provide the names for each. I located your website through the Hamilton County road website where I found the road information that I could use without having to manually draw lines for each road. Yes, there is more information than I need; now I know where to find the files for transportation-related GIS information.

To: Amy Sievers, Driver Services
From: Cindy Mart, Central Bank, Spirit Lake

I just wanted to say thank you for bring the Every 15 Minute program to Spirit Lake. It was incredible and I don't know that there are words to describe it. I also feel very lucky that my son, Blake, was selected to be involved. The extra opportunities the participating students got to experience were amazing. Your program left a huge impact on a lot of students and parents the last couple of days. I hope you know how much it was appreciated! The work and preparation that you put into this does not go unnoticed. You are and incredible person making a huge impact on our kids.

(Editor's note: Every 15 Minutes is a nationwide educational experience that reminds those involved of the dangers associated with driving while impaired and texting. The program includes a mock crash and the "death" of a student in the participating school every 15 minutes during the school day to drive home the point that every 15 minutes a teen is killed in a vehicle crash. The Iowa DOT's Office of Driver Services coordinates with local agencies to support the program in several Iowa communities. For more information, go to www.every15minutes.com.)



IOWA DEPARTMENT OF TRANSPORTATION TROPHY CASE

Professional awards

Iowa DOT's Office of Public Transit awarded 2012 George Rucker Memorial Award



Kristan Haar, Iowa DOT's Office of Public Transit (third from left) accepts the award from the Community Transportation Association of America.

The Iowa DOT's Office of Public Transit was recently the recipient of the 2012 George Rucker Memorial Award by the Community Transportation Association of America at its annual awards banquet in Baltimore, Md. The award recognizes the Iowa DOT's involvement in an effort to ensure that small cities and rural communities continue to have the funds they need to purchase transit vehicles and build vehicle facilities.

The award is given each year in memory of an association staff member who spent his career connecting rural communities together. Association Board Member Dave Marsh praised the Iowa DOT's Office of Public Transit for having "provided national leadership on this important effort, communicating with DOTs around the country and helping to win vital congressional support for an effort that — in the end — resulted in continuation of the invaluable bus capital program. Everyone in this room should thank the Iowa DOT's Office of Public Transit for their leadership."

Established in 1989, the Community Transportation Association is a national nonprofit, membership association committed to removing barriers to isolation and improving mobility for all people. The association provides informational resources, technical assistance, training and certification, and many additional resources to communities, transportation providers, and other groups to increase mobility and improve the quality of community and public transportation.

Personal awards



Becca Mitchell, daughter of Scott Mitchell, highway technician senior in the Sioux City construction office, and his wife, Wendy, has earned the prestigious title of the 2012 National American Miss Iowa at the state pageant held April 29, 2012, in Waterloo.

Becca's proud grandparents are Fran and the late Lyle Mitchell of Hornick, and Earl and Julie Johnston of Mapleton. She also has two proud great-grandmothers, Marjorie Smith and Carrie Johnston from Mapleton. Becca's biggest fan of all is her older sister Brianna.

She will be attending the National Pageant to be held at Disneyland in Anaheim, Calif., during Thanksgiving week 2012.

Family happenings

Operations and Finance Division

Sheri Anderson



Dana McKenna, executive officer 1 in the Office of Employee Services, and her husband, Mark, welcomed a daughter Oct. 2. Lila Christine McKenna weighed 8 pounds, 2 ounces and was 20 3/4 inches long. Congratulations to the proud parents!

Design

Judy Lensing



Dan Ohman, transportation engineer administrator, retired from the DOT March 29. Ohman spent the majority of his 28 years in the Office of Design developing highway improvement plans. He started out as an entry-level engineer and retired as the lead engineer overseeing all design projects developed in the Office of Design. Along the way, Ohman held the field exam engineer and design team manager positions in the Office of Design. Retirement is a misnomer, however, as Ohman has accepted a position with WHKS consultants developing highway improvement plans.

Materials

Adrianna Reyes



Iowa DOT Bituminous Engineer **Scott Schram** and his wife, Charisse, are the proud parents of their second son. Everett Charles was born May 11 weighing 9 pounds and 14 ounces. Big brother Simon, 4, was the welcoming committee for his new little brother.

District 2

Lu Morhorne



George Purdue and his wife, Janelle

George Purdue was honored at a retirement party April 26 at the District 2 Materials Office in Mason City. Purdue began his DOT career in 1969 in District 4 as an assistant materials area inspector. In 1978, he transferred to District 2 materials working out of Decorah and then completed his career as a materials fabrication inspector in the Britt area. Purdue contributed to the Iowa DOT's Technician Certification Program as an instructor, and participated in both national and regional multistate technical training groups.

District 4

Marlene Jensen



(from left to right) Dan Redmond; Jim Murray; Delmar Gettler; Vince Ehlert; Dave Dorsett; Gary Osby; Jim Muetzel; Don Stevens; Eric Keiner; Pat Ketchum. Not Pictured: Scott Nixon and Roy Guyer.

Family happenings, continued on page 14

Family happenings, continued from page 13

District 4 held its second annual golf tournament May 1 at the Crestwood Hills Golf Course in Anita. The two-person best shot was won by **Scott Nixon** and **Jim Murray**; with **Eric Keiner** and **Vince Ehlert** placing second. Pin prizes were awarded to **Jim Murray** and **Eric Keiner** for longest drive, **Jim Murray** and **Jim Muetzel** for closest to the pin, and **Gary Osby** and **Eric Keiner** for longest putt.

In memory

Dennis "Denny" D. Paul, 66, of rural Lansing, died April 19 at his home following a 16-year battle with prostate cancer. Paul was born Aug. 2, 1945, in Eldora, the son of Marvin "Dale" and Evelyn (Cretin) Paul.

Paul lived in Eldora during his early years and the family later moved to Waterloo. While in high school, he enlisted in the United States Naval Reserve and served from 1963 to 1965. He graduated from Waterloo West High School in 1965. He worked for John Deere Tractor Works and later for the Iowa DOT in New Hampton.

In 1968 he married Mary E. Schmitt and moved to Lawler. To this union two boys were born William J. and James M. The couple later divorced. On May 24, 1986, Paul married Sherryl Kahn Holland in New Hampton. In 1993 he transferred to the DOT in Waukon, and resided there until his retirement.

During retirement in rural Lansing, Paul worked for the Isle of Capri and Wachenhut Security at Trane Manufacturing in La Crosse. He served on the city councils of Lawler, New Hampton and Waukon; and served as fire chief for the city of Lawler. Paul volunteered at the food pantries in Postville and Waukon, called Bingo at St. Patrick Catholic Church in Waukon and was a member of the Democratic Central Committee for Allamakee County.

Paul was an avid Chicago Cubs fan, enjoyed fishing, his Koi fish, meeting and talking with people, playing blackjack and enjoying good food. He also enjoyed taking care of his miniature dachshunds.

Survivors include his wife of 25 years, Sherryl Paul of Lansing; his sons, William J. Paul of De Soto, Wisc. and James M. Paul of Marion; a stepdaughter, Shana Holland Lair of Charles City; nine grandchildren; and two brothers.



Wesley W. Swallow Jr., 55, of Des Moines, passed away Monday, April 23. Swallow was born April 27, 1956, in Des Moines to Wesley and Charlotte (Jones) Swallow. He was a life-long resident of Waukee and devoted member of the Waukee United Methodist Church. Swallow was an avid fan

of the Iowa Hawkeyes, and remembered fondly being in the stands for the Tate-to-Holloway Hail Mary at the Capital One Bowl in Orlando, Fla.

Swallow spent his entire 34-year career with the Iowa DOT at the De Soto maintenance garage. Swallow cherished time spent with his friends, family and especially his five grandchildren. He will be remembered as a great husband, father and papa. Swallow is survived by his wife of 34 years, Sandy; two daughters, Allison (Tim) Smith and Autumn (Matt) Parrino; five grandchildren; his mother; two sisters; eight nieces and nephews; and many other relatives and friends.



Donald E. Law, 83, of Sioux City, died Thursday, April 26. Law was born on July 26, 1928, in Lawton. He was the son of Frank Chapman and Jenny Marie (Jones) Law. He was raised in the Lawton area. He married Mary Lou Oleson Feb. 4, 1953, in Lawton. He served in the U.S. Army during the Korean War. The couple farmed in the Lawton area for several years and then moved to Sioux City in 1974. He worked for the Iowa DOT doing snow removal, retiring in 1990.

Law was a member of the Lawton Community Presbyterian Church. He was known as a very hard and dedicated worker. He is survived by his wife, Mary Lou of Sergeant Bluff, and a close friend, Larry Maxfield of Sioux City.



Harry L. Myhre, 95, of Mason City, died Thursday, April 26, at home. Myhre was born Jan. 7, 1917, in Waldeck, Saskatchewan, Canada, the son of Martin E. and Anna (Hildahl) Myhre, immigrants from Norway. He graduated from Kensett High School in 1934. Myhre served in the United States Navy during World War II aboard USS Relief and USS Cleveland, having enlisted in June 1941. He was honorably discharged in October 1945.

He married Dorothy Brunsvold of Hanlontown May 3, 1947, at the Little Brown Church in Nashua. They lived in Mason City until moving to Hanlontown in 1968.

Myhre worked for the Iowa DOT for 34 years. He retired in 1980 as highway maintenance supervisor at the Hanlontown garage. Following retirement, Myhre drove school bus for the North Central School District for six years. The Myhres moved back to Mason City in 2008.

Myhre was a member of the VFW and Trinity Lutheran Church. Some of his interests were fishing, hunting, gardening and reading the daily newspapers. Myhre will be forever remembered for his mischievous winks and homemade aquavit. Myhre is survived by his wife, Dorothy; children; grandchildren; great-grandchildren; sister and brother-in-law.

Family happenings, continued on page 16

Family happenings, continued from page 15



Richard Leslie Harris, 80, passed away peacefully from this earth at his winter home in Apache Junction, Ariz., Jan. 30, with his wife and members of his family at his side. Harris began his career with the Iowa State Highway Commission at the Osage garage in 1968. He retired from that shop in 1993.

Harris was born May 14, 1931, on a farm near Nora Springs, in Cerro Gordo County. He was the son of Leslie J. and Opal V. (Beery) Harris. He lived on farms in Cerro Gordo and Mitchell counties. He attended country schools and graduated from Plymouth High School in 1950. Harris married Thelma Jean Elsbury June 15, 1952. To this union two children were born, Sandra Raye and Curtis Leslie. The Harris family farmed until 1968, when he began working at the Iowa State Highway Commission.

Harris was active in the First United Methodist Church of Osage, serving on the trustee board and SPPR, and volunteering for any assistance needed with funerals and other events by the ladies of the church. He was a long-time member of the Cedar Valley Engine Club, served as a Boy Scout leader, loved camping and fishing, playing cards, golf, pitching horse shoes, and above all he loved to dance.

Harris is survived by his wife, Thelma, of Osage; his daughter, Sandra (James) Lee of Paragould, Ark.; his son, Curtis (Donna) Harris of Lake Dallas, Texas; four grandchildren; and three sisters.



Richard "Dick" Eccles, 71, of Ogden, passed away Wednesday, May 30, at the Boone County Hospital. Eccles married Sharon Bean May 13, 1961. He later married Glenda Gorsh Sept. 24, 2008. He was employed by the Iowa DOT for 38 years, retiring in 2002.

Eccles belonged to Augustana Lutheran Church in Boone. He was a big racing and Iowa Hawkeye fan; had a passion for guns; and enjoyed woodworking and camping. Eccles spent many years playing "Santa" and served as a scoutmaster in Ogden.

Survivors include his wife, Glenda, of Ogden; two sons, Dr. Randy (Kathleen) Eccles and their children, Christopher and Aidan Eccles of Ashburn, Va., and Matthew (Lisa) Eccles and their children, Colton and Cody Eccles of Madrid; brother, Darrel (Joyce) Eccles of Boone; sister, Joanne (Bill) Hunter of Newton; extended family: Kristine Blessing of West Des Moines, and her children, Ashley Johnson, and Derek and Colin McNerney; Dayna Van Bogart of West Des Moines, and Curt (Cari) Gorsh of Johnston and their children, Alexis and Lucas Gorsh; two great-grandsons, Ian and Kyler and several nieces, nephews, family and friends.

An opossum's tale

The Ames complex discovered a surprise visitor in the courtyard in early May. The opossum stuck around a few days before disappearing into the night. To commemorate the occasion, Jodi Rhoads, administrative assistant 1 in Systems Planning, wrote this poem.

At Systems Planning
On the 2nd of May
A surprise visitor came our way.
Now seeing an opossum in the courtyard
was rather odd
but we decided to accept him
and we named him TOD.
We took several pictures
to help us remember
the special day
when TOD the opossum
had a short-lived stay.



Recent Iowa DOT "green" events

Motor Vehicle Division Earth Day planting

Employees in the Motor Vehicle Division celebrated Earth Day by planting bushes at the Motor Vehicle Division complex in Ankeny.



(left to right) Alex Jansen, Diane Martin, Tim Carlson, Phou Baccam and Michelle Marchesano

District 5 clean-up day



The **District 5 Office** in Fairfield had an outside work day Thursday, June 7. Many employees of the District 5 Office and District 5 materials lab donned outside work clothes and brought their tools to help spruce up the grounds. Weeds were pulled, small trees and brush were removed, and mulch was placed to prevent regrowth. Employees had a good time together and enjoyed the change of pace. After just a few hours of work, the grounds were vastly improved. For lunch, the crew enjoyed grilled hamburgers and brats, and side dishes brought and shared by employees.

Second Ewaste event sees great results

Exactly 100 participants took advantage of the opportunity to properly dispose of recyclable electronics at the Iowa DOT's second annual Ewaste Collection Day. The event was also open to other government agencies in the area.



Of the 100 participants, 54 were from the DOT, 43 from Iowa State University, three from the United States Department of Agriculture and one from the Iowa Department of Inspections and Appeals. Cathode ray tubes (CRTs), the video display components in televisions and computer monitors, are considered one of the most difficult items to recycle. They have relatively high concentrations of lead and phosphors, both of which are necessary for the displays, but can damage the environment if not disposed of properly. The Ewaste event collected 79 CRTs that will have been properly recycled. More than 430 other electronic items were also collected at a total weight of 4,797 pounds.

One of the calculations Midwest Recovery Inc., the company the Iowa DOT partners with for this project, is the amount of hazardous material diverted from the waste stream. For the Iowa DOT's Ewaste event, 87 pounds of hazardous material was diverted and recycled properly. Midwest Recovery Inc. calculated a cost savings of \$621.85 for employees during this free event. This includes the standard recycling charge for electronic items, plus the cost of transport to the local landfill that employees would incur if they disposed of these items outside the Ewaste event.

Using models from the Environmental Protection Agency to calculate the amount of greenhouse gas saved by removing these items from service, the change in emissions equal to removing two passenger cars from the road each year, conserving 1,070 gallons of gasoline or 398 cylinders of propane used for home barbecues. The total change in energy use is equivalent to conserving the household energy consumption for one home, conserving 21 barrels of oil or 967 gallons of gasoline.

Service awards

Information supplied by the Office of Employee Services for June and July 2012

40 years

Barbara Smith, Highway Division

35 years

Steven Belzung, Contracts; **Steven Johnson**, Waukon garage; **Sherry Kornis-Johnson**, Marshalltown construction; **Rick Johnson**, Sidney garage; **Paul Orr**, District 3 materials; **Nicholas Paardekooper**, Creston construction; **Debra Summerville**, Davenport DL station; **Martin Wiegard**, Burlington garage; **David Wolf**, Marshalltown garage

30 years

Edgar Bailey, New Hampton construction; **Cheryl Barton**, District 1 materials; **Tina Hargis**, Vehicle Services; **Joel Moret**, Alton garage; **Debra Ott**, Driver Services; **Timothy Peterson**, Williams garage; **Terry Tesch**, Alton garage; **Roger Vigdal**, Spirit Lake garage; **Roselyn Wazny**, Rail Transportation; **Wayne Williams**, Maintenance

25 years

Daniel Apatiga, Support Services; **Stephen Benda**, Dyersville garage; **Gary Eckermann**, Davenport garage; **Paul Gettler**, Bridges and Structures; **Judy Gibson**, Information Technology Division; **Craig Markley**, Systems Planning; **Christine McDowell**, Ames DL station; **Lisa Pattschull**, Mason City DL station; **Ronald Rigby**, Newton garage; **Jeffrey Schmitt**, Construction; **Michael Tjelme-land**, Support Services

20 years

Tony Davis, Washington garage; **Sharon Dumdei**, Right of Way; **Randall Ford**, Mount Pleasant garage; **Timothy Meyer**, District 6 materials; **Ronald Schipper**, Motor Vehicle Enforcement; **Tammy Warden-Lang**, Support Services; **Ross Weinman**, Finance

15 years

Sandra Byers, District 6 Office; **Timothy Carpenter**, Clarion garage; **Mike Cox**, Council Bluffs-north garage; **John Elgin**, Adair garage; **Eric Johnsen**, Specifications; **Mark Johnson**, Support Services; **Melodie Lawrence**, Support Services; **Edwin Mann**, Maintenance; **John McCamant**, Malcom garage; **Steven Meyer**, Information Technology Division; **Randy Ritland**, Support Services; **Cynthia Shipley**, Maintenance; **Mark Sloppy**, Location and Environment; **Mike VanRenterghem**, Malcom garage

10 years

Terry Aldridge, Motor Vehicle Enforcement; **Shawn Buckingham**, Motor Vehicle Enforcement; **Glenn Goode**, Motor Vehicle Enforcement; **Richard Groves**, Support Services; **Steve Maifield**, Bridges and Structures

5 years

Brigitte Adams, Vehicle Services; **Julie Brown**, Support Services; **Darman Clark**, Driver Services; **Brett Hambly**, Support Services; **Jeffrey Kirchhoff**, Atlantic garage; **Marion Kloser**, Dyersville field staff; **Tina Lewis**, Motor Vehicle Enforcement; **Chad McCoskey**, Grimes garage; **Kurt Niggemeyer**, Information Technology Division; **Donald Robinson**, Ames garage; **Eric Wright**, Traffic and Safety

Publications showcase Iowa history

Quietly nestled in the Iowa DOT's website is an amazing collection of historic publications related to transportation in Iowa. These documents have been curated by the Office of Location and Environment from contracts executed by the Iowa DOT over the years. The publications can be found at www.iowadot.gov/ole/publications.asp.

- Bowstring Arch Bridges of Iowa (2004)
- Clinton, Iowa: Railroad Town (2003)
- Hibernia: An Irish Immigrant Neighborhood in Burlington, Iowa (2000)
- Indian Creek Channel (2010)
- Iowa's Historic Automobile Roads (2009)
- Land Use within the Loess Hills (2008)
- The Lincoln Highway Association's "Object Lessons: The Seedling Mile in Linn County, Iowa" (2004)
- Marsh Rainbow Arch Bridges of Iowa (1997)
- Sioux City Grand Avenue Viaduct (2010)
- The Wever Bypass Excavations – Highway Archeology Along the Great River Road in Southeast Iowa (2012)
- Leading Double Lives: The History of the Double House in Des Moines (2004)
- Little Dairy on the Prairie (2005)
- Leaner Pork for a Healthier America (2000)

Personnel updates

Information supplied by the Office of Employee Services for March 30 to May 24, 2012

New hires

Steve Burlingame, right-of-way agent 2, Right of Way; **Mark Claey**s, mechanic, Muscatine garage; **Tyler Dvorak**, program planner 1, Transportation Data; **Michael Harvey**, training specialist 2, Employee Services; **Terry Mammen**, highway technician, Correctionville garage; **Richard Primrose**, right-of-way agent 2, Right of Way; **Jeffrey Von Brown**, transportation planner 2, Systems Planning

Promotions

Raleigh Altenhofen, from design technician to design technician specialist, Design; **Bill Cornelius**, from design technician specialist, Design to transportation engineer intern, Traffic and Safety; **Mark Dean**, from highway technician associate, Cedar Rapids garage to highway technician senior, Cedar Rapids construction; **Jeffrey Duncan**, from construction technician assistant to survey party chief, Design; **Kimberly Eylers**, from driver's license clerk to driver's license clerk senior, Waterloo DL station; **Bruce Fingalsen**, from highway technician associate to highway technician, Hantontown garage; **Kristan Giddings**, from driver's license clerk to driver's license clerk senior, Fort Dodge DL station; **Agata Janus**, from design technician to design technician specialist, Design; **Joel Keim**, from highway technician, District 6 Office to engineering operations technician, District 6 field staff; **Benjamin Kreger**, from driver's license clerk senior to driver's license examiner, Iowa City DL station; **Jan Laaser-Webb**, from transportation engineer, Design to transportation engineer specialist, Traffic and Safety; **Jeff Larson**, from design technician associate to design technician, Design; **Lisa Leftridge**, from driver's license clerk to driver's license clerk senior, Council Bluffs DL station; **Ping Lu**, from transportation engineer to transportation engineer specialist, Bridges and Structures;

Kurt Manus, from engineering technician specialist to engineering technician senior, Design; **Barbara Reth**, from driver's license clerk to driver's license clerk senior, Cedar Rapids DL station; **Tom Robinson**, from highway technician to survey party chief, District 5 Office; **Jason Ryan**, from highway technician, Decorah garage to materials fabrication inspector 1, District 2 materials; **Teresa Siebels**, from driver's license clerk senior to driver's license examiner, Cedar Rapids DL station; **Cynthia Watkins**, from driver's license clerk to driver's license clerk senior, Clinton DL station; **Christine Whitman**, from driver's license clerk, Dubuque DL station to driver's license clerk senior, Iowa City DL station

Transfers

Sylvia Isley, clerk specialist, from Vehicle Services to Motor Carrier Services; **Steven Messler**, design technician specialist, within Design; **Danielle Mulholland**, transportation engineer intern, from Design to Des Moines construction

Retirements

Dennis Baker, highway technician associate, Des Moines garage; **Anthony Batcheller**, executive officer 2, Motor Vehicle Enforcement; **Ronald Caudle**, motor vehicle investigator, Motor Vehicle Enforcement; **Linda Dilocker**, motor vehicle investigator, Motor Vehicle Enforcement; **David Francis**, highway technician associate, Altoona garage; **Barry Kinsey**, construction technician senior, Chariton construction; **Michael Krohn**, public service executive 4, District 1 Office; **Danny Laing**, highway maintenance supervisor, Tipton garage; **Daniel Ohman**, transportation engineer administrator, Design; **George Purdue**, materials fabrication inspector 1, District 2 materials; **Harold Thielen**, bridge inspector 2, Bridges and Structures; **Clinton Zieman**, engineering technician senior, District 3

Service Area	Correspondent	Phone
District 1	Lori Wilkens, Des Moines	515-261-9500
District 2	Lu Mohorne, Mason City	641-423-7584
District 3	MaryBeth Banta, Sioux City	712-276-1451
District 4	Marlene Jensen, Atlantic	712-243-3355
District 5	Brenda Hadley, Fairfield	641-472-6142
District 6	Sandi Byers, Cedar Rapids	319-364-0235
Bridges and Structures	Judy Whitney, Ames	515-233-7917
Construction	Nancy McMenamin, Ames	515-239-1353
Contracts	Mary Thompson, Ames	515-239-1415
Design	Judy Lensing, Ames	515-239-1469
General Counsel	Chris Crow, Ames	515-239-1509
Information Technology Division	Colette Simpson, Ames	515-233-7728
Local Systems	Gail Nordholm, Ames	515-239-1528
Location and Environment	Susie McCullough, Ames	515-239-1225
Maintenance	Cindy Shipley, Ames	515-239-1971
Materials	Adriana Reyes, Ames	515-239-1085
Modal offices	Cathy Mather, Ames	515-239-1140
Motor Vehicle Division	Diann McMillen, Ankeny	515-237-3250
Operations and Finance Division	Sheri Anderson, Ames	515-239-1340
Research and Technology Bureau	Lori Pflughaupt, Ames	515-239-1646
Right of Way	Tami Bailiff, Ames	515-239-1216
Systems Planning	Peggy Riecken, Ames	515-239-1664
Traffic and Safety	Stephanie Anderson, Ames	515-239-1746
Transportation Data	Jodi Clement, Ames	515-239-1289



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

Paul Trombino III, Director

Tracey Bramble, Public Affairs, editor

Christina Andersen, Public Affairs, desktop publisher

Jaraine Mohs, Public Affairs, technical editor

Andrea Henry, Public Affairs, graphic artist

Keven Arrowsmith, Public Affairs, photography

Printing Staff, Support Services, printing



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



PLEASE RECYCLE THIS ISSUE

On the cover: Newly constructed U.S. 65 bridge over Iowa River in Iowa Falls.

I-Spy clue: Perhaps you can shed some 'light' on this bridge's design flaw.

May I-Spy solution: A wheel was missing on the burley.

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.

Iowa DOT central complex blood drives save lives

During 2011, the Iowa DOT's central complex blood drives collected 166 units of blood. Based on information provided by LifeService Blood Center, the Iowa DOT's blood drives potentially helped save 498 lives last year.

Because of DOTers and their blood donations, LifeServe Blood Center is able to provide blood and blood products to more than 90 hospitals. Iowa DOT sponsorship is vital to maintaining an adequate blood supply in our communities.

The schedule for the remaining 2012 blood drives are as follows.

- Wednesday, Aug. 8
- Wednesday, Oct. 10
- Wednesday, Dec. 12

Each employee can schedule a donation now. All blood drives will be held in the Bloodmobile, which will be parked outside the materials lab on the designated donation day. To register, log on to www.donorsaves.org/index and search for these dates or by ZIP code 50010 and look for Iowa DOT Bloodmobile.



Did you know:

- One pint of blood can save up to three lives.
- Someone needs blood every two seconds.
- 38 percent of the population of the United States is eligible to donate blood, but less than 10 percent donate annually.
- There is no substitute for human blood.
- You cannot contract AIDS or any other infectious disease by donating blood.
- Healthy people who are 16 years old and weigh at least 120 pounds may donate one pint of whole blood, the most common donation, every 56 days.
- One unit of whole blood is roughly equivalent to one pint.
- About one in seven people entering a hospital will need blood.
- Females receive 53 percent of blood transfusions. Males receive 47 percent.
- One unit of whole blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate.
- Fourteen tests (11 for infectious disease) are performed on each unit of donated blood.

BLOOD TYPE	POSSIBLE CHILDREN			
	O	A	B	AB
PARENTS AB AB		⊗	⊗	⊗
AB B		⊗	⊗	⊗
AB A		⊗	⊗	⊗
AB O		⊗		
B B	⊗		⊗	
A B	⊗	⊗	⊗	⊗
A A	⊗	⊗		
O B	⊗		⊗	
O A	⊗	⊗		
O O	⊗			

	YOU CAN RECEIVE							
	O-	O+	B-	B+	A-	A+	AB-	AB+
IF YOU HAVE AB+	⊗	⊗	⊗	⊗	⊗	⊗	⊗	⊗
AB-	⊗		⊗		⊗		⊗	
A+	⊗				⊗	⊗		
A-					⊗			
B+	⊗	⊗	⊗	⊗				
B-	⊗		⊗					
O+	⊗	⊗						
O-	⊗							