

MAY 2012

INSIDE



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SharePoint® at Iowa DOT

The Iowa DOT accomplishes coordination of the entire state transportation system, but do we do a good job of coordinating with each other?

Because of the wide-reaching nature of what we do, precision and accuracy are essential when completing a task. Often that means many people have the opportunity to review, comment and add to documents and other data.

Tracking those changes over time and documenting who commented on what has, for the most part, been a manual process. The Iowa DOT is seeking to minimize the manual tracking of edits and comments by moving to a Web-based collaboration platform called SharePoint®. Karla Hocker, information technology specialist 4 in the Information Technology Division, said, "We envision the use of this tool for anything that would be routed using a buck slip."

Hocker has been part of a governance team that has researched and developed the tool. This committee studied ways to better coordinate work flows at the Iowa DOT before selecting SharePoint to help with that task. Once selected, the group developed guidelines for its use.

The committee selected four pilot projects to test SharePoint. They found that the tool would meet the needs at the Iowa DOT, but they also found that training was essential to success. "This tool is not just for IT people," said Hocker. "It has options and features that anyone with a few days of training can use to build their own SharePoint site."

Employee training on SharePoint began in April. Two different levels of classes are offered, a one-day user class and a three-day "power user" class. "We see the power user as someone who will build sites for their office, because IT will not be building sites for everyone. Each office or group using SharePoint will be responsible for building their own sites. The one-day class is for 'contributors,' people who will be using SharePoint to collaborate on the data, but won't be building any sites."

If the thought of building your own site on SharePoint sends shivers up your spine, never fear. Hocker says the tool makes building a work flow rather simple. "There is no coding or overly complicated processes to learn," she said. "The program is really intuitive. The three-day training will go over everything you need to know in the first two days and the third day is a workshop so you can build your first site with the guidance of the instructor."



Hocker says the governance committee anticipates up to 1,200 different Iowa DOT SharePoint sites. She says the system has been developed so that all sites are "read only," unless the settings are changed. Sites can also be marked as confidential. All sites are backed up and can only be deleted by the site owner, typically the employee or office that developed the site. There is no automatic archiving, so sites are active until the site owner deletes them.

The Highway Division is expected to be a major user of SharePoint. This group has programmed training dollars into their budget. All other divisions must come up with the cost of training from their existing budgets. The cost of the class is \$356 per person for the three-day class and \$133 per person for the one-day class. Highway Division employees wishing to take a SharePoint class should contact Dennis Peperkorn at 515-239-1188 or dennis.peperkorn@dot.iowa.gov. Employees from all other divisions may register for the training from the Skills and Training menu in IDMS. Supervisor approval is required.

Hocker said, "Eventually we hope to build a community of 'experts' who can help each other. IT employees will provide support when needed, but the intent is for the power users to be the 'go-to' people for their offices."

To give even more information on SharePoint, Hocker says the governance committee hopes to implement monthly users group meetings starting in June. "We are planning to hold these meetings on the third Thursday of the month from 1-2:30 p.m. We'll begin with central complex users and then branch out using video conferencing to the districts as those users come on board."



Microsoft®
SharePoint®

Iowa fifth grader wins national poster contest



More than 2,500 individuals from around the country voted to choose the winner for this year's Saris Cycling Group National Poster Contest. Isabella Gehrt, a fifth grader from West Bend-Mallard Elementary in Iowa, was selected as the winner of the second annual poster contest, which was held in partnership with bicycle advocacy groups nationwide to raise bicycle awareness.

Gehrt will be flown to Washington, D.C., for the 2013 National Bike Summit to celebrate bicycling and be recognized for her thoughtful artwork. Gehrt's school will receive bike parking for 20 bikes, and The Hub, a Web-based system that tracks and encourages active transportation.

"Iowa is such a great state for bicycling; and to ensure it remains that way, it's important for kids to learn good, safe and practical bicycling behaviors early on in life," said Iowa contest coordinator Nick Sobocinski. "The Saris poster contest really helps emphasize all the great ways in which a bicycle can be fun and rewarding, and encourages kids to ride regularly."

More than 6,300 students from 25 different states participated in the contest by submitting posters centered on the theme "Bicycling takes me places!" Winners were also selected at the state level. Each will receive a bike, bike light and helmet.

"Over the past 20 years in the bike industry, I have seen the bicycle positively change the lives of many individuals as well as communities," explained SCG President Chris Fortune. "We have already witnessed the tremendous impact this contest can have on our youth. It is one way we're able to engage kids to think about and become more aware of the bicycle and its many beneficial uses. We are hopeful this contest will encourage fifth graders to ride their bikes more frequently; and we are hopeful it will help shape lifelong, healthy active lifestyles."

National Bike to Work Week May 14-18



The Iowa DOT is encouraging employees to bike to work May 14-18 for National Bike to Work Month. Before you jump on two wheels and take to the road, please read over these tips from the League of American Bicyclists to prepare you for a safe and fun bike commute.

Follow the law.

Your safety and the image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with the flow of traffic on the right side of the road.

Be predictable.

Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

Be conspicuous.

Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light, and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

Think ahead.

Anticipate what drivers, pedestrians and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes and utility covers. Cross railroad tracks at right angles.

Ride ready.

Check to ensure that your bike's tires have sufficient air, the brakes are working, chain runs smoothly, and quick-release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Wear a helmet.

Keep your cool.

Road rage benefits no one and always makes a bad situation worse.

“Iowa and the Civil War: Nothing But Victory”

New exhibit now open at the State Historical Museum of Iowa

Discover the stories of Iowa and those who served during America’s bloodiest conflict in “Iowa and the Civil War: Nothing But Victory” now open at the State Historical Museum of Iowa in Des Moines.

With more than 300 authentic artifacts and documents, this 10,000 square-foot exhibition recounts the first-hand experiences of Iowans at war and the communities that supported them.

See the historic battle flags Iowa troops carried into battle and the actual weaponry – cannons, guns and swords – they used while fighting in some of the most important events and turning points of the Civil War.

The State Historical Museum of Iowa is at 600 E. Locust St. in Des Moines. Hours are 9 a.m. to 4:30 p.m. Monday-Saturday and noon to 4:30 p.m. Sunday. Admission is free and open to the public. Visit www.iowahistory.org or call 515-281-5111 for more information.

Special programs are being held on the following dates and times.

MAY

Saturday, May 19

11 a.m. to 2 p.m.
 Armed Forces Day
 3rd Iowa Calvary onsite with two horses

JUNE

Friday, June 15

noon to 1 p.m.
 Lunch and Learn in the Heritage Classroom
 “Iowa Freedom Trail” by Doug Jones

10 a.m. to noon and 1 to 3 p.m.
 Sons of Union Veterans and Sons of Confederate Veterans in soldiers' camp life area, educational cart activities

Saturday, June 23

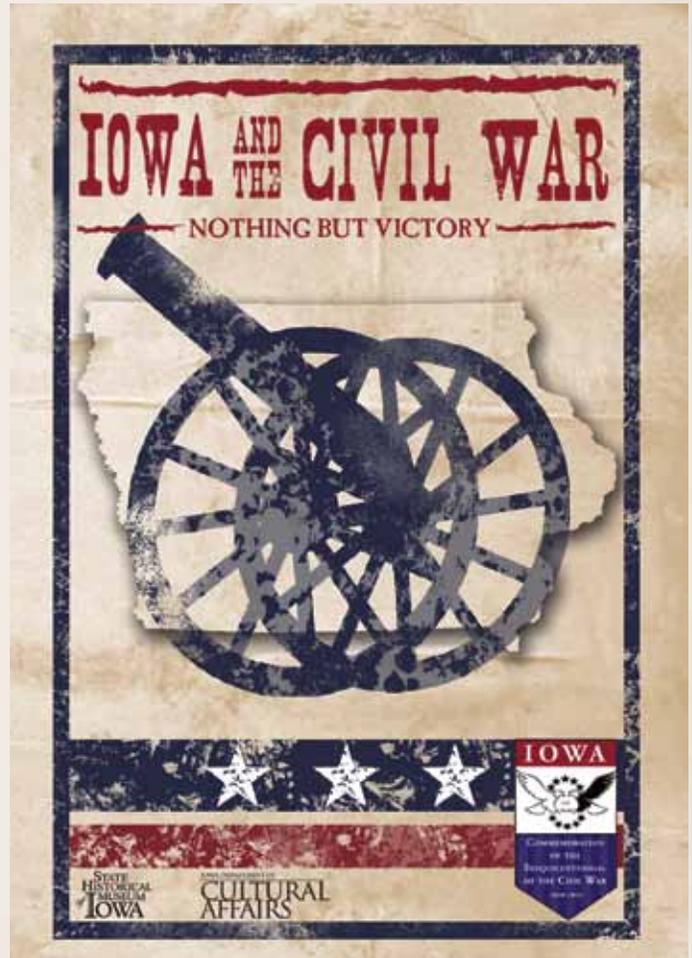
11 a.m. to 2 p.m.
 7th Iowa Calvary on site with two horses

Thursday, June 28 – Friday, June 29

AEA class taught on site by museum staff

Friday, June 29

10 a.m. to noon and 1 to 3 p.m.
 Sons of Union Veterans and Sons of Confederate Veterans in soldiers' camp life area, educational cart activities



The Iowa Department of Cultural Affairs is responsible for developing the state’s interest in the areas of the arts, history and other cultural matters with the advice and assistance from its two divisions: the State Historical Society of Iowa and the Iowa Arts Council. DCA preserves, researches, interprets and promotes an awareness and understanding of local, state and regional history, and stimulates and encourages the study and presentation of the performing and fine arts and public interest and participation in them. It implements tourism-related art and history projects as directed by the General Assembly, and designs a comprehensive, statewide, long-range plan with the assistance of the Iowa Arts Council to develop the arts in Iowa. More information about DCA is available at www.culturalaffairs.org.

Beginning a fitness walking program

The Iowa DOT's Wellness Champions are all about making the first steps toward fitness fun and easy. If you want to begin a fitness program, but don't know where to start, this could be the information you have been waiting for.



Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing and desire. This following is a step-by-step process adapted from www.thewalkingsite.com.

How to start: First of all, start out slow and easy. Just walk out the door. For most people, this means head out the door, walk for 10 minutes and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding five minutes until you are walking as long as desired.

Watch your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

Be sure to drink plenty of water before, during and after walking. Incorporate a warm-up, cool-down and stretches into your routine. Start your walk at a slow, warm-up pace, stop and do a few warm-up or flexibility drills. Then walk for the desired length of time. End your walk with the slower cool-down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (a minimum of five days a week is a good goal). You should walk fast enough to reach your target heart rate, but you should not be gasping for air.

After you have formed the habit, you will want to evaluate your program and your goals. Here are some general guidelines.

If you are walking for the general health benefits, try to walk 30 minutes a day most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)

To improve cardiovascular fitness you should walk three to four days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing hard, but not gasping for air.

If you are walking for weight loss, you should walk a minimum of five days a week, 45 to 60 minutes at a brisk pace.

Once you can comfortably walk for 30 to 60 minutes five to six days a week, you may want to put more "umph" or speed into your routine. Visit www.thewalkingsite.com for more information and tips on walking.

Notice: If you are new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

If you have other wellness topics you would like to see covered in INSIDE, please email the wellness team at wellness@dot.iowa.gov.





HyVee.

Nutrition Notes

with Amy Clark



Quinoa – a new look at an ancient grain.

Quinoa (pronounced keen-wah) is a recently rediscovered ancient “grain,” native to Central America. This tiny seed can be found in a variety of colors, although white is the most commonly consumed. The seeds are similar in size to millet, but are flat with a pointed oval shape like a sesame seed. Most often considered a grain, quinoa comes from the goosefoot plant, a relative of leafy green vegetables such as spinach and Swiss chard.

A nutrition powerhouse. This tiny seed is a powerhouse when it comes to nutrition. It is high in protein, around 12–18 percent, an unusual occurrence among plant foods. In fact, the protein in quinoa is considered to be a “complete protein,” as it contains all eight essential amino acids that are needed for building and maintaining muscle in humans. Just 4 ounces, about ½ cup, will provide a child’s protein needs for one day.

The quinoa seed is also high in calcium and iron, nutrients essential to a woman’s health. Naturally gluten-free, quinoa also makes a nutritious and flavorful alternative grain for those with gluten sensitivity. Providing 3 grams of dietary fiber per serving, quinoa would be a worthy addition to anyone’s diet.

Simple to Use - tips for preparing quinoa. The first step is to remove the saponins, a natural bitter coating, by soaking the ancient grain in water. While most boxed quinoa has been prerinsed for convenience, it is still a good idea to wash the seeds and remove any remaining saponin residue. Simply run cold water over quinoa and gently rub the seeds together. To ensure that the saponins have been completely removed, taste a few seeds. If they still have a bitter taste, continue the rinsing process.

A common cooking method is to treat quinoa much like rice. Bring 2 cups of water to a boil and add 1 cup quinoa. Bring the mixture back to a boil, covering the pan with a lid, and continue to cook over medium heat for 12-15 minutes. Remove from heat, fluff, cover again and let stand for 15 minutes. This should yield around four servings.

A few quick serving ideas

Quinoa will produce a fluffy, creamy and slightly crunchy consistency with a mild and somewhat nutty flavor when cooked. Try incorporating quinoa into your next meal using one of these quick serving ideas.

- Substitute quinoa for rice in any entree, soup or salad recipe.
- Create a side dish with a kick of flavor by substituting water with chicken or vegetable stock when cooking quinoa.
- Mix quinoa with honey, almonds or berries for a high-protein hot breakfast cereal.
- For a twist on your favorite pasta recipe, use noodles made from quinoa.
- Ground quinoa flour can be added to cookie or muffin recipes.

Quinoa may be found in the HealthMarket department at your local Hy-Vee store or bulk food section of your local grocery. For additional ideas on cooking with this ancient grain, contact a Hy-Vee registered dietitian or visit www.hy-vee.com.

Hot Apple Quinoa

All you need

- ½ cup Bob’s Red Mill whole grain quinoa
- ½ cup instant brown rice
- 1 apple, cored and chopped
- 1 tsp ground cinnamon
- 2 cups water
- 2 Tbsp raisins
- 2 Tbsp dried cranberries
- 2 Tbsp chia seeds
- 2 Tbsp light agave nectar



All you do

1. In a 4-quart microwave-safe bowl, combine quinoa, rice, apple, cinnamon and water.
2. Microwave on high power for 12 minutes.
3. Stir in raisins, dried cranberries, chia seeds and light agave nectar.

Nutrition per ½ cup serving: 130 calories, 27 g carbohydrate, 3 g protein, 2 g fat, 0 g saturated fat, 3 g fiber, 0 mg cholesterol, 0 mg sodium.

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

Family happenings

District 6

Sandi Byers



Gretchen Kisling, secretary 1 in the District 6 Office, and husband, Jeremy, are proud parents of a first baby of the New Year. Zander Thomas was born Jan. 1, 2012, at 12:11 a.m. weighing 7 pounds, 14 ounces and measuring 20.5 inches long. He joins proud sisters Tessa, 12, and Rachael, 10. Grandma is **Sandi Byers**, secretary 2 in the District 6 Office. A special thank you to all who donated leave so mommy could enjoy being home with the little guy.

Materials

Adriana Reyes



Bruce Baumgarn, (pictured second from left) materials technician 3 in the Office of Materials, was recently named one of the city of Madrid's volunteers of the year. Baumgarn was recognized for his dedication to grilling and working the concession stand at local athletic events for the Madrid Booster Club. He is also active in the Knights of Columbus, in addition to other volunteer activities.

Thank you

I would like to thank those of you who so generously donated leave for me during my recent illness. I am happy to report I am back to work and feeling much better. Thank you again and God bless you.

Cathy Webber, driver's license clerk, Waterloo DL station



Thank you just doesn't seem to be the right words to express how grateful I am to everyone for all their words of love, support and encouragement, and the prayers for me and my family since my car accident. I also wish to express a huge thank you for all the cards and flowers I received while in the hospital. To all of you who gave the gift of donated time, thank you all and God bless you. I can't begin to tell you what a blessing you all are. You really did keep the "wolves" away from my family's door. Thank you all so much. You are all very appreciated.

Sue Cain, construction technician senior, Contracts



In memory

Richard Lyle Kinsella, 70, of Fairfield, died March 6 at the Jefferson County Health Center. Kinsella was born June 7, 1941, in Ames, to Lyle James and Thelma Alvina Bruce Kinsella. He married Jeanne Roland Yochum on July 30, 1962, in Minneapolis, Minn. He graduated from Dowling Catholic High School with the class of 1959 and had worked for the Iowa DOT for 39 years, retiring in 2006 as a maintenance operations assistant for District 5 in Fairfield. He liked spending time with his grandchildren, family and friends, while enjoying a Mountain Dew.

Survivors include his wife; four children: Kierston (David) Pacha of Brighton, Julie Harvey and Tim Kinsella of Fairfield, and Christopher Kinsella of West Des Moines; five grandchildren and four siblings.



Family happenings, continued on page 9



Kudos!

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

To: Iowa DOT
From: Keaten, Marshalltown

I am a fourth grader at Rogers Elementary School and we are learning how to write a business letter in class. I have my own computer, so I can go on your website and watch your traffic cameras. I like to watch your snowplows go by the house, they do a pretty good job. You must have tons of sand and salt.

It's probably really hard to keep track of the cameras and equipment around the place. There must be snowplow driver people that answer calls, watch the computers, clean the trucks, and lots more stuff. I hope you like my letter. Your company is pretty awesome. Thanks for reading my letter. I hope you write back, but if you don't, its OK.

(Editor's note: Director Paul Trombino III did respond to Keaten's letter.)

To: Karen Smith, Office of Motor Carrier Services
From: Steve Hanson, Midwest Veterinary Supply, Des Moines

My company recently purchased a new Freightliner straight truck. I went to your office on March 5 to title the vehicle and obtain all the necessary permits to operate interstate in Iowa, Wisconsin and Minnesota. I am writing this letter to share my experience at the Motor Carrier Services Office.

I got my line number and I thought I was in for a long afternoon. Boy, was I wrong! My number was called within 20 minutes. Diane, one of your front clerks, was very pleasant, efficient and helpful. She answered all of my questions with a smile and obtained all the necessary permits within 15 minutes.

I also dealt with John "the title guy" Alexander. What a nice guy! He had my title ready in no time and smiled all the way.

Please thank these valuable employees for me and let them know that I really appreciate their help. I realize your office is so busy and sometimes that causes stress to your employees, as well as the people you serve. But I think your employees do a great job. Thanks to all, especially John and Diane. I think they are great!

(Editor's note: Diane Govi is a clerk-specialist in the Office of Motor Carrier Services' permit center. John Alexander is an information technology support worker 2 in the International Registration Plan section of that office.)

To: Tina Hargis, director, Office of Vehicle Services
From: Karo Stigler

This is just a comment about your employee, Desiree Burrows. I had submitted a form to the Iowa DOT to obtain a Legion of Merit license plate as a gift to my husband, George; however, the form (DD214) was an old one and didn't include the award in the list of awards he had received as of the date of the DD214. Instead of just sending everything back and instructing me to redo it, Burrows took the time to call me, explain what was not on the DD214 and what she needed, said she'd hold everything at her desk until she received the proper documentation. She gave me her work phone number and email address, and said she'd process the request immediately upon receipt of the documentation. Burrows was very professional and pleasant, and I would just like her supervisor to be aware of it. Thank you for employing Ms. Burrows.

(Editor's note: Desiree Burrows is a clerk-specialist in the customer service unit of the Office of Vehicle Services.)

To: Iowa DOT
From: Joaquin Villagomez, Boise, Idaho

Thank you making our road trip enjoyable as we travel through Iowa. I am amazed at your rest stops. I have travelled to several places, including California, Oregon, Virginia, Washington, Florida, South Carolina, Texas, Arizona, Nevada, Georgia, Hawaii, Germany, Philippines, Japan, Guam, Fiji, New Caledonia, Vanuatu, American Samoa, Western Samoa, Wyoming, Montana, Minnesota, South Dakota, and I noticed your rest stop is the best. In fact, during this trip I had problems with my phone and your free wireless Internet and interactive system made my travel safe and enjoyable. The facility is very clean and you feel that you are welcome in your state. Thank you.

In a follow-up email, Mr. Villagomez wrote:

First impressions have lasting effects on anyone who journeys through new territory. It reflects how people take care of their home. In fact, as we drove through your state, it reminded me of Germany and Netherlands. Germany is clean and the Netherlands's architecture is inspiring. It showed me that the people of Iowa are proud of their state (home). My wife, Diane, is also an admirer of your rest stop and she is telling our friend in Idaho about it.

I am going to write to our governor about your rest stop system so we can implement similar system for the use of our people, as well as tourists.

Kudos, continued on next page

Kudos, continued from previous page

To: Mark Hansen, Office of Transportation Data
From: Larry Jackson, retired Iowa DOT District 5 engineer

I recently had the need to get street maps of a few cities in Wapello County and tried your website. You helped me with things like this while I was District 5 engineer a few years back. While I'm still "limited" with computers, I was able to get what I needed from the user-friendly Transportation Data site. This is just a note to say thanks for the good work you do and by Transportation Data and the rest of the Iowa DOT.

To: Bob Clark, District 2 traffic technician
From: Cliff Carey, bus driver, Decorah Community Schools

After reading the completion of your investigation and what your plan of action is, I have to say I am impressed and very pleased with your cooperation and effort to help eliminate, or at least lower, the number of violators at those two bus stops.

I take this opportunity to express my sincere thanks, and I will keep you posted on any changes in the violation numbers. For your information, in the last two weeks, six vehicles have passed (westbound) my bus while the flashing lights and/or the stop sign were deployed. I am confident that after the signs are replaced, and the newspaper ads are published, the violation numbers will decrease, at least I'm hoping for that.

(Editor's note: Mr. Carey's bus route includes two stops on Iowa 9, a three-lane road, where he noticed a significant number of people illegally passing his stopped school bus. He contacted Clark to investigate what could be done to mitigate this activity. Clark investigated and it was decided new "illegal to pass a stopped school bus from either direction" signs were warranted, as well as a news release issued about the situation.

To: Iowa DOT
From: E.A. Williamson

Just want to send a note about our trip through your state. I am from Central Canada and we went down to Kentucky on a trip. I decided to take a different route home to avoid going the same places and so we did not have to go through Chicago. We had not planned on going to your state, and it was just a whim as we really did not know that much about it, but it was a quick choice on the map. It was very pleasant and we enjoyed it very much. I have to comment on your great rest areas, and your informative and knowledgeable people. I am quick to complain, I guess, when things go wrong, so I thought it would be nice for a change to compliment when things went right.

Family happenings, continued from page 7

Gerald L. Lund, 76, of Cedar Falls, died Saturday, March 31, at Allen Hospital, Waterloo, surrounded by his family. Lund was born in Rapid City, S.D., April 27, 1935, to Raymond and Ruby Lund. He married Helen Short on June 17, 1962, in Lincoln, Ill. Lund graduated from South Dakota State College in 1957 in civil engineering. He then spent the next six months in the U.S. Army before being hired by the Iowa DOT. He retired in 2001 as a resident construction engineer after 44 years with the state.

Lund was actively involved in Cedar Falls Church of Christ and Dike Lions Club, and served in various church and community leadership positions and activities.

Survivors include Helen, his wife of 49 years; his children, Ken (Kim) of Maple Grove, Minn., Robyn (Alberto) Rivas of Marshalltown, Karla (Ben) Cachiarias of Fallston, Md., Valarie (David) Peterson of Marshalltown, and Marsha (John) Taplin of Alexandria, Minn.; 14 grandchildren and two brothers.



Quote of the day

Use what talents you possess; the woods will be very silent if no birds sang there except those that sang best."

-Henry van Dyke



Service awards

Information supplied by the Office of Employee Services for May 2012

40 Years

Norma Black, Marshalltown DL station; **Nancy McMenamin**, Construction; **Kenneth Stark**, District 2 Office

35 years

Thad Boyington, Latimer garage; **James Brees**, Marshalltown construction; **Debra Carney**, Driver Services; **Mark Hempte**, Information Technology Division; **Steven Staebler**, Cedar Rapids construction

30 years

Luann Gibson, Finance; **Raymond Halterman**, Maintenance; **Nancy Rasing**, Driver Services; **Shelly Whiteing**, Right of Way

25 years

Mitchell J. Dillavou, Highway Division; **Scott Dockstader**, District 1 Office; **Jolene Druivenga**, Motor Carrier Services; **Daniel Engstrom**, Support Services; **Ronald Gleiser**, Urbana garage; **Michael Kingrey**, Knoxville garage; **Janet Kout-Samson**, Employee Services; **Douglas Kueter**, DeWitt garage; **Robert Smith**, Marshalltown garage; **Cathy Timm-White**, Ames DL station

20 years

Terry Dunlay, District 6 materials; **Mahbub Khoda**, Materials; **Michael Magers**, District 4 materials; **Mark Swenson**, Information Technology Division

15 years

Jeffrey Buchheit, Manchester construction; **Brian Catus**, District 3 Office; **Debra Homewood**, Driver Services; **Lacey Kifer**, Finance; **Christopher Leeman**, Motor Vehicle Enforcement; **Gregory Mowery**, Council Bluffs construction; **Dennis Muggenberg**, Information Technology Division; **Greg Mulder**, District 5 Office; **Matthew Schell**, Information Technology Division; **Brian Squier**, Materials; **Anna Thompson-Schmid**, Spencer DL station

10 years

None

5 years

Kraig Adams, Grimes garage; **Robert Caviness**, Motor Vehicle Enforcement; **Christopher Haynes**, Council Bluffs-north garage; **Justin Mack**, Motor Vehicle Enforcement; **Rick Murray**, Public Affairs; **Rebecca Sawatzky**, Vehicle Services; **Danny Servidio**, Mason City garage; **Kim Siems**, District 2 bridge crew; **David Thompson**, Motor Vehicle Enforcement

Personnel updates

Information supplied by the Office of Employee Services for March 2 to March 29, 2012

New hires

Luann Beckel, program planner 3, Motor Vehicle Division

Promotions

Kristin Brostrom, transportation engineer, from Bridges and Structures to transportation engineer specialist, Location and Environment; **Timothy Ehrich**, from transportation engineer manager, Jefferson construction to transportation engineer administrator, District 5 Office; **Robert Ellis**, from highway technician associate to equipment operator senior, Williams garage; **Glenn Goode**, from motor vehicle officer to motor vehicle sergeant, Motor Vehicle Enforcement; **Kary Green**, from engineering office assistant 1, District 5 maintenance to highway technician, Burlington garage; **Russell Helle**, from highway technician, Dyersville garage to highway technician senior, Manchester construction; **Jason Huddle**, from transportation planner 2, Systems Planning to transportation planner 4, District 5 Office; **John Huff**, from highway technician associate, Cedar Rapids garage to equipment operator senior, District 6 paint crew; **Cody Kerkove**, from information technology specialist 2 to information technology specialist 3, Information Technology Division; **Chad Lohrer**, from materials technician 4, District 6 materials to engineering technician senior, District 6 Office; **Shane Martin**, from highway technician associate, Tipton garage to highway technician senior, District 6 bridge crew; **Mark Murphy**, from planning aide 2 to program planner 1, Transportation Data; **Russell Schmidt**, from highway technician associate, Boone garage to equipment operator senior, Jefferson garage; **Justin Sencer**, from bridge inspector 2 to transportation engineer manager, Bridges and Structures; **Brent Zoch**, from highway technician associate to highway technician, Storm Lake garage

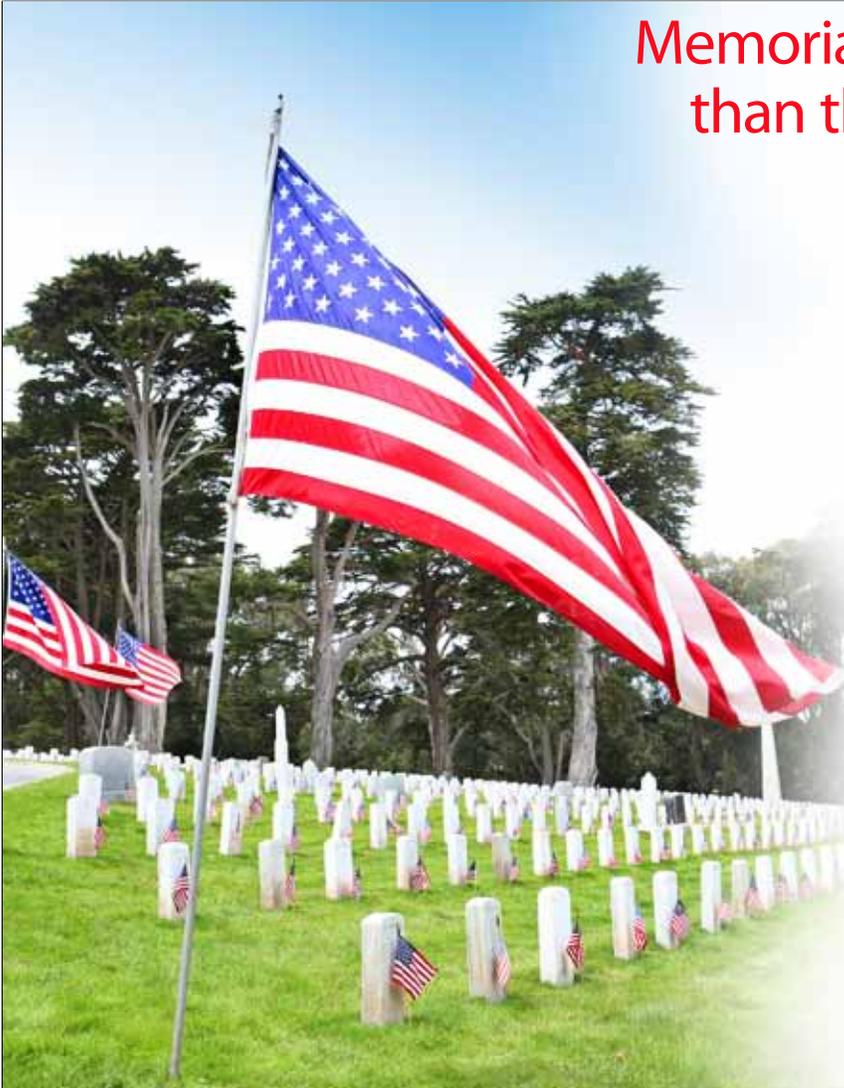
Transfers

John Narigon, transportation engineer specialist, from Traffic and Safety to Design; **Daniel Wickersham**, from highway technician, Sloan garage to equipment operator senior, Onawa garage

Retirements

Daryl Carr, materials technician 4, District 3 materials; **David Finger**, information technology specialist 5, Information Technology Division; **Douglas Glanz**, garage operations assistant, District 6 paint crew; **Roy Heggen**, highway technician associate, Fort Dodge garage

Memorial Day – so much more than the kick-off for summer



The last Monday in May is often spent outside with the barbeque grill blazing. But Memorial Day was always meant to be so much more than the unofficial start to the summer season.

Memorial Day began as an event to honor Union soldiers who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was extended to include all men and women, who died in any war or military action.

Memorial Day was originally known as Decoration Day. The current name did not come into use until after World War II. Decoration Day and then Memorial Day was observed May 30, regardless of the day of the week, on which it fell. In 1968, the Uniform Holidays Bill was passed as part of a move to use federal holidays to create three-day weekends. Since its effective date in 1971, the Memorial Day holiday has been officially observed on the last Monday in May.

The Iowa DOT fully supports the efforts of our military members and encourages all employees to observe a National Moment of Remembrance by pausing for one minute at 3 p.m. May 30 to reflect on the sacrifices made by so many to provide freedom for all.

INSIDE

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

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

Federal and state laws prohibit employment and/or public accommodation discrimination on the basis of age, color, creed, disability, gender identity, national origin, pregnancy, race, religion, sex, sexual orientation or veteran's status. If you believe you have been discriminated against, please contact the Iowa Civil Rights Commission at 800-457-4416 or Iowa Department of Transportation's affirmative action officer. If you need accommodations because of a disability to access the Iowa Department of Transportation's services, contact the agency's affirmative action officer at 800-262-0003.

On the cover: Bikers and walkers enjoy the High Trestle Trail near Madrid.

May I-Spy clue: This design flaw presents a safety hazard for precious cargo.

April I-Spy solution: There is a cone-shaped raindrop in upper corner of the windshield.

49th Annual Iowa DOT Golf Tournament

Saturday, July 7

Location

Indian Creek Country Club, two miles south of Nevada

Time (shotgun starts)

Morning - 8 a.m.
Afternoon - 1:30 p.m.

Entry fee

\$45 per participant includes 18 hole green fee, cart and lunch

Prizes

Flight prizes and skill prizes will be awarded.



Details

The 49th Annual Iowa DOT Golf Tournament is open to all Iowa DOT and FHWA employees, former employees, retirees, family members and guests. Participants may enter as a foursome or as individuals. Groups will be assigned for unmatched participants. Prizes will be awarded based on flights of the four-person best shot scores. Entries will be accepted until June 30 or until tee times are filled.

Entries cannot be accepted over the phone. Fees must be included with entry forms. Checks should be made out to the Indian Creek Country Club. Appropriate golf attire, please. Outside food and beverages are prohibited. Food and beverages are available at the clubhouse.

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Send this entry form and fees to:

Sherry Newsome
Indian Creek Country Club
63012 260th St.
Nevada, IA 50201

Preferred tee time (circle one): 8 a.m. 1:30 p.m.

Participant name (\$45 each golfer)

Total enclosed _____

Contact person's e-mail _____ **Phone** _____