

econnections



August 2009

The electronic newsletter of MoDOT District 4, Kansas City Area

Meetings/Training

Tuesday, August 25

Northland Area Team Meeting
8:30 a.m. to 11:30 a.m.

Wednesday, August 19

District Tracker Meeting
9 a.m. - 2 p.m., Room 136

Thursday, August 20, Room 236

Job Status

Cass/Jackson, 8:30 – 10 a.m.
Interstates, 10 – 11:30 a.m.
Clay/Platte, Noon – 1:30 p.m.
Ray/Johnson/Lafayette/Henry,
1:30 – 3 p.m.

Tuesday, September 1

Jackson/Cass Area Team
8 to 10 a.m., Room 255

Events

Monday, August 17

Ribbon Cutting for SAS Route B over
Knob Creek south of Creighton

Monday, August 24

Ribbon Cutting for SAS Route 2 over
Grand River east of Freeman

Monday, September 7

Labor Day--State Offices Closed

Retirements

Tuesday, August 25

Steve Courtney's Retirement Celebration
1 to 2 p.m., D4 Break Room

Thursday, August 27

Bill Glazier's Retirement Celebration
1 to 3 p.m., Kearney Maint. Bldg.

Thursday, August 27

Greg Chapman's Retirement Celebration
11 a.m. to 1 p.m. Hometown Buffet
8350 N Broadway, KCMO

Kansas City Scout's Incident Management Program is On One Accord

by Gina Myles

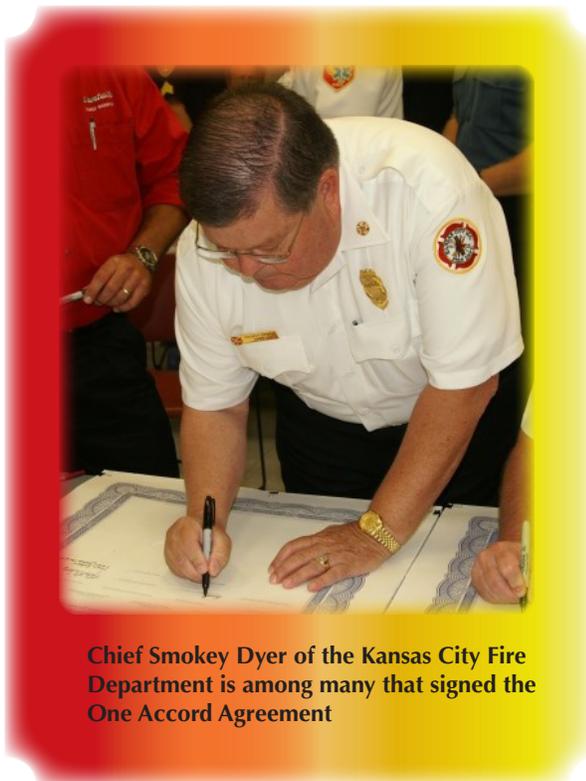
The Kansas and Missouri Departments of Transportation have been working with first responders for more than two years now as a part of Kansas City Scout's Incident Management Program, however, on Thursday July 23, these partnerships became further solidified when more than 50 metro area fire, law enforcement, towing and recovery, media, motorist assist and others signed an updated One Accord Agreement. The agreement is a resolution unifying these agencies with Scout in Traffic Incident Management for the metropolitan Kansas City area. By working together, utilizing the Scout system's network of cameras and message boards, in conjunction with communication and collaboration, the Incident Management Program has been able to cut

two hours off the amount of time vehicles involved in an

accident sit on area freeways. This means you spend less time stuck in traffic.

The Incident Management Program is working so well that Chief Corwin of the Kansas City Police Department honored Kansas City Scout's Motorist Assist and Emergency Response programs on Friday, July 24. Chief Corwin presented a Certificate of Appreciation to Motorist Assist and Emergency Re-

sponse crews for saving KCPD thousands of man hours and keeping area motorists safe. In 2008, the Motorist Assist program responded to 12,141 calls for service that includes handling calls for stranded motorists and removing road obstructions. These items would normally necessitate a



Chief Smokey Dyer of the Kansas City Fire Department is among many that signed the One Accord Agreement

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KC Scout

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police response. KCPD also relies on Motorist Assist to offer traffic control at crash scenes, increasing the safety for emergency responders and motorists involved in the incident.

Leading these efforts is Kansas City Region Incident Coordinator William "Rusty" James. Sergeant Mahoney of KCPD said, "Rusty James has set the current tone of cooperation and helpfulness for which these MODOT crews have become known." You've probably seen Motorist Assist patrolling Kansas City interstates and freeways assisting stranded motorists or perhaps they aided you in your time of need. This program provides an invaluable service to KCPD and to motorists traveling on KC area freeways.



Emergency responders from across the district were present to sign the agreement. Above, Deputy Chief Mike Casey from Overland Park Fire Department adds his name to the list of many.



Thank you, MODOT Motorist Assist and Emergency Response

I gave a Certificate of Appreciation to some folks who have saved police hundreds of thousands of man-hours and kept area drivers safe. You've probably seen them around on area highways, helping motorists stuck in a bind. The responsiveness of the Missouri Department of Transportation's Motorist Assist and Emergency Response crews has been invaluable to KCPD.

Motorist Assist crews routinely handle calls that would otherwise necessitate a police response, such as stranded motorists and road obstructions. Sergeant William Mahoney said officers also rely upon them to assist police and help with traffic control at crash scenes. In 2008 alone, MODOT's Motorist Assist program handled 12,141 calls for service in Kansas City. That's just amazing.

Emergency Response crews have saved the department countless hours by responding to major crash scenes in place of officers. Sergeant Mahoney said they also bring superior lighting and warning equipment to improve the margin of safety at crash scenes. They responded to 1,616 incidents on Kansas City highways last year.

Leading these efforts is Kansas City Region Incident Coordinator William "Rusty" James. Sergeant Mahoney said, "Rusty James has set the current tone of cooperation and helpfulness for which these MODOT crews have become known."

So thank you, MODOT Motorist Assist and Emergency Response Crews. Kansas City highways and the people who drive them are much safer because of the work you do.



Your Health Headquarters

FUN Health Conscious Events:

August 15: A family friendly bike ride at 10:00 am on the Mill Creek Streamway Trail.

August 28: Par 3 Golf Scramble at the Fred Arbanas Golf Course at Longview Lake

September 1: Deadline to sign up for the Corporate Challenge. Please contact Mary Miller or Mark Sommerhauser for more details

The MoDOT Health Challenge Team is sponsoring a tennis “ladder” where employees can challenge each other to a game of tennis after work or over a week-end. The goal is to get some great exercise while having fun. The Health Challenge Team will track the results and keep a “ladder” which will show who the top male and female tennis player for MoDOT is currently.

If you are interested in getting more exercise by playing tennis this summer, then contact Mark Sommerhauser at 622-0685 or by email at karsten.sommerhauser@modot.mo.gov.

Try These Healthy Recipes:

It is that time of year where your garden is overrun with healthy veggies, and many are no stranger to zucchinis. Don't know what to do with them all? Instead of tossing them to the dog for a chew toy or making a mess in the trash, try these healthy recipes to use your supply thanks to *Cooking Light*.

Parmesan Zucchini Sticks with Smoky Roasted Romesco Sauce

Ingredients

Sauce:

- 3 medium red bell peppers
- 2 plum tomatoes, halved lengthwise
- 1/2 cup (1/2-inch) cubed French bread baguette, crusts removed
- 1 1/2 tablespoons smoked almonds
- 1 tablespoon extravirgin olive oil
- 1 tablespoon sherry vinegar or red wine vinegar
- 1/4 teaspoon Spanish smoked paprika
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 1 large garlic clove

Zucchini:

- 3 large zucchini (about 1 1/2 pounds)
- 1 cup dry breadcrumbs

- 1/2 cup panko (Japanese breadcrumbs)
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup egg substitute
- Cooking spray

Preparation

1. Preheat broiler.
2. To prepare sauce, cut bell peppers in half lengthwise; discard seeds and membranes. Place bell pepper halves and tomatoes, skin sides up, on a foil-lined baking sheet; flatten bell peppers with hand. Broil 10 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and coarsely chop, reserving any liquid.
3. Combine bell peppers, reserved liquid, tomatoes, and next 8 ingredients (through garlic) in a blender or food processor; process until smooth.
4. Preheat oven to 400°.
5. To prepare zucchini, cut 1 zucchini in half crosswise; cut each half lengthwise into 8 wedges. Repeat procedure with remaining zucchini. Combine breadcrumbs, panko, cheese, 1/2 teaspoon salt, and black pepper in a shallow dish. Dip zucchini in egg substitute; dredge in breadcrumb mixture. Place zucchini on a wire rack coated with cooking spray. Lightly coat zucchini with cooking spray. Bake at 400° for 25 minutes or until golden brown. Serve immediately with sauce.

Nutritional Information

Calories:170 (30% from fat)
Fat:5.6g (sat 1.3g,mono 2.5g,poly 1.3g)
Protein:8.4g
Carbohydrate:23.4g
Fiber:3.9g
Cholesterol:3mg
Iron:1.9mg
Sodium:434mg
Calcium:107mg

More than 28,000 people attended the Susan G. Komen Race for the Cure on August 9 at Union Station.

Debbie Huffman, Linda Mallot, Dennis Francis, Leann Francis, Susan Nelson, Mary Miller, Chris Redline, Daniel Allred, Amy Nash, Glenda Saunders and Lindsay Vogt participated as MoDOT representatives during this worth while event.



Zucchini-Walnut Loaf

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 large egg whites, at room temperature
- 1 cup sugar or 1/2 cup Splenda Sugar Blend for Baking
- 1/2 cup unsweetened applesauce
- 2 tablespoons canola oil
- 1/4 teaspoon lemon extract (optional)
- 1 cup grated zucchini, lightly packed (about 8 ounces)
- 2 tablespoons chopped walnuts

1. Preheat oven to 350°F. Coat 2 mini 6-by-3-inch loaf pans with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
3. Whisk egg whites, sugar (or Splenda), applesauce, oil and lemon extract (if using) in a medium bowl. Stir in zucchini.
4. Make a well in the dry ingredients; slowly, mix in the zucchini mixture with a rubber spatula. Fold in walnuts. Do not overmix. Transfer the batter to the prepared pans.
5. Bake the loaves until a toothpick comes out almost clean, 40 to 45 minutes. Cool in the pan on a wire rack for about 5 minutes, then turn out onto the rack to cool completely.

NUTRITION INFORMATION: Per slice: 118 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 22 g carbohydrate; 2 g protein; 1 g fiber; 88 mg sodium.

From the District Engineer



Beth Wright,
District Engineer

Dear D4 friends,

We have received the draft numbers for the 2009 Customer Satisfaction Survey and we have reason to celebrate!! Seventy-eight percent (78%) of our citizens are satisfied with the job MoDOT is doing in District 4!! This is up from 65% in 2008. That is a 13% increase, the largest increase in customer satisfaction in the state!

Thanks to everyone for your focus on customer satisfaction. Your hard work has paid off and it required everyone in the district to look for better ways of provide outstanding customer service and satisfaction. We have implemented department and regional WOWs, we have found new ways to communicate with the public through on-line meetings, we have visited festivals and fairs to listen to customer concerns and numerous other items that have made a difference every day. Thanks for the great result! I am proud to work with each and every person in District 4 and I truly appreciate your "One Team MoDOT" efforts!

Take care, work safe and watch out for each other!

Best regards,

Beth

kcICON Project Team Celebrates First Interchange Ramp Opening

Interstate 29/35 Off-ramp to Armour Road Opens 33 Days Ahead of Schedule

by Jennifer Benefield

The kcICON Project design-build team held a grand opening celebration Tuesday, July 28, 2009, at the base of the new Armour Road off-ramp from southbound Interstate 29/35, marking project progress in North Kansas City.

Speakers included North Kansas City Mayor Bill Biggerstaff, Paseo Corridor Constructors Project Manager Bryan Wilkerson, Harrah's Casino General Manager Tom Cook, Chairman of the Missouri Highways and Transportation Commission David Gach, and MoDOT's kcICON Project Director Brian Kidwell. Joe James, President of the North Kansas City Business Council emceed the event.

The project is 51 percent constructed and is on schedule to be completed by July 2011. "As we have been here for the day-to-day construction, with all the closures and openings, we are pleased to be at a mid-point in construction where we get a chance to see the progress," said Assistant North Kansas City Administrator and kcICON Community Advisory Group member Mike Smith. "There is light at the end of the tunnel."



TOP: Pictured from left to right: Brian Kidwell, Bryan Wilkerson, David Gach, Joe James, and Tom Cook.

Looking up the new off-ramp from southbound Interstate 29/35 to Armour Rd. With the traditional cloverleaf design removed, the new configuration features a longer ramp that can accommodate more vehicles and operates more efficiently.



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Construction Bev Chrisco, 6341

Design Flo Noear, 0455

Regional Counsel LeAnn Francis, 6382

Administration Judy Magruder, 6309

General Services Toni Terry, 0056

Human Resources Belinda Fite, 6321

Right of Way Melbra Taylor, 6351

Traffic Melanie Lanigan, 0419

Editor Kerri Lewis, 6328

News from Across the District

Condolences:

Our thoughts and prayers go to the family of MoDOT retiree, Billy Montgomery, on his passing Thursday, July 2. Billy retired as a Senior Construction Inspector at the Truman Road Construction Office and dedicated 37 years of service to MoDOT.

Our thoughts and prayers also go to Dan Hasting, Senior Right of Way Specialist, and his family on the loss of his wife, Janet on July 8.

Our deepest condolences also go out to JoAnn MacKay, I.S. Technician, and her family on the loss of her father Joseph M. Bonomo on Saturday, August 8.

Its Paying Off

by Chris Redline

As many of you know, we have embarked on an education campaign regarding engine idling and the benefits of shutting your vehicle off. We remotely monitor about 30 Heavy Duty trucks. Based on the information pulled from these vehicles, we have reduced engine idling from about 30% of total engine hours in April down to approximately 20 percent of engine hours in June. This may not seem like much, but when taken across our entire Heavy Duty fleet, this amounts to over 800 gallons of diesel saved in just the month of June. That is great news. For folks who drive cars and pickups, it is just as important not to idle gasoline engines.

Every dollar we don't spend on fuel goes to purchase roadway materials, so keep shutting them down when you can. Shutting the engine down also saves wear and tear, associated repair costs, and down time. I believe 20 percent idling is too high and we still have room to reduce and provide more cash to repair more roads. If you have any questions about idling, please contact me, an equipment technician or a equipment technician supervisor. Thanks, keep up the great work, and be safe.

Common Facts about Idling

- An idling diesel engine uses between .5 and .65 gallons per hour
- The newer warranties are based on hours not miles
- Low RPM rates for extended periods of time cause more blow-by, which degrades the engine oil quicker
- Diesel Particulate Filters (DPF) will clog with too much idling and truck performance will be compromised

Common Myths about Idling

- Continually turning a truck off and on harms diesel engines.
- Moving down the road at low RPM's with an engine not heated up to manufacturer recommendations causes harm to the engine.
- It takes more fuel to start a diesel engine than to just let it idle.

From the Director

Dear Team MoDOT:

I am pleased to tell you that insurance costs for active employees and retirees will only increase a very modest 4% in the monthly premiums next year. The Commission's costs have increased dramatically over the last ten years just as the rest of the nation has experienced. In 2000, the Commission's contributions were \$28.3 million and projected to be \$82 million in 2010.

Here's what to expect:

Out-of-Pocket Premium Changes

Employee Category	Current	Effective January 1, 2010
Employee Only	\$11	\$12
EE + Spouse	\$159	\$166
EE + Family	\$180	\$187
EE + 1 Child	\$84	\$88
EE+ 2 Children	\$158	\$164

More good news! There will be no changes to your medical benefits for 2010. The deductibles, co-payments, coinsurance and out-of-pocket maximums will remain the same next year.

The Commission and the MoDOT/MSHP Medical and Life Insurance Plan Board of Trustees have also approved a change in out-of-pocket premiums for those employees enrolled in the "spouse contribution" rate categories effective January 1, 2010. Employees enrolled in these categories also have a spouse who is either a MoDOT or Missouri State Highway Patrol active employee or retiree. While out-of-pocket premiums will now be charged for these categories, the rates will still be substantially less than employees who do not have spouses who are employed or retired from either agency. The two active employee rate categories are provided below.

Employee Category	Current	Effective January 1, 2010
EE + Spouse	\$0	\$24
EE + Family	\$0	\$50

The Commission believes health care is an important employee benefit. This modest increase in premiums allows the Commission to continue to provide a valuable employee benefit while balancing the needs of our transportation system with our operating costs.

You will be getting more information on these changes in the 2010 enrollment information that will be mailed to your home in the next few weeks. In the meantime, if you have any questions, please contact your Employee Benefits representative.

Thanks for all you do!

Pete



Pete Rahn
MoDOT Director



Corporate Ladder

Welcome to District 4

Michael Petro
Traffic Studies Specialist

Charles Street
Maintenance Worker

Promoted

Danny Everts
Maintenance Supervisor

Sherman Hale
Maintenance Crew Leader

Gerald Loges
Intermediate Maintenance Worker

Steven Markham

Intermediate Construction Inspector

Andrew McCauley
Land Surveyor in Training

Michael Scarpitta
Construction Technician

Ismael Sierra
Maintenance Worker

David Winship
Maintenance Worker/Inspector

Jacob Wilson
Intermediate Highway Designer

Retirement

Michael Church
Maintenance Crew Leader

It's Not a HARD Act to Follow D4 Implements New Hard Hat Policy

Act 1: Bob goes out for a field check.

Act 2: Bob puts on his hard hat to minimize injury just in case something happens.

Act 3: A large object is air born and strikes Bob on the head, and although knocked down, Bob only suffers from very minor injuries. The outcome could have been a lot worse.

Okay, so this scenario is basic, but is very true when it comes to protecting yourself. This is the reason that D4 is implementing the Hard Hat Policy. The most common form of head protection is the hard hat. The purpose is to minimize the potential and severity of head injuries to employees by enforcing this policy. The hat protects your head by softening the blow, distributing the shock load over a larger area.

The policy states that head protection shall be worn by all D4 employees that are exposed to possible head injury caused from working on or adjacent to highways, falling or flying objects, strik-

ing against or being struck by tools or equipment, electrical shock or burn, or from moving vehicles or other equipment. Those required to wear the hat include but are not limited to all maintenance, special operation, traffic crews, construction, materials, survey personnel and general services personnel. Those performing a field check will also need to wear the proper attire, which includes a hard hat.

There are exceptions to wearing the hard hat. For example, hard hats must not be worn when the hazard created by wearing them offsets the benefits of protection created by their use. Any possible exceptions to this policy should be immediately directed to the District Safety and Health Manager.

Be responsible. Protect yourself and minimize any risk for severe head trauma. Wear the hard hats as required by the policy. For more information about this and other policies, please visit <http://www.intranet/d4/AdministrativePolicies-Guidelines.htm>.

Mailbag



Thank you MoDOT.

After early morning storms on Friday, July 10, I woke up about 7:15 a.m. to the sound of a chain saw. I looked out the door to find a MoDOT crew out of Odessa cutting up, and cleaning up a very large branch of my tree. A limb from another tree had broken and fallen on the large branch bringing them both down and completely blocking the street.

Not only did the men do a very efficient, professional job, but were also cheerful and polite while doing it. I won't complain about my taxes this year! I appreciate it.

Cheryl Kelly
Higginsville

Mary Etta Rager had called to report a fallen tree near her residence in July. Two days later she called back to thank MoDOT for how quickly we responded. The workers were courteous and cleaned everything up very well. She is very impressed with MoDOT and just wanted to let us know.

Did you know...

- More than 100,000 occupational head injuries are reported each year.
- 84 percent of workers who suffered injuries to the head were not wearing protection, but were injured while performing their normal jobs.
- A single head injury can handicap an employee for life, or can be fatal.
- The first construction site where workers were required to wear a hard hat was in 1933, during construction of the Golden Gate Bridge in San Francisco.
- The first hard hats were made of steel, and around 1938, aluminum replaced steel in hard hats.
- 1940 was the year fiberglass became the material of choice.

Say it Ain't So... It's Time for Ice and Snow?

Training is beginning for the dreaded snow season and cold winter weather. Classes for proper snow removal and safety are booked, and the schedule is:

Harrisonville: August 17 and 18

Nashua: August 19 and 20

Stadium: August 24 and 25

Stadium (Class 2): August 26 and 27

All classes run from 7:30 a.m. to 4 p.m.

WOWs! in the District

Crews have been busy up north. Between Safe & Sound Bridges and maintenance projects, just to name a few, there seems to be no rest for the weary. Of course, this is the case across our district. Here are some of WOWs! that not only kept maintenance crews busy, but also made our customers very, very happy.

To the left, Route H between Route 33 in Liberty to Route 10 near Excelsior Springs received much needed repairs. Crews did a complete Chip Seal during the hot summer months.



A heavily used commuter lot in Liberty received a complete make over. Crews resurfaced the lot creating a nicer place for motorists to use. Even though the lot is heavily used, no complaints were made when motorists were asked to find an alternate location and many have praised MoDOT for the work that was done.

