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June 2006

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# The Iowa County

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<b>Recreation in Iowa Counties</b>	4-5
<b>Capitol Comments</b> <i>John Easter</i>	6
<b>Legal Briefs</b> <i>David Vestal</i>	7
<b>Case Management</b> <i>Linda Kemp</i>	8
<b>Technology Center</b> <i>Tammy Norman &amp; Robin Harlow</i>	9
<b>By the Numbers</b> <i>Jay Syverson</i>	10
<b>Health Check</b> <i>Sandy Longfellow</i>	10
<b>ISAC Brief</b>	11-12
<b>Counties in the Spotlight</b>	13-14
<b>NACo News</b>	15
<b>In Memory</b>	15
<b>Communication</b>	16-17
<b>Miscellaneous</b>	18-19
<b>Calendar of Events</b>	23

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## ISAC's Mission:

To promote effective and responsible county government for the people of Iowa.

## ISAC's Vision:

To be the principal, authoritative source of representation, information and services for and about county government in Iowa.

## Get Out There! *Recreation in Iowa Counties*

Iowa offers countless ways to take advantage of its outdoor beauty. Campgrounds across the state afford relaxing getaways and access to hundreds of miles of hiking and biking trails. Rivers and lakes await you with opportunities for boating and fishing. Whether you prefer to get out your walking stick or your golf clubs, Iowa's counties offer great ways to enjoy the great outdoors.

In the past 50 years, Iowa's 99 county conservation boards have protected more than 160,000 acres at 1,620 sites, delivered hands-on conservation education to thousands of school kids and adults, created and maintained hundreds of public recreation areas, and immeasurably increased local quality of life.

Iowa's county conservation board (CCB) system was created in 1955 when the state legislature authorized county citizens to vote to establish a county conservation board. However, the system's roots date back to at least the 1930s.

Today, each of Iowa's 99 CCBs is governed by a five-member board of citizens appointed by the county board of supervisors. Under the conservation board's direction, counties can acquire, develop and maintain public preserves, parks, museums and recreation areas.

"By their very nature, county conservation boards are local programs," says Don Brazelton, executive director of the Iowa Association of County Conservation Boards. "Each board is governed by local citizens who develop programs and facilities to meet the needs of their citizens and natural resources."

### Trails

The Iowa Trails Council now counts 58 trails in Iowa that are located on former railroad rights-of-way. The total mileage of these Iowa rail trails is just short of 700 miles. Iowa had only three rail trails when the Iowa Trails Council was founded in 1984 - the Heritage Trail, the Cedar Valley Nature Trail and the Cinder Path.

Proclaimed as the Upper Midwest's most scenic all-season trail, the Heritage Trail is maintained by the Dubuque County Conservation Board. The 26-mile trail runs from Dubuque to Dyersville. The Heritage Trail is one of Iowa's first-rate rail trails, making its way through the rugged, forested bluff country of

the Mississippi River valley from Dubuque on into the prairie ridges to the west. This crushed-limestone trail is one of the most popular in Iowa, and a complete network of support services can be found in the towns along the route.

The Cedar Valley Nature Trail is a 52-mile linear trail running from Hiawatha to Evansdale. Five towns along the route provide various services and points of interest. The trail is jointly managed by the Linn and Black Hawk County Conservation Boards. In 1977 several private groups and government agencies worked together to purchase the former Waterloo, Cedar Falls and Northern (WCF & N) railroad corridor. By 1982 the purchase was completed and the Cedar Valley Nature Trail became a reality. The trail originally connected Evansdale and Hiawatha in what was, at the time, the longest trail in the country connecting two metropolitan areas. Today the trail has been extended to connect to trail systems in the greater Cedar Rapids and Waterloo areas. The trail surface is compacted limestone and asphalt. From prairie grasslands to woodlands to scenic stream and river crossings, the trail traverses numerous habitats and provides abundant opportunities to view wildlife and wildflowers and enjoy natural settings.

The Cinder Path Trail runs between Chariton in Lucas County and Humeston in Wayne County. The 13.5-mile limestone trail is Iowa's oldest rails-to-trails conversion trail, having been established by the Lucas County Conservation Board after the route was abandoned by Burlington Northern in 1972. Most of the trail follows the valley of the Chariton River, which provides a densely wooded corridor and lots of shade for bicycling in southern Iowa's hot summers. Near the Chariton end of the trail is Barber Woods, a county nature preserve in the Chariton River lowlands that contains a stand of hickory trees, otherwise rare in the area.

Plans for the 110-mile five-county Central Iowa Loop trail around Des Moines came closer to reality with the awarding of a Recreational Trails grant of \$796,800 by the Iowa Department of Transportation (IDOT) to the Polk County Conservation Board. The IDOT grant will be combined with \$265,000 from the Polk County Conservation Board to make the necessary purchases, most of which have already been agreed upon. The trail will incorporate four separate trails in making its loop around Des Moines: the Chichaqua Valley Trail, the Heart of Iowa Trail, the Neal Smith Trail (Saylorville Trail) and the Four Mile

Creek Trail. Steve Lekwa, Story County Conservation Director, said, "Story County's trails aren't the longest, but the linked trails being developed will be among the longest in the nation." The Central Iowa Loop will also interconnect with the national American Discovery Trail, which will extend from Delaware to California.

### Cabins

As springtime spreads across Iowa, many of us begin to turn our thoughts to the great outdoors. But if you don't want to pitch a tent or pull a camper in order to experience Mother Nature firsthand, consider renting a cabin at one of Iowa's county parks.

Managed by the Marion County Conservation Board, Cordova County Park is just a "stone's throw away" from Lake Red Rock - Iowa's largest body of water - and a short drive southeast of Des Moines. Seven cabins are available for year-round rental. The four original cabins have two bedrooms and sleep seven comfortably. The three newer cabins have three bedrooms and can sleep up to 10 people. These larger cabins offer all the amenities of the smaller ones, but also feature electric fireplaces, a game table, a two-person Jacuzzi-type tub, and even a second-floor deck. Cordova Park is located on the northwest shore of Lake Red Rock with fishing access, boat ramps, a nature trail, butterfly garden and picnic areas. The Cordova Observation Tower is the tallest observation tower in a Midwest park at 106' tall.

Harrison County Conservation offers five cabins at the Willow Lake Recreation Area. This 220-acre multi-use area is located six miles west of Woodbine on Easton Trail. There are two housekeeping cabins located in the pine groves with a great view of the lake. Scotch Pine and White Pine cabins are private, but close enough to each other for use by large families or gatherings. The Scotch Pine cabin has two bedrooms and a sleeping loft for 12 people. The White Pine cabin has two bedrooms with a maximum capacity of eight people. Both cabins have a full bath, full kitchen, living area with TV/VCR/DVD, and a 10' covered deck with a gas grill. Recreational opportunities such as a 27-acre fishing lake with boat ramp access, prairie and woodland trails, campground with electricity and a modern shower house, swimming beach, fishing lake, picnic shelter houses, and a playground are provided at Willow Lake. There is also a Nature Encounter Center with habitat displays and live animals. This park is a convenient get-away in the heart of the Loess Hills.

More than 25 counties offer seasonal and year round cabins for visitors to rent. Visit ISAC's website for a complete listing.

### Golf Courses

The Glynn's Creek Golf Course in Long Grove, owned and operated by the Scott County Conservation Board, is a championship par-72 course. The course was awarded four stars by "Golf Digest's" best places to play and Bestgolfcourses.com ranks the course among the top five public-access/daily-fee courses in Iowa. Glynn's Creek Golf Course is Scott County Park's newest recreational facility and opened in 1991. The course is located just 15 miles north of downtown Davenport within Scott County Park.

Jester Park Golf Course in Granger opened for play on July 4, 1971, under Polk County Conservation Board management. "Golf Digest" rated this course as the 9th best public course in the state for 1996. An 18-hole course and 9-hole par-3 golf course are offered. The Jester Park Learning and Practice Facility is a state-of-the-art complex that exists for those who wish to learn or enhance their golf game. A teaching professional gives lessons and technique consultations to all ages. Over five acres of grass tee area provide plenty of space for hitting at the long range. The course is located just 30 minutes north of downtown Des Moines, contiguous to Jester Park.

Proclaimed as one of Iowa's most challenging golf courses, Briggs Woods Golf Course has been owned and operated by the Hamilton County Conservation Board since 1971. From the first tee to the 18th green, this course stretches 6,500 yards and is a par-72. The course is located two miles south of Webster City.

There are 11 counties with county-run golf courses. Visit ISAC's website for a complete listing.

### Conclusion

"I hate to think of how many natural gems would have been lost without our county conservation system," says Mark Ackelson, Iowa Natural Heritage Foundation president. "How many trails would be unbuilt, public hunting and camping sites unavailable, or scenic vistas unspoiled without their actions? Iowa's CCBs conserve not only our natural resources, but also our quality of life and economic viability."

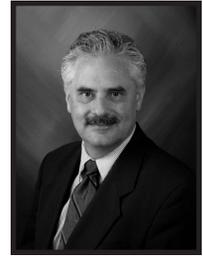
## Thank You to Legislators

The 2006 legislative session was one of the most successful for county officials in recent years. Many proposals by ISAC affiliates were enacted, while a number of other pieces of legislation of concern to county officials were defeated. The leadership of the Senate and House of Representatives should be credited with the pace of the session and the cooperation demonstrated by members of their respective caucuses. The Local Government Committees chaired by Senators Herman Quirnbach (D-Story) and Doug Shull (R-Warren) in the Senate and Representative Jim Van Engelenhoven (R-Marion) in the House were especially productive. Without their dedication to local government, many of the important legislative achievements could not have happened. There are so many issues and lawmakers to recognize, it is not possible to name everyone. However, here are some lawmakers and the notable issues he or she worked on for county officials.

- Rep. Richard Arnold (R-Lucas) - HF 2515-Obstructions in Roadways, HF 2240-Incapacitated Supervisors, HF 2654-Treasurers' Omnibus
- Rep. Danny Carroll (R-Poweshiek) - Human services and mental health issues
- Rep. Betty De Boef (R-Keokuk) - SF 2076 and SF 2377-Manure Management Plans, SF 2319-Litter Fines
- Rep. Jack Drake (R-Pottawattamie) - SF 2076 and SF 2377-Manure Management Plans
- Rep. Jeff Elgin (R-Linn) - HF 2050 and HF 2051-Elections
- Rep. Mary Gaskill (D-Wapello) - HF 2050 and HF 2051-Elections, HF 2654-Treasurers' Omnibus, SF 2264-Recorders/Auditors Technical
- Rep. Polly Granzow (R-Hardin) - SF 2319-Litter Fines, and human services issues
- Rep. David Heaton (R-Henry) - Human services and mental health issues
- Rep. Lisa Heddens (D-Story) - Human services and mental health issues
- Rep. Lance Horbach (R-Tama) - HF 2697-Prisoner Medical Expenses
- Rep. Libby Jacobs (R-Polk) - HF 2050 and HF 2051-Elections
- Rep. Jeff Kaufmann (R-Cedar) - HF 2351-Eminent Domain, HF 2362-Salvage Vehicle Titles
- Rep. Jim Kurtenbach (R-Story) - HF 2777-TIF Certification
- Rep. Jim Lykam (D-Scott) - HF 2362-Salvage Vehicle Titles
- Rep. Dolores Mertz (D-Kossuth) - SF 2076 and SF 2377-Manure Management Plans, SF 2319-Litter Fines
- Rep. Donovan Olson (D-Boone) - HF 2515-Obstructions in Roadways, HF 2240-Incapacitated Supervisors
- Rep. Dawn Pettingill (D-Benton) - SF 2319-Litter Fines
- Rep. Bill Schickel (R-Cerro Gordo) - HF 2515-Obstructions in Roadways, HF 2240-Incapacitated Supervisors, HF 2362-Salvage Vehicle Titles, SF 2264-Recorders/Auditors Technical

**By: John Easter**

ISAC Director of  
Intergovernmental Affairs



- Rep. Don Shoultz (D-Black Hawk) - Property tax issues
- Rep. Mark Smith (D-Marshall) - Human services and mental health issues
- Rep. David Tjepkes (R-Webster) - HF 2177-Subdivision Names, HF 2654-Treasurers' Omnibus
- Sen. Jeff Angelo (R-Union) - SF 2037-Treasurers' Omnibus, SF 2411-Local Government Innovation
- Sen. Joe Bolkcom (D-Johnson) - SF 2319-Litter Fines, and property tax issues
- Sen. Bob Brunkhorst (R-Bremmer) - HF 2351-Eminent Domain
- Sen. Jeff Danielson (D-Black Hawk) - HF 2050 and HF 2051-Elections, HF 2362-Salvage Vehicle Titles, SF 2411-Local Government Innovation
- Sen. Dick Dearden (D-Polk) - HF 2515-Obstructions in Roadways
- Sen. Tom Hancock (D-Dubuque) - SF 2075-Manure Management Plans
- Sen. Jack Hatch (D-Polk) - Human services and mental health issues
- Sen. Hubert Houser (R-Pottawattamie) - SF 2075-Manure Management Plans, SF 2264-Recorders/Auditors Technical
- Sen. David Johnson (R-Osceola) - SF 2076 and SF 2377-Manure Management Plans, SF 2319-Litter Fines
- Sen. Keith Kreiman (D-Davis) - HF 2351-Eminent Domain, SF 2264-Recorders/Auditors Technical
- Sen. Mary Lundby (R-Linn) - HF 2240-Incapacitated Supervisors
- Sen. David Miller (R-Jefferson) - HF 2777-TIF Certification, SF 2351-Eminent Domain, and property tax issues
- Sen. Dave Mulder (R-Sioux) - HF 2177-Subdivision Names
- Sen. John Putney (R-Tama) - HF 2515-Obstructions in Roadways
- Sen. Herman Quirnbach (D-Story) - HF 2777-TIF Certification, SF 2351-Eminent Domain, SF 2411-Local Government Innovation, and property tax issues
- Sen. Roger Stewart (D-Jackson) - HF 2240-Incapacitated Supervisors, SF 2264-Recorders/Auditors Technical
- Sen. Doug Shull (R-Warren) - HF 2654-Treasurers' Omnibus, HF 2713-Construction Bidding Procedures
- Sen. Maggie Tinsman (R-Scott) - Human services and mental health issues
- Sen. Mark Ziemann (R-Allamakee) - HF 2050 and HF 2051-Elections

Legislative caucus meetings are closed to the public. This is often where issues detrimental to local interests are stopped. These votes are every bit as important as votes to pass bills. To all of those representatives and senators who voted in their caucus meetings to reflect the views of county officials – thank you.

## It's Time to Focus On Courthouse Security

### Security is Lacking

Iowa courthouses are more volatile places now than ever before. The final report of the 2005 Iowa State Bar Association committee on courthouse security concluded that Iowa courthouses have an increased potential for violence due to: the expansion of pro se litigation, the increase in domestic violence and domestic relations cases, the growth in juvenile cases, and the influence of meth on drug-related criminal prosecutions.

This January, Iowa Supreme Court Chief Justice Louis Lavarato gave his state of the judiciary speech to the Legislature, and he talked about the need for courthouse security. He said two things that I agree with: 1) security in most courthouses is insufficient; and 2) increasing courthouse security is not just the counties' responsibility - the judiciary and the Legislature have to work with the counties to solve this problem. Lavarato said, "Let's face it: most counties outside of Iowa's urban centers do not have the financial resources to install and staff sophisticated security equipment, retrofit old courthouses, or provide deputies around the clock - nor should counties shoulder this responsibility alone."

The 2005 Bar Association report came with two core recommendations concerning each of Iowa's courthouses: 1) each point of entry should be monitored to prevent the introduction of weapons; and 2) at each courthouse a sheriff's deputy or trained security officer should be present when court is in session.

So the question is, if there is a consensus that courthouse security is lacking around the state, how do we get where we need to be? One option the 2005 committee discussed was having a courthouse inspector, like a jail inspector, who would visit every courthouse and work on improving security. Another option was to have a pot of money and have counties apply for security grants, which would be handed out based on need. Another option would be to say that there are certain lost-cost items that every county should do, such as reinforcing the judge's bench to make it bullet resistant, and those have to be done within a set amount of time.

In the end the 2005 Bar Association committee, which I sat on, recommended none of those things; it just said that the need is pressing, so it is time for the state and the counties to begin fixing this problem. But it did say that this cannot be an unfunded state mandate. Here is what the report said: "The Iowa Legislative and Executive Branches should immediately work with the Judicial Branch to devise ways to fund courthouse security improvements....Making courthouse safety an unfunded state mandate is not an option."

It is time for state and county officials to have a discussion about the need for courthouse security and how much counties are willing to spend, because the Legislature is going to be look-

By: *David Vestal*

ISAC General Counsel



ing to counties to help foot this bill. Counties do have to be part of the solution, which is only fair. Courthouse security is about making the courthouses safe for judges and lawyers. But it is also about making the courthouses safe for the county employees that work there.

Look at the results of the 2005 courthouse survey that was included in the Bar Association report; this survey was completed by clerks of court in each county; some of these answers send up red flags. For instance:

- Is the number of entrance doors in use reduced to the minimum necessary? No - 33%.
- Are public waiting rooms in the courthouse routinely searched? No - 62%.
- Is there a security procedures manual for the courthouse? No - 15%.
- Is responsibility for declaring an emergency clearly fixed? No - 20%.
- Are there procedures for the emergency evacuation of prisoners from the courtroom? No - 44%.

Note that none of these things would necessarily cost the county anything, but they are not getting done. The survey asked, if you have a duress alarm in the courthouse, has it been used during an actual or suspected emergency in the last five years? Thirty-five percent of the counties said yes.

So these emergencies and dangerous situations are occurring. In fact, just a few months ago someone who was acting in a threatening manner was shot and killed by police officers outside the Polk County courthouse. It is not limited to large counties. In 1986, Ralph Davis, a disgruntled resident of Mt. Pleasant, opened fire with a handgun during a city council meeting. Davis killed Mayor Edward King and wounded two council members.

The day may come when someone is killed in an Iowa county courthouse, and then the public is going to begin asking where the county supervisors were and why sufficient security was not in place. Even if that does not happen, the Legislature may eventually decide that if a county does not meet minimal security requirements by a date certain, court will no longer be held there. For these reasons, I do agree with the Chief Justice that it is time for a meaningful discussion about strengthening courthouse security throughout the state.

**Parting Ponderable:** "In the beginning of a change, the patriot is a scarce man, brave, hated, and scorned. When his cause succeeds however, the timid join him, for then it costs nothing to be a patriot." - Mark Twain

# case management

## Coming Soon! A Valuable Resource

In March I had the opportunity to attend a conference in Boston under the direction of the National Association for the Dually Diagnosed (NADD). The “dual” refers to persons with intellectual disability and mental illness. Our citizens with an intellectual disability are not immune or unable to also have co-occurring mental illness. The lack of the ability to communicate truly complicates the diagnostic process and the suffering caused by misunderstood mental illness can be exacerbated by incorrect medications and misguided behavior plans. Case management’s role as an advocate is clearly needed for these individuals. Having a single resource to turn to for insight would be so helpful.

Sorting through the remnants of the interesting sessions I attended in Boston, I decided to share the following information with you because it will give you a heads-up on an important publication scheduled to come in January 2007 that addresses this very real problem for the dually diagnosed. As I paraphrase the information given to us, I have a dictionary close at hand! The conference seemed geared to clinical attendees and contained very interesting but intellectually challenging information. This session was no exception. The presenter at this particular workshop was Robert J. Fletcher, DSW, ACSW, FAAMR, Chief Editor.

The provisional title of the publication is “Diagnostic and Statistical Manual for Intellectual Disabilities (DSM-ID).” “Intellectual disabilities” is the newest preferred designation for persons with mental retardation. The rationale for needing a DSM-ID included recognition of the limitations of the DSM and ICD systems for this population. There is diagnostic overshadowing where, due to an intellectual disability, a mental illness is not recognized. Also, applicability of established diagnostic systems (DSM) is increasingly suspect as the severity of intellectual disabilities increases. The DSM system ignores variations based on developmental age and intelligence; the criteria sets are generic and intended to apply across the developmental course; and the DSM was developed by expert consensus based upon identification of symptoms in typical clients seen in the *general* clinical population.

Adaptation of the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR) will need to include modified criteria where applicable and include issues related to diagnosis in people with an intellectual disability. The volume will be based on expert consensus and evidence-based models. Most of the chapters have been co-authored by a total 45 experts; peer reviews were conducted; and there is an advisory board and an editorial board. The evidence-based model included good systematic review and analysis, randomized controlled study, interventional study,

By: **Linda Kemp**

ISAC Case Management  
Specialist



observational studies and expert opinion. Special issue chapters include an assessment and diagnostic procedure chapter with special consideration for the diagnostic interview, a checklist of historical data, an assessment of medical factors, and behavioral phenotypes. Special issue chapters will include the behavioral phenotype of genetic disorders, including Angelman Syndrome, Cri-du-Chat Syndrome, Down Syndrome, Fetal Alcohol Syndrome, Fragile-X Syndrome, Phenylketonuria, Prader-Willi Syndrome, Rubenstein-Taybi Syndrome, Smith-Magenis Syndrome, Tuberous Sclerosis Complex, Velocardiofacial Syndrome, and Williams Syndrome. This chapter would be such a positive inclusion! Imagine having one resource to go to in order to understand the disorder, the behavior, and the complication of a mental illness. The chapter for special consideration for the diagnostic interview will be so helpful to a clinician unfamiliar with the persons with an intellectual disability. It is a specialty that is just not widely available, yet profoundly important to making the proper diagnosis.

An example was shared for the diagnosis of Obsessive Compulsive Disorder (OCD). A chart shows how the criteria are described in the DSM and there are two additional columns indicating how the criteria are modified for mild to moderate intellectual disability and for severe-profound intellectual disability. Any criteria that requires expression of thoughts or recognition that a behavior is out of the norm would not fit the intellectual disability population due to limited cognition and limited or no communication skills. Some seemingly obsessive behaviors in the intellectual disability population would not be considered OCD. This publication will help the clinician determine whether the illness of OCD is present and thus help guide the possible treatment options.

There are two manuals in development: DSM-ID, a clinical and research diagnostic manual (600-700 pages), and DSM-ID Abridged Version, a quick reference to diagnostic categories and tables of modified criteria (200-300 pages).

This is an historic endeavor and we look forward to final publication. Dr. Fletcher has indicated the publication target date as January 2007 and encouraged us to check the NADD website for updates as 2007 approaches; that site is [www.thenadd.org](http://www.thenadd.org).

I would also encourage you to explore the NADD website for useful additions to your library. It has a wealth of educational and training material. While case managers often turn to the Internet to find information on different syndromes or disabilities as a useful tool, having material in-house is also a good investment.

## HDTVs

**By: Tammy Norman**

ISAC Technology  
Services Coordinator



**Q: Do you have any information on the new HDTVs? I was recently told by a salesperson that my old analog TVs will no longer be able to receive television programs in the near future, is this true?**

A: Here are a few important facts to keep in mind the next time you go out to purchase a new TV. The salesperson was correct in the fact that February 17, 2009, is the date that has been set to no longer allow broadcasts to be analog; instead they must be in a digital format. The good news is that there has been money allocated to subsidize converter boxes that would allow people to view digital broadcasts on an analog TV.

If you decide to go ahead and purchase an HDTV there are a few things to keep in mind. Even though you purchase an HDTV, you may not be able to go home and receive all the television broadcasts in HDTV format. There are a couple of reasons for this. Currently not all television programs are being broadcast in the HDTV format. Secondly, your HDTV may not be an "integrated HDTV." If your TV has a built-in HDTV digital or ATSC tuner, then you will be able to plug it in and receive those broadcasts that are being sent out in an HDTV format. However, if it is "HDTV ready" or "HDTV compatible," you will need to connect a separate tuner or cable/satellite box to view the programs in an HDTV format. If you purchase an HDTV ready or compatible system, but at the moment you do not opt to go out and purchase the tuner, you still are able to benefit from your purchase; regular television shows look better on an HDTV. If you have a DVD player, you will see a major difference viewing a movie on your new HDTV versus your analog TV. To ensure the best picture outside of viewing HDTV broadcasts, you need to purchase a progressive-scan DVD player. Go ahead and spend the money on a wide-screen TV; you will be much happier in the long term. Be cautious of PIP (picture-in-picture); this works well for most people; however, if you receive your programming via a satellite dish or cable box, you may not be able to take advantage of this feature.

**Website Note:** If you have job postings or classified ads that you would like posted on the ISAC or affiliate websites, please submit them to me in an electronic format at [tnorman@iowacounties.org](mailto:tnorman@iowacounties.org). Have a question regarding new technology and would like it addressed in this column? Contact me at 515-244-7181 ext. 315 or via e-mail at [tnorman@iowacounties.org](mailto:tnorman@iowacounties.org). Until next month, keep clicking!

## Putting the Z Into CRM

**By: Robin Harlow**

ISAC Technology  
Project Manager



Imagine going into your local home improvement store. You need to purchase some building materials - bag of cement, lumber and tools. You get your cart and pick up the cement. But before you can get the lumber, you have to wait in line and pay for your bag of cement. You then go and select your lumber, get in line and pay. And finally, you get your tools, stand in line and pay for the tools. I'm thinking about halfway through the lumber line, I've got better things to do with my time and run screaming from the store. As a customer, would I go back to that store?

Successful businesses have been able to develop Customer Relationship Management (CRM) processes that help them build customer-centered business strategies. These processes encourage customer loyalties by studying the customers' interactions, which in turn help the business anticipate and fulfill the customers' needs.

We can easily apply the example above to e-gov websites. We can build an e-gov website and offer online services (cheaper interaction), but if the site is hard or expensive to use, citizens will prefer to visit (expensive interaction) or call (expensive interaction) the county to do their transactions. For e-gov to be truly effective, it needs to be linked at the hip with Citizen Relationship Management (ZRM).

Through today's technology, legacy systems can remain in place but be accessed to help develop interactive screens and processes that anticipate what the citizen may want to accomplish. Are they purchasing tags for a boat trailer? If so, do they want to register the boat at the same time? The benefits of linking the back office systems are numerous. Some examples are: data can be captured once and reused often; applications, filings, payments, or other interactions can be simplified; automatic notification (as exemplified above) can be made of license expirations; quick detection and prevention of identity theft and fraud attempts can be enabled; and correlating different transactions that help identify missing tax revenue.

ZRM holds out the promise of a much more effective, efficient, and simple government at the service of its citizens. There are several projects started to help counties begin the long road of anticipating citizens' needs: define citizen needs; understand counties' capacity to meet these needs; and finally how ISAC, and specifically my position, can assist in making our local government work more efficiently and effectively for our citizens. These projects and discussions will help us set the foundation in place to be able to begin applying technology to better serve the citizen. Next month's topic: "The Cost of Seeing You."

## by the numbers

### Older Iowans

By: Jay Syverson

ISAC Fiscal Analyst



This year the end-of-session negotiations that routinely punctuate the closing days of the Iowa legislative session included a tax cut for Iowa seniors. That spurred me to look into some of the statistics related to the cohort that the Iowa Department of Elder Affairs calls “Older Iowans.”

First, let’s dispel the notion that senior citizens are leaving our state in droves and heading for the sunny climates of Florida and the Southwest. According to the State Data Center of Iowa, 97.3% of Iowans age 65 and over either stayed in their own homes or moved within the state between 1995 and 2000. That percentage is well above the average retention rate of 90.8% for the state as a whole. It is true that from 2000 to 2004, 77 counties have seen a decrease in their over 65 population; but the data seem to indicate that those declines are due more to natural causes, shall we say, and migration within our state rather than migration beyond Iowa’s borders.

As of July 1, 2004, there are about 433,000 Iowans age 65 and over, representing nearly 15% of Iowa’s total population. Both numbers are projected to increase by 50% by the year 2030. According to the Census Bureau, in 24 years there will be 663,000 Iowans age 65 and over, representing over 22% of the population. Iowa currently ranks 5<sup>th</sup> nationally in terms of proportion of population age 65 and over. The four states with higher senior populations are Florida (17.1%), Pennsylvania (15.5%), West Virginia (15.3%) and North Dakota (14.8%). Because women have longer average life spans, a significant majority (59% - nearly enough to pass a bond resolution!) of Iowa’s over 65 population is female; that number jumps to 70% for the over 85 population.

As for individual counties, 22 have senior populations that make up more than 20% of their total populations. Many of those counties are in the western part of Iowa, including Monona and Audubon counties, which lead the way with more than 23% of their populations consisting of seniors. The other end of the spectrum reads like a laundry list of Iowa’s most populous counties; the nine largest counties (each with populations above 80,000) have senior populations less than 15% of their total. Johnson and Dallas counties have the smallest proportion of seniors at 7.8% and 9.3%, respectively. The landscape will change dramatically by 2030, when projections estimate that a whopping 84 counties will have senior populations above 20% of their total. On an interesting note, the town of Beaconsfield (in Ringgold County), which the Iowa League of Cities lists as the smallest town in Iowa, has a senior population of more than 90%; as of 2000, 10 of its 11 residents were age 65 and over.

## health check

### Women’s Health Risks

By: Sandy Longfellow

ISAC Administrative Assistant



While looking at the Mayo Clinic website, I found some information on the top causes of death in women in the United States. Most of the time I try to dwell on the positive, but by looking at the risks we can make positive changes. Here is the list in order of greatest risk for women: 1) heart disease; 2) cancer; 3) stroke; 4) chronic obstructive pulmonary disease; 5) Alzheimer’s disease; 6) diabetes; 7) accidents; 8) pneumonia and influenza.

My first surprise was that heart disease was a higher risk than cancer. Part of the reason for that is the publicity breast cancer gets. In fact, heart disease is responsible for more deaths in women than all forms of cancer combined. The common belief that heart disease affects mostly men is a dangerous myth.

Secondly, the preventative steps for these ailments are amazingly similar. One of the most important is getting regular preventative screenings. This would include blood pressure checks, cholesterol checks and blood sugar checks periodically. Yearly physicals and regular mammograms are also essential.

Another preventative step is not to smoke. This is crucial in the risk factors for heart disease, cancer, stroke and pulmonary diseases. Because pneumonia and influenza affect the lungs, smoking increases the danger of these as well.

Exercise has to be one of the more important preventative actions a person can take for any of these risk factors. Exercise helps us to keep our weight at a good level and it strengthens our bodies. Exercise helps our heart, removes stress, and strengthens our lungs.

Some other common-sense steps can help the accident risk. Motor vehicle accidents were responsible for more than a third of all accidental deaths in women. Pay attention to wearing your seat belt, keep within the speed limit, don’t drive while sleepy or under the influence of alcohol, and don’t talk on your cell phone while driving. For that matter, don’t eat, put on make up, read a book or engage in other activities that you wouldn’t usually relate to doing while driving.

The bottom line is to be concerned about health risks but don’t panic. Do whatever you can do to lead a healthy lifestyle, including eating healthy foods, staying physically active, getting regular checkups and paying attention to your environment. Such measures can reduce your risk factors and help you lead a long and healthy life.

## Happy Birthday ISAC

By: **Jerri Noboa**

ISAC Meetings Administrator



This year ISAC celebrates its 35th birthday. On June 30, 1971, SF 37 was signed by Governor Robert D. Ray establishing in the Code of Iowa the Iowa State Association of Counties.

The road to what is now ISAC has come a long way. In 1988 I started compiling the history of ISAC from old ledgers, meeting minutes and handwritten notes. In a 1932 ledger I found that on February 11 the first official meeting of the 5<sup>th</sup> District County Officers Association was held in Keosauqua. At this point only the Iowa County Engineers Association, Iowa State Association of County Supervisors and the Iowa State Association of County Auditors were considered members. They scheduled quarterly meetings in February, May, August and November. Their first meeting included discussion of maintenance contract on roads, tax problems for supervisors, the economy and recommendation of certain modifications to the Bergman Road Law.

Shades of the Depression seemed to hang over the group at its August 1932 meeting as the agenda included supervision of county road-workers and whether they put in a full day's work; elimination of township trustees; a 10% reduction of salaries of all public employees, from township trustees to the Governor; recommendation that counties buy in larger quantities with supervisors as the purchasing agents; a two-year moratorium on the purchase of new machinery; re-districting of the state into 50 counties; abolishment of primary law and returning the state to the convention and caucus system; removal of the assessor's office (giving the work to the county auditor); reduction of the number of official papers; and elimination of publishing the proceedings of the board of supervisors.

At the February 1933 meeting the officers opposed full-time supervisors and discussed changing the name of supervisors to commissioners. They also discussed making county engineer appointments optional and establishing more business experience and minimum qualifications for engineers; clarified the duties of county officials; and talked about hiring a business manager for counties. It was at this time that a publication called *The Iowa County Officer* was presented to the members with a subscription price of \$1.00.

In the 1934 meetings, members expressed concern that county government might be abolished by the Legislature if there was no "air-tight organization for the things we believe in," so discussion of an Iowa State Association of Counties Officers is noted.

In 1935 the *Iowa County Officer* reported on the national meeting of county officers in Chicago. At that year's meeting

much discussion hinged around the use of Work Projects Administration (WPA) help and its conflict with the Bergman Road Law in Iowa. About this time women were given more freedom and privileges, and Rachel Wormhoundt, Henry County Recorder, served as chair of the programming committee.

The minutes from 1968 show that the Utah County Association Constitution and By-Laws would be used as a model for an association and this is when I find the first mention they were working to legalize ISAC.

At the October 1970 Fall School changes in the Articles of Incorporation were brought before the full membership to legalize the Iowa State Association of Counties. At this time the affiliate members were Iowa County Engineers Association, Iowa State Association of County Supervisors, Iowa State Association of County Auditors, Iowa State County Treasurers Association, Iowa County Recorders Association, Iowa State Association of Assessors, County Clerks of Court Association, Home Stewards & Matrons Association (later to become county care facilities), and Unintegrated County Relief Directors Association (later to become the Iowa County Community Services Association).

In August 1971 ISAC put out an ad seeking an executive director whose responsibilities were to direct and set up an organization that would meet the needs of the counties. In October the board appointed Donald Cleveland to the post of executive director-secretary. ISAC set up its first office at East 5<sup>th</sup> Street in Des Moines and hired a secretary to assist Cleveland. Also in this year, the Iowa State Sheriffs and Deputies Association became an ISAC affiliate. In 1974 the Iowa County Attorneys Association was approved as an ISAC affiliate.

John Torbert took over as executive director in 1981 and there were 11 employees. The ISAC office was located at East 4<sup>th</sup> Street in Des Moines. In 1987 the Civil Defense Directors changed its name to Iowa Emergency Management Directors Association and the County Conservation Directors Association of Iowa became an ISAC affiliate. In 1989 the Environmental Health Workers became an affiliate.

Paul Coates became executive director in 1987 with a total of 14 employees. In 1991 the County Public Health Nurses Association became an affiliate and the Environmental Health Workers changed their name to Iowa Environmental Health Specialists. In 1993 the Unintegrated County Relief Directors Association changed its name to Iowa County Community Services Association.

The current ISAC executive director, William Peterson, has held the position since 1994 and we currently have 18 employees. Since Peterson became executive director the County Zoning Officials became an affiliate in 2001 and the Iowa Counties Information Technology Organization joined in 2002. ISAC now has a total of 15 affiliates. ISAC moved to its current office location at SW 7<sup>th</sup> Street in Des Moines in 2002.

I did a little research as to what was going on in the world 35 years ago: Walt Disney World opened; the first e-mail was sent; the Pittsburg Pirates won the World Series; "The Sonny and Cher Comedy Hour" and "All in the Family" premiered; and the price of gas was \$0.36/gallon!

## Reflections of an Intern

By: **John Harrenstein**

2006 ISAC Legislative Intern



After the last day of the legislative session I returned to the Statehouse to collect a few items. On my way out of the Law Library I stopped to say goodbye to one of the librarians. Our conversation meandered to a discussion of the number of bills that had been filed during the session. She quickly pointed out to me the difference between a copy of the Acts passed in 1934 compared to a more recent year; the difference in size was considerable. A quick glance revealed that much more legislation is making its way through the Iowa General Assembly now than in 1934.

This observation led me to ask the question, "Is Iowa attempting to simply legislate its problems away?" Approximately 1,941 bills, study bills and resolutions were filed this year during the legislative session. Of course, not all proposed bills were passed: some were duplicates; and who knows how some of the others made it into the mix. However, typically a law is not introduced unless someone has an interest in it becoming a reality.

Does the volume of these interests distract legislators from concentrating on greater issues? Perhaps if comprehensive language was drafted aimed toward solving the big problems, the smaller issues contained in some 1,941 proposed bills would find their solutions before state action is needed or proposed.

Critics may state that the Iowa of 1934 was a simpler place than the Iowa of 2006. The complexities of what government is now asked to do by its citizens have increased, as has the number of issues facing our state. Today the state bureaucracy is larger, and as technology advances so must state government to maintain services.

Legislators also have larger staff resources to draw from than in 1934. It could be argued that with their new resources, legislators have simply become more efficient and are able to focus on many issues rather than just a few. However, as one lobbyist pointed out to me, "The Code is so large right now a lot of time is spent just clarifying or adjusting it rather than addressing the bigger problems."

So, what is the answer? Specifically, what role do counties play in my contention that too many laws are being passed? Because counties are a level of government, much of their legislation will by nature focus on adjusting existing laws to fit the changing demands of their constituencies. However, counties also should play a role in the larger issues. Innovation at the local level aimed at solving the large issues facing Iowa is a must. Hopefully, the results of this innovation will reduce the number of laws proposed by satisfying the concerns of dif-

ferent groups before they even consider a legislative solution. It then becomes the responsibility of the legislators to give local officials the flexibility to be innovative. It was once said that with faith the size of a mustard seed, one could move mountains. Perhaps some of the mountains facing the state of Iowa could be addressed with faith in county officials.

*John Harrenstein served as legislative intern for ISAC during the 2006 Legislative Session. A recent graduate of UNI, he will begin graduate studies at the University of Kansas in June.*

## New Regulations May Affect Commercial Septic Pumper Inspections

In 2005 the Iowa Legislature passed HF 834, a bill relating to the inspection of commercial septic tank pumpers. A feeling that new regulations were needed regarding the land application of human septage provided much of the energy behind this bill. This year the Department of Natural Resources (DNR) drafted rules and regulations regarding these issues. Counties are expected to play a role in the inspection process. The proposed rules are now before the legislative Administrative Rules Review Committee.

HF 834 gives the DNR exclusive responsibility for adopting standards and issuing licenses for commercial septic tank pumpers. However, a county board of health shall enforce the standards and licensing requirements established by the DNR. How will counties complete this new requirement?

The answer may be in the form of two new funds created by HF 834 and a contracting procedure set up by the DNR. A septic management fund and a toilet unit fund were created in HF 834. These funds will be filled with annual license and renewal fees paid by commercial septic pumpers. A rough estimate by the DNR anticipates \$80,000 - \$90,000 will be deposited into these two funds annually.

The intent is to distribute the funds to counties by contracting with a county board of health. While no contracts have been drafted yet, the contract will give authority for inspecting land application sites, records and equipment. The contract will also identify the amount of money counties will be given for performing each inspection.

With only 221 commercial septic pumpers in the state, not all counties may be approached to enter into contracts. If a county chooses not to enter into the contract with the DNR, an adjoining county may be asked to perform the inspections. While the new rules have not yet been approved by the Administrative Rules Review Committee, action is likely to occur throughout the summer.

## Rural County Engineer of the Year

Royce J. Fichtner, Marshall County Engineer, has been selected as the 2005 Rural County Engineer of the Year by the National Association of County Engineers (NACE).

In receiving this award, his citation read "for the application of efficient engineering management principles and standards of economic design, construction, maintenance and operations of public works facilities." Fichtner has worked in Iowa counties for over 38 years, serving in his current position since 1978. He has been a member of NACE since 1972, serving on the board of directors as NACE's south central vice-president, secretary-treasurer, president-elect and as the NACE president in 2003-2004.



From left to right: Royce Fichtner, NACE 2005 Rural County Engineer of the Year; Randy Cole, President of NACE; and Joe Ruffer, NACE 2005 Urban County Engineer of the Year.

## Tighter Security

Dubuque County will implement a tighter security plan for the courthouse starting July 1 that includes a card-reader system for courthouse employees and metal detectors for court visitors. Only those with privileged access will be able to enter judges' chambers, where additional card-reader systems will be installed. The security measures echo the recommendations made late last year by the Iowa State Bar Association Courthouse Security Task Force. The security project has been paid for in large part by an approximately \$114,000 federal grant. (Taken from the *Telegraph Herald*, March 31)

## County Attorney Honored

Victims of some of Iowa's most notorious crimes honored Johnson County Attorney J. Patrick White as a compassionate law enforcement official and pioneer in establishing victim rights laws in Iowa. On April 24 the Johnson County Crime Victim Advisory Board recognized White, who is retiring January 1 after six terms in office, as part of its kickoff of National Crime Victims Rights Week. White is credited as the driving force behind such victims rights provisions as mandatory restitution in homicide cases, victim impact statements and growing use of victim witness coordinators. White was the prosecutor in the case of Jetseta Gage, a 10 year-old raped and murdered by Roger Paul Bentley last year in rural Johnson County. Jetseta's mother, Trena, said, "It takes a unique person like Pat White to try the cases he does. He goes the extra mile to understand the impact of a crime on a victim." She said for a year leading up to Bentley's trial, White kept a photograph of Jetseta on his desk and to this day makes himself available to the family. (Taken from the *Iowa City Press Citizen*, April 25)

## Top Counties in Iowa

Six counties in Iowa made the list of the top 200 counties in the nation to live, named by 'Progressive Farmer' magazine. Bremer County ranks 57th, Guthrie County 62<sup>nd</sup>, Grundy County 65<sup>th</sup>, Dickinson County 80<sup>th</sup>, Madison County 109<sup>th</sup> and Dallas County 193<sup>rd</sup>. The magazine compiled statistics on cost of living, crime rates, air quality, access to health care, education and leisure activities. (Taken from the *Stuart Herald*, March 30)

## Population Trends

Dallas County is still the fastest-growing county in Iowa, according to estimates released by the U.S. Census Bureau. Dallas County grew by 4.7% from July 1, 2004 to July 1, 2005. Trends for local counties show generally stable population figures, though estimates are down somewhat. Overall, Iowa's population has grown by 1.4% since the 2000 census to 2,966,334 people. Thirty-five counties have gained population since 2000 and 64 counties have lost residents. The 10 fastest growing counties in the last five years are metropolitan counties. Slightly more than half of Iowa's residents, 51%, live in just 12 counties, all of them in metropolitan areas except for Cerro Gordo County. (Taken from the *Shell Rock Valley Times*, March 23)

## Community Trustee of the Year

The Leadership for Five Seasons recently named Lu Barron, Vice Chair of the Linn County Board of Supervisors, the 2006 Community Trustee of the Year. A Community Trustee is a Leadership for Five Seasons graduate who represents the general public, acts with genuine care and competence to serve and lead the community, and is a person actively committed to hold the community in trust, to both serve and lead it.

Leadership for Five Seasons is a program sponsored by the Cedar Rapids Area Chamber of Commerce and designed to prepare emerging and existing leaders in the Cedar Rapids area to be community trustees. The goal of the program is to supply the community with informed, skilled leaders willing to serve as active volunteers.

# counties in the spotlight

## County Fairs in Iowa

### June

7-11 - Linn County, Hawkeye Downs Fair, Cedar Rapids  
14-18 - Wapello County Regional Fair, Eldon  
16-18 - Allamakee County, Big Four Fair, Postville  
20-25 - Mighty Howard County Fair, Cresco  
21-25 - Butler County Fair, Allison  
21-25 - Worth County Fair, Northwood

### July

4-8 - Winneshiek County Fair, Decorah  
5-9 - Lee County Fair, Donnellson  
5-10 - Calhoun County Expo, Rockwell City  
5-10 - Greater Jefferson County Fair, Fairfield  
6-9 - Cherokee County Fair, Cherokee  
6-11 - Wright County District Junior Fair, Eagle Grove  
7-13 - Linn County Fair, Central City  
9-17 - Shelby County Fair, Harlan  
10-15 - Henry County Fair, Mount Pleasant  
10-15 - Marshall - Central Iowa Fair, Marshalltown  
10-16 - Delaware County 4-H & FFA Fair, Manchester  
11-15 - Chickasaw 4-H Achievement Show, Nashua  
11-16 - Keokuk County Expo, Sigourney  
11-17 - Greene County Fair, Jefferson  
12-16 - Bigger and Better Allamakee County Fair, Waukon  
12-16 - Cedar County Fair, Tipton  
12-16 - Davis County Fair, Bloomfield  
12-16 - Franklin County Fair, Hampton  
12-16 - Mitchell County Fair, Osage  
12-16 - Monona County Fair, Onawa  
12-17 - Ringgold County Fair, Mount Ayr  
12-17 - Van Buren County Fair, Keosauqua  
12-17 - Webster County Fair, Fort Dodge  
13-16 - Dallas County Fair, Adel  
13-16 - Iowa County Fair, Marengo  
13-16 - Taylor County Fair, Bedford  
13-16 - Wapello County 4-H Expo, Ottumwa  
13-16 - Winnebago County Fair, Thompson  
13-17 - Pocahontas County Fair, Pocahontas  
14-16 - Keokuk County Fair, What Cheer  
14-20 - Jasper County Fair, Colfax  
14-20 - Marion County Fair, Knoxville  
15 & 17-20 - Sioux County Youth Fair, Sioux Center  
15 & 19-24 - Poweshiek County Fair, Grinnell  
15-20 - Adams County 4-H & Youth Fair, Corning  
16-21 - Washington County Fair, Washington  
17-22 - Appanoose County Fair, Centerville  
17-23 - Grundy County Fair, Grundy Center  
18-23 - Harrison County Fair, Missouri Valley  
18-23 - Ida County Fair, Ida Grove  
18-23 - Tama County Fair, Gladbrook  
19-23 - Benton County Fair, Vinton  
19-23 - Boone County Fair, Boone  
19-23 - Buchanan County Fair, Independence  
19-23 - Crawford County Fair, Denison  
19-23 - Floyd County Ag. & Industry Days, Charles City

19-23 - Hardin County Fair, Eldora  
19-23 - Great Jones County Fair, Monticello  
19-23 - Madison County Livestock Fair, Winterset  
19-23 - Montgomery County Fair, Red Oak  
19-23 - Muscatine County Fair, West Liberty  
19-24 - Carroll County Fair, Coon Rapids  
19-24 - Decatur County 4-H & FFA Fair, Leon  
19-24 - Hancock County Fair, Britt  
19-24 - Polk County 4-H & FFA Fair, Des Moines  
19-24 - Pottawattamie County Fair, Avoca  
20-23 - Buena Vista County Fair, Alta  
20-23 - Clinton County 4-H Club Show, DeWitt  
20-24 - Clarke County 4-H Fair, Osceola  
20-24 - Fremont County Fair, Sidney  
20-24 - Monroe County 4-H & FFA Fair, Albia  
20-25 - Humboldt County Fair, Humboldt  
21-24 - Palo Alto County 4-H Fair, Emmetsburg  
21-26 - Story County 4-H Fair, Nevada  
22-26 - Mills County Fair, Malvern  
22-27 - Union County Fair, Afton  
22-27 - O'Brien County Fair, Primghar  
24-27 - Johnson County 4-H & FFA Fair, Iowa City  
24-27 - Lyon County Fair, Rock Rapids  
24-29 - Louisa County Fair, Columbus Junction  
25-29 - Fayette County Fair, West Union  
25-30 - Dubuque County Fair, Dubuque  
25-30 - Hamilton County Fair, Webster City  
25-30 - Mahaska County, Southern Iowa Fair, Oskaloosa  
25-30 - Page County Fair, Clarinda  
25-31 - Wayne County Fair, Corydon  
26-30 - Adair County Fair, Greenfield  
26-30 - Black Hawk County 4-H & FFA Fair, Waterloo  
26-30 - Cerro Gordo County, North Iowa Fair, Mason City  
26-30 - Jackson County Fair, Maquoketa  
26-30 - Plymouth County Fair, Le Mars  
26-31 - Audubon County Fair, Audubon  
26-31 - Pottawattamie County, WestFair, Council Bluffs  
26-31 - Warren County Fair, Indianola  
26-Aug. 1 - Des Moines County Fair, Burlington  
27-29 - Osceola County Livestock Show, Sibley  
27-30 - Sac County Fair, Sac City  
29-Aug. 3 - Lucas County 4-H Achievement Show, Chariton  
29-Aug. 4 - Cass County Fair, Atlantic  
30-Aug. 3 - Dickinson County Fair, Spirit Lake

### August

1-6 - Bremer County Fair, Waverly  
1-6 - Scott County, Mississippi Valley Fair, Davenport  
1-7 - Clayton County Fair, National  
2-6 - Kossuth County Fair, Algona  
2-6 - Woodbury County Fair, Moville  
10-13 - Cherokee County, Marcus Community Fair, Marcus  
31-Sept. 4 - Chickasaw County Big Four Fair, Nashua  
31-Sept. 4 - Guthrie County Fair, Guthrie Center

### September

9-17 - Clay County Fair, Spencer

## Will County Employees Be Financially Ready to Retire?

By: Lisa Cole, NACo Enterprise Services Director

The answer to this question has three possibilities: yes, probably and maybe. A study released this month by the Nationwide Retirement Education Institute (REI) examines how county employees are preparing financially for their retirement. In *Trends in Public Sector Retirement Plans*, the institute notes that historically most county employees have relied on employer-funded benefits for most, if not all, of their retirement income.

This mindset is changing given several factors that include the increasing costs of health care and younger ages at retirement, combined with longer life expectancies and lifestyle expectations. In addition, potential changes to Social Security, Medicare and pension benefits also cause uncertainties.

To help deal with these issues, the *Trends* report notes that employers are focusing on increasing employee plan participation in voluntary supplemental plans, like a Section 457 Deferred Compensation program, by simplifying the enrollment and investment selection process. In addition, both public- and private-sector employers are interested in helping their employees manage their assets and income streams through their retirements.

The *Trends* report updates a 2004 study called *America's Retirement Voice*. The positive trends include:

- an increase in the number of public sector employees participating in their employer's deferred compensation plan from 30% in 2003 to 34% in 2005;
- average account balances increased 12% and annual deferrals by 8%;
- the difference between the average public and private sector deferral is narrowing;
- improvements in investment diversification are dramatic as the percentage of participants investing in three or more asset classes has increased from 19% in 2000 to 39% in 2005; and
- although public sector employees lean towards more conservative investments, the use of asset allocation funds is significantly increasing; this is particularly true among younger participants (ages 18 to 35) since three in 10 invest in a lifestyle or lifecycle fund as their single investment choice, up from one in 10 in 2003.

The Institute notes that while public employees are making progress with their savings, there are still concerns about retirement readiness. Even though the participation rates have increased in the last two years, more than 65% of employees are not taking advantage of supplemental retirement savings through a 457 plan.

## NACo Golf Fundraiser

The Women of NACo (WON) invite you to a golf outing/fundraiser, prior to the NACo Annual Conference, on August 3. The outing will be held at the George W. Dunne National Golf Course in Oak Forest, IL. The fee to participate is \$75 per person and includes a lunch from 1pm-2pm with golf following. This event is open to all NACo delegates and their guests. For more information contact Christina Crayton at [ccrayton@naco.org](mailto:ccrayton@naco.org) or visit [www.naco.org](http://www.naco.org) to sign-up for this event.

WON's purpose is to improve and enhance the quality and effectiveness of women political leaders in their counties, communities, districts and within NACo by offering a platform to encourage, promote and support elected and appointed officials.

## in memory

### Otto Ewoldt

Former Scott County Supervisor Otto Ewoldt, 72, died April 17 at the Kahl Home for the Aged and Infirm in Davenport. Ewoldt, of LeClaire, was a 15-year member of the board of supervisors and held various elected positions in his community before that. He suffered a debilitating stroke in April 2004 and resigned from the county board about a year later.

In a career that spanned more than 50 years, Ewoldt served on LeClaire's city council and school board, fire department, ambulance service and as curator of the Buffalo Bill Museum. Ewoldt also worked with community organizations, which recently included the Scott County Watershed Cabinet, Generations Area Agency on Aging board of directors and the executive board for the statewide County Rate Information System, a committee of ISAC.

In his professional life, Ewoldt owned and operated Ewoldt's Appliance & TV in LeClaire. Ewoldt and his wife, Delores, were married more than 53 years and raised five children.



# communication

## Making Do With You!

There's an old expression that perhaps you have heard. It goes like this, "Let's make do with what we have." Indeed, life often comes down to "making do" with the current resources that are available. That often includes making do with you. You have been blessed with certain talents, motivation and much potential. You are here for a short while—the average American only lives about 700,000 hours!

What are you doing to enrich your life and the lives of the people with whom your path intersects? Below are some key ideas for you. You can live your life any way you wish, but you can only live it once. Carry on, follow through and it's about making do with you!

**Face reality squarely** - Indeed, there are only three choices in relation to any situation. These choices are live with it (accept it), lobby (work to change it) or leave ("ease on down the road"). There are many, many situations that involve your ability to cope (live with it). If you choose to lobby, do so if you think you can bring about some sort of a positive outcome. If you choose to leave, don't burn bridges (only burn bridges if you are in the demolition business). By facing situations squarely, you choose to happily make do with you.

**Quit worrying so much** - Worry is negative goal setting. When you catch yourself thinking about your thinking, you've got to nix the negativity, the nonsense and the worry. Make this negative self-talk into an ugly-looking, nasty and imagined animal. Set the imagined animal on your shoulder. Proceed to knock it from your shoulder and on to the floor!

Then force your reality to change by substituting uplifting thoughts. Plug in notions of optimism, success and beauty. As Dr. Martin E.P. Seligman said, "Successful people are out of touch with reality in a benign way." It has also been said that your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your destiny. Ultimately, making do with you is about controlling your destiny by controlling your thoughts.

**Put a meaningful "spin" on daily routines** - Bear in mind that each day is not just another day - it's another chance! Make do with small things, buy some flowers, throw confetti, slow dance, slow down, write a love note, make a pizza, eat the cookie dough, get involved, buy those shoes and believe in wrinkle cream. Above all, don't bottle up your passion. Passionate folks (like you), make do and hold the world together.

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## How to Deliver a Superb Presentation

The ability to stand on your feet and deliver a superb presentation is a most desired skill in today's marketplace. This short piece is about the "nuts and bolts" of standing and delivering a presentation that listeners will find both educational and enjoyable.

**Study Your Audience** - Do your homework by asking lots of questions of potential members beforehand. When you speak to people's exact needs, you will succeed.

**Cut The Extraneous** - As you prepare your remarks, focus on the essential. Franklin Roosevelt said, "Be brief, be sincere and be seated." Focus on the major points and follow the "tried and true" formula for giving a good talk - tell them what you are going to tell them, tell them and then tell them what you have told them.

**Inject Passion** - Speech coaches urge presenters to "notch up" their energy level 20%. There are three problems with most presentations; they are boring, boring and boring. Care about your topic and get excited about it - even if it is very dry.

**Tell a Story** - Recently, a luncheon speaker "droned on" about statistics for nearly 20 minutes. Suddenly, he shifted to a story. Listeners sat more upright in their seats and paid attention. A story that is short, positive and has a moral is one of your most powerful teaching tools. A story enables you to amplify, clarify and engage (ACE).

**Use Timely and "Squeaky-Clean" Humor** - Here are some insights in regard to humor. Audience members truly want you to succeed. By injecting humor, you greatly enhance your chances of doing so. Laughter engages the entire body. When people are laughing, they are more apt to remember what you said. You don't have to be a comedian, consider Andy Rooney. His short spots on "Sixty Minutes" are not about uproarious laughter. They make us chuckle/smile and this is just fine.

**Get Visual** - It has been estimated that nearly 70% of all learning is visual! Use slides, props, workbooks, etc. If a picture is worth a thousand words, continuously strive to get more innovative with your visuals.

**End Your Presentation With Pride and Enthusiasm** - As a mentor once said, "Yank 'em in and throw 'em out." She further explained, "Start strong and end strong."

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## Project Update: Online 28E Project

The project to transform Iowa's 28E agreements into a searchable online database is nearing completion. The project has three components: creation of the searchable 28E database accessible from the Secretary of State's website, a survey of all local governments with 28E agreements filed between 1993 and 2004, and several field studies of 28E agreements for different types of government services.

The survey analysis and field studies are now available for public access at <http://www.ucs.iastate.edu/mnet/28e/home.html>. On this site, you can access management reports on:

- economic development,
- emergency management,
- fire services,
- city-school recreation,
- traffic patrol,
- decategorization programs,
- mental health,
- annexations, and
- wastewater treatment.

The searchable 28E database is tentatively scheduled for launch on July 1. As soon as it is available to the public, the 28E research team at ISU will send email notification to ISAC to activate the listservs for various county officials.

"It has been a huge task to convert the paper files to digital, downloadable formats," said professor and co-project leader Kurt Thurmaier, Public Policy & Administration Program at Iowa State University.

"Creating the database so that it can be searched in meaningful ways required many hours of data entry and many more hours of programming computer codes," added Dr. Yu-Che Chen, co-project leader at ISU who was responsible for the database components of the project.

Thurmaier noted that reports are also being prepared on planning, housing, and library services. "These reports are rich with information obtained from interviews with local officials who manage the 28E agreements. We are finding out what makes 28E agreements successful and what pitfalls to avoid." The ISU website provides 5-6 page executive summaries as well as a full report on each public service.

*Questions and comments on the ISU website and the 28E project should be directed to Professor Kurt Thurmaier, 515-294-7207 or [kthur@iastate.edu](mailto:kthur@iastate.edu).*

## An Iowa Success Story ICAP Celebrates 20th Anniversary

In late 1986 (100 years after the state of Iowa joined the United States) four Iowa public entities chose to join a fledgling program designed to offer excellent casualty coverages at stable cost and made possible by Iowa legislation.

The program is the Iowa Communities Assurance Pool (ICAP) and those four entities are the cities of Red Oak, Dubuque and Princeton and the Iowa Municipalities Workers Compensation Association. All four are still ICAP members.

The mid-1980s was a time of drastically increasing insurance premium costs and decreasing coverages - a "hard" market in the insurance vernacular. In some cases, insurance companies were withdrawing from the public entity arena. Iowa city representatives looked to the League of Iowa Municipalities (now the Iowa League of Cities) for assistance. The pooling concept was fairly new; the first public entity pool had been formed in Texas in 1974.

The Iowa Legislature responded to the cities' concerns by passing enabling legislation (Iowa Code §670.7). The insurance industry developed marketing strategies to attack the new organization. Cries that the pooling theory could not work and that ICAP would soon suffer financial difficulties went unheeded by its founding members, and by the end of 1987 twenty-four entities joined their ranks. ICAP grew stronger both financially and in number of members.

At first ICAP was envisioned as a risk-sharing mechanism for Iowa cities. However, in 1987 the ICAP Board of Directors approved membership for Iowa counties. Seven counties joined by the end of that year; today 65 Iowa counties are ICAP members.

During the first 10 years ICAP grew to 247 members and just over \$7 million in member equity. At the end of 2005 520 public entities were members with contributions of well over \$20 million. In addition, more than \$11 million has been returned to long-term members since the surplus distribution program began in 1993.

Since the pool's inception in 1986, over 20,000 claims valued at over \$40 million have been handled. ICAP's members have over \$20 million in assets. ICAP has become what was envisioned in 1986 - a financially stable program designed specifically for Iowa public entities whose members manage its operations via a board of directors elected by the membership.

The ICAP Board closely monitors all of ICAP's administrative services, including marketing, underwriting, loss control and claims, as well as invested assets, to ensure the continued financial integrity of the program and the future protection of its members. The service providers are professionals dedicated to ICAP's success.

ICAP's success can also be attributed to its members, who recognize the benefits of membership and their responsibilities to their organization (for instance, compliance to loss control recommendations). The program is sponsored by both the Iowa League of Cities (since 1986) and ISAC (since 2001).

ICAP's 20th anniversary is an excellent opportunity to again recognize those four entities that entered a "brave new world" in 1986 and all those who followed. ICAP is the largest, most successful public entity risk sharing pool in the state.

### ICAP Historical Highlights

August 1, 1986 - City of Red Oak becomes first member.

June 30, 1987 - Adams County joins as first county member.

1989 - First *ICAP Update* published.

- Contributions surpass \$2 million.

- Law Enforcement Liability and Property Coverages added.

January 1, 1991 - City of Knoxville joins as 100th member.

1993 - First surplus distribution to long-term members.

1997 - ICAP is awarded first Governmental Finance Officers Association Certificate of Achievement for excellence in financial reporting.

- Claims and Loss Control services initiated by Public Entity Risk Services of Iowa.

1998 - ICAP offers first of two three-year liability contribution guarantees.

- Member surplus distribution totals more than \$1 million for the first time.

- The ICAP website unveiled ([www.ICAPIowa.com](http://www.ICAPIowa.com)).

1999 - Membership exceeds 300.

2000 - ICAP adopts new logo.

2001 - Record membership growth in one year (70 new members).

- ICAP website available for online anniversary and mid-term processing.

2002 - Record new contribution growth (over \$2 million new contribution).

2003 - ICAP website available for board election processes.

2004 - Membership exceeds 500 and member hotline initiated.

## Advertisers Index

Aerial Services, Inc.	19
Aero-Metric, Inc.	22
Altorfer & Ziegler CAT	20
Anderson-Bogert Engineers & Surveyors	23
Barker Lemar Engineering Consultants	21
Calhoun-Burns and Associates, Inc.	19
Cost Advisory Services, Inc.	19
French-Reneker-Associates, Inc.	19
Horizons, Inc.	19
IPAIT	2
JEO Consulting Group, Inc.	22
Jerico Services, Inc.	21
Kuehl & Payer, Ltd.	21
Metropolitan State University	16
Ruan Securities Corporation	23
Snyder & Associates	21
Solutions, Inc.	22
The Sidwell Company	24
Trileaf Corporation	22

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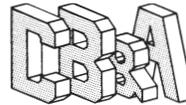
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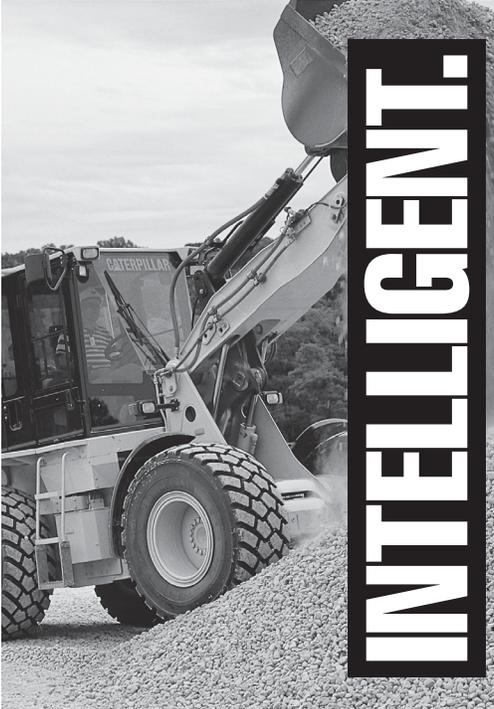
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As our Anniversary draws near, we will provide more detailed information regarding events that we will be sponsoring for our clients. (You can make a suggestion at our corporate website!)

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*Laughing at our mistakes can lengthen our own life. Laughing at someone else's can shorten it.*

- Cullen Hightower

## JUNE

- 6-7 CCMS Supervisors Training  
(Hilton Garden Inn, Des Moines/Urbandale)
- 7 CCMS Board of Directors (ISAC Office)
- 7-8 Performance Measurement Conference  
(Holiday Inn, Mason City)
- 8 District IV Workshop (Harrarh's, Council Bluffs)
- 9 District V Workshop  
(Indian Hills Community College, Ottumwa)
- 12-15 County Attorneys Summer Conference  
(Arnolds Park)
- 13 CRIS Cost Report  
(Kirkwood College, Cedar Rapids)
- 14 District VI Workshop  
(Grand River Center, Dubuque)
- 14-16 Information Technology Annual Conference  
(Mason City)
- 15 CCMS NE Support Group  
(East Bremer Diner, Waverly)
- 15 CRIS Cost Report  
(Hilton Garden Inn, Des Moines/Urbandale)
- 21-23 CCMS Fundamentals  
(Hilton Garden Inn, Des Moines/Urbandale)
- 22 District II Workshop  
(Waldorf College, Forest City)
- 23 District III Workshop  
(Buena Vista University, Storm Lake)

- 28 District I Workshop  
(Holiday Inn Airport, Des Moines)

## JULY

- 3-4 ISAC Office Closed
- 11 CCMS Administrators  
(Hilton Garden Inn, Des Moines/Urbandale)
- 12 Engineers Midyear Conference Golf Outing  
(Coldwater Golf Links, Ames)
- 13 Engineers Midyear Conference  
(Gateway Center, Ames)
- 19 ISAC Scholarship Golf Fundraiser  
(Jester Park Golf Course, Granger)
- 20 ISAC Board of Directors  
(Hilton Garden Inn, Des Moines/Urbandale)
- 25-28 Auditors Conference  
(Stoney Creek Inn, Johnston)

## AUGUST

- 2 CRIS Board (ISAC Office)
- 2-4 Recorders Conference  
(Arrowwood Resort, Okoboji)
- 3-4 Supervisors Executive Board (Burlington)
- 4-8 NACo Annual Conference (Chicago, IL)
- 9-11 CCMS Annual Conference  
(Sheraton, West Des Moines)

Please visit ISAC's online calendar of events at [www.iowacounties.org](http://www.iowacounties.org) and click on 'Upcoming Events.' A listing of all the meetings scheduled thus far in 2006, agendas and meeting notices can be found on ISAC's website. A majority of ISAC's meetings offer online registration. If you have any questions about the meetings listed above, please contact Jerri Noboa at (515) 244-7181 or [jnoboia@iowacounties.org](mailto:jnoboia@iowacounties.org).

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