Valley Freeway Projects Making Progress

Various freeway projects around the Valley continue to roll forward. The Loop 101 Widening from I-17 to Princess Drive/ Pima Road has moved up its scheduled completion from fall of 2021 to sometime mid-year.

Another Loop 101 widening project, from I-17 west to 75th Avenue, is in the study process.

The I-10 Broadway Curve Improvement Project, which will widen the freeway between Interstate 17 and Ray Road, along with other improvements, is scheduled to start in the fall.

The Arizona Department of Transportation will conduct a user feedback campaign to solicit input on traffic impacts once the project gets underway.

(Source)
Managing time is really quite simple.

As we look back at 2020, we may think it was the longest year ever, or it may seem like it flew by in a flash. No matter which side you’re on, time matters. Many children think time passes so slowly when they’re waiting for a birthday, event, or surprise, and most seniors think that time has flown by so quickly they can hardly keep up with birthdays or family events.

Time is time.

Most people want to manage time, as if it were a tangible element that we could control with a word or action. We want to whip our calendars into shape, keep on track, and stay ahead of our “to do” list. We even gather famous quotes and pin them up so we’re constantly reminded about how to manage time better:

1. Either you run the day, or the day runs you. Jim Rohn
2. Your time is limited, so don’t waste it living someone else’s life. Steve Jobs
3. Change your 24 hours and you will change your life. Eric Thomas
4. They always say time changes things, but you actually have to change them yourself. Andy Warhol
5. All we have to decide is what to do with the time that is given us. J. R. R. Tolkien
6. The time for action is now. It’s never too late to do something. Antoine de Saint-Exupery
7. We must use time as a tool, not as a crutch. John F. Kennedy
8. If we take care of the moments, the years will take care of themselves. Maria Edgeworth
9. Yesterday’s the past, tomorrow’s the future, but today is a gift. That’s why it’s called the present. Bil Keane
10. The common man is not concerned about the passage of time, the man of talent is driven by it. Shoppenhauer
11. There are two days in my calendar: This day and that Day. Martin Luther
DBE NEWSLETTER
Thursday | January 21, 2021

Breaking News! Secrets of Time Management Revealed! (Cont’d)

Yes, time matters. Instead of trying to wrangle our calendars, consider three concepts to help you manage time with a fresh perspective.

1. **Be reasonable with what you can do in a given minute, hour or day.** Keep track of how long it takes you to do routine tasks, so you’re not surprised when you feel like you haven’t accomplished what you wanted at the end of the day. Perhaps you’ve underestimated how long it takes to accomplish even the simplest tasks. For example, does a “quick five minute phone call” really take only five minutes? Or do you find yourself waiting, explaining, listening, discussing, and finally completing the call in 15 minutes, or even longer? When you track time, you’ll see how long tasks actually take.

2. **Accept interruptions as opportunities to learn something new.** Flip the switch and don’t look at interruptions as time wasters. When someone stops by and you have an impromptu conversation, look for the new insights you gain and the opportunity to learn more about your colleague, vendor or client. Not everyone works on your schedule, and sometimes the serendipitous moment is just right to solve a problem, brainstorm a new idea, or just develop a stronger relationship. Now, there are times when you’ve got “must do” tasks to complete or deadlines to meet. In those cases, turn off your phone, shut the door, or post a note that you’re unavailable—and then let people know when you will be available again.

3. **Focus on one task at a time.** Have you ever delayed starting an assignment or found 47 “really important” things to do before you jump into that next task? It’s easy find excuses and put off what we’re dreading. Or, sometimes it’s just hard to start something new. Try using a pomodoro timer. (Find it in your app store.) Pomodoro is the Italian word for “tomato”—and the tomato timer is a well-recognized kitchen staple. This handy time management app helps you stay focused for 25 minutes, then gives you a 5 minute break, then you focus for another 25 minutes, etc. After four rounds, you will get a longer break. You’ll find that 25 minutes is enough time to stay on track without getting overwhelmed. When you find yourself delaying, postponing, or making excuses not to get started, just turn on the pomodoro timer, and focus for 25 minutes. It’s an amazing tool that kicks off productivity.

So, there you are! Three simple secrets of time management: Be reasonable, accept interruptions, and focus on one task at a time. You are now a time master!

Alternative Transportation Featured in Flagstaff Proposal

Flagstaff City Council recently heard discussion on an **Active Transportation Master Plan**, which focuses heavily on promoting walking and bicycling. The plan provides a framework to improve infrastructure for “active transportation” and promotes the activities as sustainable alternatives to driving. Proposed infrastructure improvements include adding sidewalks to more than 60 miles of streets that do not have them and increasing the space dedicated to bicycle lanes. [Source]

Construction Input Prices Up in December

Construction input prices increased 1.8 percent in December 2020 compared to the previous month, according to an **Associated Builders and Contractors** analysis of the **U.S. Bureau of Labor Statistics’ Producer Price Index** data. Nonresidential construction input prices rose 2.1 percent for the month.

Construction input prices expanded 2.7 percent between December 2019 and December 2020. Nonresidential construction input prices experienced a 2.4 percent increase during that period. The largest monthly increase in materials prices was registered in crude petroleum, up 17.5 percent for the month, followed by softwood lumber, which rose 12.2 percent. The largest decrease was in the price of natural gas, which fell 9.4 percent. [Source]
<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
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<tbody>
<tr>
<td><strong>21</strong></td>
<td><strong>3</strong></td>
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<tr>
<td>AZ Water Association: Luncheon: ASU COVID–19 Wastewater Study</td>
<td><strong>AZCREW: Global Voices - CRE Women Talk Leadership</strong></td>
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<tr>
<td><strong>21</strong></td>
<td><strong>3</strong></td>
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<tr>
<td>ABA: Finance in Construction Seminar</td>
<td><strong>ACEC Arizona &amp; ADOT Virtual Liaison</strong></td>
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<td>Valley Partnership: January Virtual Friday Morning Breakfast</td>
<td><strong>AZ Masonry Council: Member Mixer February 2021</strong></td>
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<tr>
<td>NAIOP: The Transformation of Retail and its Direct Influence on Industrial’s Boom Webinar</td>
<td><strong>DBIA: AZ Chapter Design Professional Panel Webinar</strong></td>
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<tr>
<td>ACEC: Arizona &amp; City of Phoenix Virtual Liaison</td>
<td><strong>Phoenix EOD: Virtual Business Workshop</strong></td>
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<td><strong>27</strong></td>
<td><strong>11</strong></td>
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<tr>
<td>AZCREW: What is in Store for 2021 - The Global and Real Estate Market Outlook</td>
<td><strong>AZCREW: 2021 CREW Network Winter Leadership Summit</strong></td>
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<td><strong>18</strong></td>
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<tr>
<td>LAI: Economic Forecast</td>
<td><strong>I-17 Project Networking Event Registration Reminder</strong></td>
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<td>11:30am - 12:30pm</td>
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<td>LAO: 2021 Phoenix Land &amp; Housing Forecast</td>
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## Featured Federal-Aid Projects

### CURRENT OPEN SOLICITATIONS

<table>
<thead>
<tr>
<th>Due Date</th>
<th>Project Valuation</th>
<th>DBE Goal</th>
<th>Solicitation / Project Number</th>
<th>Type</th>
<th>Project Owner and Description</th>
<th>Contact</th>
</tr>
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<tbody>
<tr>
<td>1/22/21 11am MST</td>
<td>$2.8M</td>
<td>10.13%</td>
<td>010-F(228)T; F012601C</td>
<td>IFB</td>
<td>ADOT - Bridge Rehabilitation, W. Willcox TI Underpass, Benson - Willcox Hwy (I-10). The work consists of replacing the existing bridge deck &amp; barriers, including milling &amp; placing asphaltic concrete, replacing guardrail &amp; guardrail end terminals, signing, &amp; striping.</td>
<td>Iqbal Hossain, Group Manager of Contracts &amp; Specifications, at <a href="mailto:ihossain@azdot.gov">ihossain@azdot.gov</a></td>
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<tr>
<td>1/29/21 11am MST</td>
<td>$2.5M</td>
<td>10.19%</td>
<td>040-B(228)T; F016301C</td>
<td>IFB</td>
<td>ADOT - Bridge Deck Replacement &amp; Scour Retrofit, Pineveta Draw Bridge Eastbound &amp; Westbound, Kingman - Ashfork Hwy (I-40). The work consists of deck replacement &amp; scour retrofit, including removing &amp; reinstalling bridge decks &amp; approach slabs, installing concrete floor across the existing bridge channel between bridge piers, constructing new concrete barrier, slope paving, &amp; pavement marking.</td>
<td>Iqbal Hossain, Group Manager of Contracts &amp; Specifications, at <a href="mailto:ihossain@azdot.gov">ihossain@azdot.gov</a>. First published on 12/22</td>
</tr>
<tr>
<td>2/2/21 2pm</td>
<td>N/A</td>
<td>8%</td>
<td>PW16810006; 6000001044</td>
<td>IFB</td>
<td>City of Phoenix - SR85 Landfill Cell 1 Phase 5 Excavation &amp; Liner Plan. The work consists of construction of Cell 1 Phase 5 at the State Route 85 Landfill including approx. 826K CY of excavation, grading, HDPE liner, geosynthetic liner, leachate collection system, associated drainage controls, &amp; other appurtenances.</td>
<td>George Goodale, Contracts Specialist, at 602-534-8352 or <a href="mailto:George.Goodale@Phoenix.gov">George.Goodale@Phoenix.gov</a></td>
</tr>
</tbody>
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### External Links:

- [ADOT Current Advertisements](#)
- [ADOT Advertised Alternative Delivery Projects](#)
- [ADOT Engineering Advertisements](#)
- [Bidding Opportunities Around the State](#)
- [ADOT Public-Private Partnership Initiatives](#)

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**DBE SUPPORTIVE SERVICES PROGRAM**

1801 W. Jefferson, Suite 101, Phoenix AZ  
(602) 712-7761  
DBESupportiveServices@azdot.gov  

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