



# The Torch

The official newsletter for Indiana state employees

## Celebrate Indiana agriculture in March with food trucks

In the past, agriculture has only been recognized one day a year for all it does for the state of Indiana as well as the country. This year, however, Governor Mike Pence has declared the entire month of March to be Ag Appreciation Month. The 31-day celebration is an extension of National Ag Day which is March 19.

Agriculture is an important aspect of our everyday health and vital to our well-being. According to the U.S. Department of Agriculture (USDA), 14.5 percent of U.S. households were food insecure in 2010. These families, at times, were unable to provide enough food for the people in their household. This can negatively affect the nutrition and caloric needs of growing children throughout the country. Food insecurity can impact a child's future mental and physical health, including growth and academic performance.

While some families are not receiving enough food and nutrition, the nation, as well as Indiana, faces a problem of obesity. More than 35 percent of adults in the U.S. and approximately 17 percent of children and adolescents are obese.

To help combat these issues, the food industry is continuing its progress in agricultural science with advancements in "functional

foods" which add health-promoting ingredients to products. In the past, this has included adding iodine to



table salt and Vitamin D to milk. These efforts have aided in the treatment and prevention of public health problems.

Agriculture is a fundamental aspect of the economy in Indiana and the U.S. A leading producer of both crops and livestock throughout the country, Indiana produces an abundance of corn, soybeans and wheat, as well as pork, poultry and dairy. Along with producing a variety of goods, agriculture is responsible for more than 19 percent of Indiana's workforce and the state exports \$3.4 billion in products from 62,000 farms.

To increase the awareness of these issues and the strategies being used, Ag Appreciation Month is kicking off on Tuesday, March 5 with a Statehouse Reception. Sponsored by Indiana's Family of Farmers (IFoF), this luncheon and special presentation

is in the Statehouse North Atrium for legislators and staff. The Indiana FFA State President Cameron Mann is reading the official Agriculture Appreciation Month declaration and Lt. Governor Sue Ellspermann is announcing the winners of the 2013 Ag Essay Contest. More than 500 essays were received from elementary, junior high and high school grade levels; two winners from each will be announced.

Along with the luncheon, food trucks will be serving outside of the Statehouse on Senate Ave. from 10:30 a.m. to 1:30 p.m. You may recognize these trucks as they participated in the

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Submit your story ideas in an email to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)

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## Ag Appreciation Month

Statehouse Market last year:

- [Scout's Treats](#)
- [Duos Mobile Kitchen](#)
- [In a Pita](#)
- [Spice Box](#)
- [Edward's Dashboard Diner](#)
- [Mac Genie](#)
- [Nacho Mama](#)
- [Scratch Truck](#)
- [Groovy Guys](#)
- [Tacos without Borders](#)

The Statehouse Market is debuting its summer dates at the luncheon as well. The public and employees are encouraged to come and support these local businesses, learn about Indiana agriculture and celebrate Ag Appreciation Month. Dieticians from the Indiana Dietetic Association as well as Indiana FFA state officers are coming to answer any food or agricultural related questions.

For more information about agriculture in Indiana and these upcoming events, please visit [www.indianafamilyoffarmers.com](http://www.indianafamilyoffarmers.com).

## Summer internships

The State Personnel Department is continuing the Governor's Public Service Summer Internship Program this year. To qualify for a position, applicants must be enrolled as undergraduates or graduates in an accredited post-secondary institution and have completed at least **one** year of undergraduate education. Interns are paid \$11.30 an hour and applicant submissions are completed through the [job bank](#). More than a hundred positions are available! For more information on the program, visit [www.in.gov/spd/2335.htm](http://www.in.gov/spd/2335.htm).

## Awards

### Impact internship award given to SPD intern

Casey Spivey was honored at this year's seventh annual IMPACT Awards Luncheon, presented by Indiana INTERNnet, on Feb. 6. This luncheon recognized excellence among students, employers and career development professionals across six different categories. Competing against five nominees, Spivey won the 2012 Non-traditional Intern of the Year award for her time spent as a 2012 Governor's Public Service Summer Intern for the Indiana State Personnel Department (SPD).

"Being an intern is no easy task, as our agency has high expectations set from our previous Governor's Public Service Summer Interns. Casey basically went through a 12-week job interview with our organization with outstanding results," said Nicole Russell, Talent Acquisition Director. "Her professionalism, energy and flexibility are all the characteristics that as a mentor, I look for in an intern and employee."

Spivey was considered a "non-traditional" intern because she graduated from the Indiana University Kelley School of Business the day before she began her internship. When looking for an internship, she knew she wanted hands-on experience and that is what she found with SPD.

"I was looking for an internship that I would get the most out of," Spivey said. "I didn't necessarily go into my internship having my heart set to work for the state, but once I completed the internship I really liked the atmosphere, so it was an easy transition into a career."

Spivey now works as an SPD benefits specialist and credits landing the job

to her time and hard work spent as an intern.

"Not only is this award a testament to the outstanding work Casey completed during her internship, but it continually reinforces to us that if we provide meaningful projects coupled with mentoring and feedback. We have an excellent opportunity to educate and also

likely retain the best and the brightest talent," said SPD Chief of Staff Denny Darrow.

SPD's internship is unique because it allows interns to work within multiple agencies and gain experience through a variety of tasks. The mentors Spivey was able to work with and the learning

experiences she had helped her transition into the working world.

"One of the best parts about my internship was all of the projects I got to work on," Spivey said. "It gave me a taste of a lot of different functions of HR that I use now for my job."

Students and recent graduates most likely complete an internship because they are essential to finding a job in today's economic environment. Spivey emphasized the importance of getting the most out of them; to utilize the opportunity and be as immersed as possible.

"Get to know as many people as you can, work on as many projects as possible and ask questions," Spivey said. "That's one of the great things about this program—I got to work with different mentors throughout my internship experience. Those connections ultimately led to helping me get my job."



## State Master Trooper is now Petersburg Mayor

After 27 years of dedicated service to the Indiana State Police, Master Trooper Frank Coleman retired to become the mayor of Petersburg.

Former Mayor Jon Craig resigned from his post in January to join Governor Mike Pence's team. Craig is now the Deputy Director of Community and Rural Affairs under Lt. Governor Sue Ellspermann.



After Craig's resignation, a Republican Caucus held a special election on February 2nd to choose the next mayor from six candidates. During that meeting, Coleman was selected as the Mayor of Petersburg. Coleman was officially sworn in on February 22.

Coleman joined the Indiana State Police after graduating from the academy in November 1985. He was assigned to the Evansville District where he primarily patrolled Pike County his entire career. Coleman has investigated countless crashes and conducted numerous criminal investigations resulting in hundreds of criminal arrests. He also was a counselor at the Indiana State Police Recruit Academy for two different classes in 2005 and 2006. Coleman has been an ordained minister since 1978 and has been a guest minister on numerous occasions at several area churches over the years. Coleman will continue to patrol for a few more days before he retires and officially becomes Mayor Frank Coleman.

"Master Trooper Coleman's service, loyalty and dedication to the Indiana State Police and to the community in which he served will be greatly missed," said Lieutenant Dennis Marshall, Commander of the Evansville District.

## WGU introduces new scholarships

WGU Indiana has announced the creation of 10 new Mathematics and Science Educators Scholarships, an effort aimed to curb the deficiency of highly qualified math and science teachers in our state.



Each valued up to \$4,000 over the course of a student's degree program, these scholarships are intended to help aspiring and current math and science educators go further by earning their degrees. WGU Indiana's flat-rate tuition is \$2,890 per six-month term, providing an opportunity for significant savings for scholarship recipients.

"The U.S. Department of Education reports that Indiana has a shortage of math and science teachers, as vacancies in those specialties are often among the hardest to fill," WGU Indiana Chancellor Allison Barber said. "As Indiana's eighth state university, WGU Indiana is uniquely positioned to develop highly qualified math and science educators who will stay in-state and help fill the gap that exists in our state's educational system. These new scholarships help ensure our university is training the most qualified students, irrespective of their financial or occupational background."

The deadline to apply for the WGU Indiana Mathematics and Science Educators Scholarships is April 15, 2013. All applicants must first be admitted to WGU Indiana. State employees receive a 10 percent tuition discount at WGU Indiana. For more on the new scholarships, visit [indiana.wgu.edu/tuition\\_financial\\_aid/scholarships](http://indiana.wgu.edu/tuition_financial_aid/scholarships) or call 877-214-7014. To learn more about all of WGU Indiana's degree programs, visit [indiana.wgu.edu](http://indiana.wgu.edu).

### Is your list of dependents correct?

The state of Indiana has instituted a process to verify the eligibility of dependents enrolled in the state's health, dental and vision plan(s) which helps keep plan costs down. Employees are randomly selected to participate in a dependent audit. Please make sure that dependents enrolled in your plan are eligible. Notify the Benefits hotline if you know a dependent is no longer eligible for coverage, possibly due to divorce or aging out. As always, remember that it is your responsibility to remove ineligible dependents within a timely manner according to rules of a qualifying event.

If you experience a qualifying event, you must request a change to your benefits within 30 calendar days of the event and provide required documentation. If you do not request the change within 30 calendar days, the next opportunity to make changes is during an open enrollment period.

Any questions concerning the dependent audit should be directed to the SPD Benefits Hotline at 317-232-1167 (within Indianapolis) or toll-free at 877-248-0007 (outside Indianapolis). Visit [www.in.gov/spd/2731.htm](http://www.in.gov/spd/2731.htm) for more information.



## INfreefile available to Indiana taxpayers

The gates are open and tax season is underway! Nearly one million Hoosier taxpayers will qualify to file their federal and state taxes for free through Indiana freefile (INfreefile).

If your adjusted gross income (AGI) was \$57,000 or less during 2012, the Indiana Department of Revenue can offer you free federal and state tax filing online.

Taxpayers should visit [www.freefile.dor.in.gov](http://www.freefile.dor.in.gov) to see if they qualify for INfreefile based on the vendors' options. If they qualify, all taxpayers have to do is click the vendor of their choice and complete their tax returns online. It's that simple!

This year, there are seven vendors that create an easy and more secure way to file taxes online. The vendors participating in INfreefile include: 1040 Now, H&R Block, OLT OnLine Taxes, Tax Act, Tax Hawk, Taxslayer and Turbo Tax.

There are many advantages to electronically filing:

- **Faster refunds**— e-filed returns are processed in less than two weeks, while a paper return can take up to 10 weeks
- **Better security**— fewer people see your information
- **Get more or pay less**— e-filing software may suggest credits and deductions you might not have known about
- **Better accuracy**— electronic returns have a two percent error rate versus 20 percent for paper returns

If you have any questions specific to your return, please contact the department at (317) 232-2240 or at [www.in.gov/dor/3392.htm](http://www.in.gov/dor/3392.htm).

## State earthquake exercise engages emergency operations center

At the direction of Governor Pence, the Indiana Department of Homeland Security (IDHS) led an earthquake exercise on Feb. 21 that included the exercise of emergency response plans, policies and procedures for the State of Indiana Emergency Operations Center (EOC).

The EOC is staffed at a basic level 24 hours a day, seven days a week by IDHS. When there's an emergency or disaster where Hoosier cities, towns and counties may need help, many state agencies come together to staff the EOC's 50 work stations. The Federal Emergency Management Agency (FEMA) also participated in the exercise.

The EOC proved to be successful in meeting the activities and tasks associated with the national standards of EOC Management. The EOC staff proved to be experienced in assigned roles and effective when it came to

directing tactical operations, gathering and providing information, identifying and addressing issues, prioritizing and providing resources, providing connectivity and supporting and coordinating the simulated earthquake response.

The exercise was designed to establish a learning environment for players to respond to a 6.5 magnitude simulated earthquake. The objective of the exercise was to evaluate the EOC against the National Preparedness Priorities Standard of Emergency Operations Center Management.

Exercises are an important contribution to how State of Indiana, federal and local response professionals can improve and better their capabilities. Preparedness is a never-ceasing activity. IDHS and its partner agencies will continue training and exercising activities to continue to hone response.

## Cincinnati Reds discount tickets available starting March 8

Get discounted tickets for up to five Cincinnati Reds home games during the 2013 season with a state employee discount offer available in March.

Discount tickets for this offer are available beginning at 9 a.m. on Friday, March 8 and can be purchased online at [www.reds.com/indiana](http://www.reds.com/indiana). The online promo code for this offer is: **indy** (all lowercase).

Below are the Sunday game dates offered in the discount:

- May 26, vs. Chicago Cubs
- June 9, vs. St. Louis Cardinals
- July 21, vs. Pittsburgh Pirates
- Aug. 4, vs. St. Louis Cardinals
- Sept. 8, vs. Los Angeles Dodgers

### Other Group Offers

If you are interested in getting more information about Cincinnati Reds group tickets, premium seating



options, hospitality areas or fundraising for your group, feel free to

contact Bart Conway at (513) 765-7474 or [bconway@reds.com](mailto:bconway@reds.com). Bart is the primary contact for the state employee ticket discounts and is happy to work with anyone interested in bringing a group to Great American Ball Park and enjoying a Reds game.

## Global Fit can help you get the gym membership you want

Many people make New Year's resolutions to have a healthier lifestyle; but as the year rolls on it can be harder to remain dedicated to this pledge. Recommit to your health this March with Global Fit's Gym Network.

As a state employee utilizing Anthem insurance, Gym Network offers discounts to more than 10,000 gyms nationwide with 250 participating



gyms in Indiana. Established in 1992, Global Fit's Gym Network guarantees the lowest rates for its members. Gyms include major chains like Anytime Fitness, Curves and 24-Hour Fitness,

as well as local and community gyms across the state.

Global Fit's Gym Network guarantees the lowest price for participating gym memberships. If a gym within their network publishes a lower price, Global Fit will beat it.

Other benefits of Gym Network include:

- Full access memberships with the same privileges as full-cost members.
- Flexible memberships including month-to-month terms at participating locations, travel privileges, freeze options and transfer options.
- Access to the Global Fit store which includes Exercise On Demand (a one-year virtual gym subscription for \$39), Zumba® Exhilarate™ Body Shaping System, Nutrisystem and other diet and nutrition programs.
- Health Coaching which gives

assistance in quitting smoking, losing weight or whatever personal obstacles you may have and provides one-on-one phone or online access.

- Motivational and informative blog and newsletter.

To begin using Global Fit's Gym Membership, first visit [www.anthem.com](http://www.anthem.com) and log in or register your username at the far right of their home page. Once logged in, hit the Discount tab and then the Fitness Health tab. This page should give you a Global Fit option where you can redeem the offer. Once on the Global Fit website, enter your zip code to find discounted gym memberships near you. Adult dependents that have an Anthem.com account can also use Gym Network.

The benefit is available now and you can find more information about Global Fit's Gym Network and what it has to offer by visiting [www.globalfit.com](http://www.globalfit.com) or by calling 1-800-294-1500.

## INShape Indiana challenges you to eat better starting today

March is National Nutrition Month and there's no better time to start making healthy eating a priority! INShape Indiana challenges you to examine what you're eating, identify areas for improvement and make those healthy changes.

First, take one day to examine what you're eating. What did you eat for breakfast, lunch or dinner? Did you snack throughout the day? What did you drink? Use the [INShape Indiana Nutrition Log](#) to track your intake. At the end of the day, look at your list.

Ask yourself these questions:

- Did I eat the recommended amounts of fruits and vegetables? [Find out](#) how many fruits and vegetables you should be eating each day.

- How many calories did I drink (soda, tea, lemonade, etc.)? Those liquid calories can really add up!
- Is this typically how I eat each day?



With busy schedules and convenient fast foods, it can be tough to eat healthy every day. Take the time at the beginning of each week to plan. Create a meal plan for the week and don't forget to include snacks. If you take the time to do this early and often, it can help reduce the chance that you will visit the drive-thru for dinner later in the week.

Try setting these goals for yourself and your family:

- Eat a healthy [breakfast](#). Try to include some fruit!
- At each meal, make at least half your plate fruits and vegetables.
- Make [healthy snacks](#) at home to carry with you throughout the day. For example, keep some at work and in your car.
- Drink water instead of tea or soda during at least one meal each day.

Do you already do these things? Great! You're on the right track! Check out INShape Indiana to get more tips on healthy eating. Tell us how you're doing with INShape Indiana's Eat Better Challenge by logging onto [Facebook](#) or [Twitter](#) and using the hashtag #INShape.

## ConditionCare offers musculoskeletal disease support for no extra cost

In the last *Torch* issue, information about the ConditionCare program was included. This program provides free support services and education to help those of you with diabetes, heart disease, COPD, asthma and some types of cancers live a healthier, more active life. Through ConditionCare, you now have access to condition management support for musculoskeletal disease too.



Musculoskeletal disease affects the nerves, tendons, muscles and supporting structures of the body. The ConditionCare program focuses on osteoarthritis and rheumatoid arthritis, osteoporosis, and hip and knee replacement.

According to the Centers for Disease Control and Prevention, pain from common musculoskeletal conditions causes lost productivity, medical expense and possible future chronic disability, if not managed properly. That's where ConditionCare comes in.

The program offers:

- 24/7 access to up-to-date medical information and health resources.
- Condition-specific assessments to evaluate and monitor your risk level.
- Phone coaching from registered nurses, licensed health specialists, pharmacists, dietitians and others.
- Depression screenings and referrals to behavioral health resources.
- Help planning exercise regimens for better range of motion and reduced stiffness.
- Pain management strategies, including the proper use of pain medication.

- Weight management strategies to reduce stress on the body.
- Advice about surgery options.

If you or a covered family member is dealing with one of the musculoskeletal conditions discussed above, call 888-279-5449 to enroll in ConditionCare today. We may also contact you about the program and encourage you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.

As a reminder, you can call ConditionCare for help in managing diabetes, heart disease, COPD, asthma and some types of cancer as well.

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Artwork by  
Jerry Williams

### Spring forward starts in March

Get ready to trade an hour of sleep for more sunshine later in the day. Welcome to daylight saving time! Daylight Saving Time begins at 2:00 a.m. on Sunday, March 10.



**Governor Pence speaks with employees of Greenville Technology, Inc., one of Honda's largest suppliers of plastic components in North America, for a ribbon cutting ceremony for the company's first Indiana facility in Anderson (Photo courtesy of IEDC).**





# ConditionCare: Musculoskeletal

## *Control bone, joint and muscle pain*

Did you know that almost one in two people in the U.S. has trouble moving due to body aches, pains and injuries?<sup>1</sup> For many people, joints and the tissues that connect them (musculoskeletal system) have grown stressed. That can happen in many ways – playing sports, exercise, car accidents, illness, even an unhealthy diet.

Healthy bones and joints are important for everyone. But most people don't think about them until something goes wrong.<sup>2</sup>

But there's good news. If you or a covered family member has this kind of pain, you can join the **ConditionCare** program. Just call us toll free at **888-279-5449**. When you join, you'll get:

- Counseling and coaching on eating healthy.
- An exercise plan for your exact goals.
- Round-the-clock phone access to a nurse coach for support and information.

ConditionCare is part of your health plan. It doesn't cost you or your covered family members anything to use.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.

### GET STARTED TODAY

To learn more or to join ConditionCare, call us toll-free at **888-279-5449**.



Sources:

1 U.S. Bone & Joint Decade, usbjd.org, Retrieved November 2011  
2 National Institutes of Health, nlm.nih.gov, August 2011

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# G

## GOVERNMENT

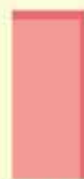
the system of rule by which a nation or state is governed.

## GOVERNMENT INFORMATION DAY

### TUESDAY, APRIL 9, 2013

### INDIANA STATE LIBRARY

### DOWNTOWN INDIANAPOLIS



# I

## INFORMATION

knowledge gained through communication, research, etc.



# DAY

the average length the earth makes one rotation on its axis.

# 2013

the 2013th year in the Anno Domini (AD) designation.

## WHY ATTEND GID13?

Your participation in Government Information Day is a great way to share your online services and promote public access to government information via Indiana's libraries and local data centers. This is a unique opportunity to share ideas and network with professionals who serve Hoosiers in hundreds of communities throughout the state.



# D

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## SPEAKERS & HONORED GUESTS

**KEYNOTE SPEAKER:** Tony Fargo, IBJ Columnist, Associate Professor of Journalism and Director of the Center for International Media Law and Policy Studies, Indiana University.

**SPECIAL GUEST:** Secretary of State Connie Lawson

**FEATURED SPEAKER:** Stephen Laue, Information Services Specialist, Chicago Region, US Census Bureau



Government Information Day is a *FREE*, day-long conference. Registration is required. Lunch will be available at the State Library for \$10 or on your own. Certified public librarians in attendance will be eligible to receive up to six (6) Library Education Units.



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