



# The Torch

The official newsletter for Indiana state employees

## Cast your vote with the BMV for Indiana's new license plate design by September 5

Indiana Bureau of Motor Vehicles (BMV) Commissioner Kent Abernathy reminds state residents that only a few days remain to help choose a new license plate to replace the outgoing Bicentennial plate. Three plate designs were unveiled last month at the Indiana State Fair.

"We are pleased with how many Hoosiers have voted to let us know which plate they like," said Abernathy. "It only takes a moment to [vote for the design](#) at myBMV.com," he added. "Online voting for the plate ends at midnight on Labor Day, September 5."

Three designs for the public vote are; a blue, red and green plate depicting a covered bridge over a creek; a white, blue and yellow choice with a torch and stars over the silhouette of Indiana and the

slogan "The Hoosier State" and a plate with a white background, blue numbers and a yellow, bottom ribbon with the slogan, "Crossroads of America."

Fort Wayne's Intellectual Technology Inc., a firm that designs and manufactures license plates for states all over the country, did the artwork.

The winning design replaces the Bicentennial plate as one of two standard, no extra cost license plates. The other standard "In God We Trust" plate design continues unchanged.

Hoosiers will begin to see the winning plate on vehicles in January of next year as older plates are replaced at the end of the normal seven-year life cycle. The new design plate can also be purchased

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*The Torch* is published monthly by the State Personnel Department and is available online at [www.in.gov/spd](http://www.in.gov/spd)

### Got a story?

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

before the end of the life cycle for \$10.25.

Hoosiers can vote at [myBMV.com](http://myBMV.com).



## September is Indiana Archaeology Month with DNR

September is Indiana Archaeology Month. If you have ever wanted to learn more about Indiana's past, you will want to attend some of the events happening throughout the month.

The Indiana Division of Historic Preservation and Archaeology (DHPA) is pleased to present the special poster and t-shirt commemorating Indiana's Bicentennial for Indiana Archaeology Month. The 2016 commemorative poster design reflects the first capitol of Indiana, Corydon, and archaeological investigations (remote sensing and text excavations) which have taken place at the site. The shirt design is focused on 200 years of statehood

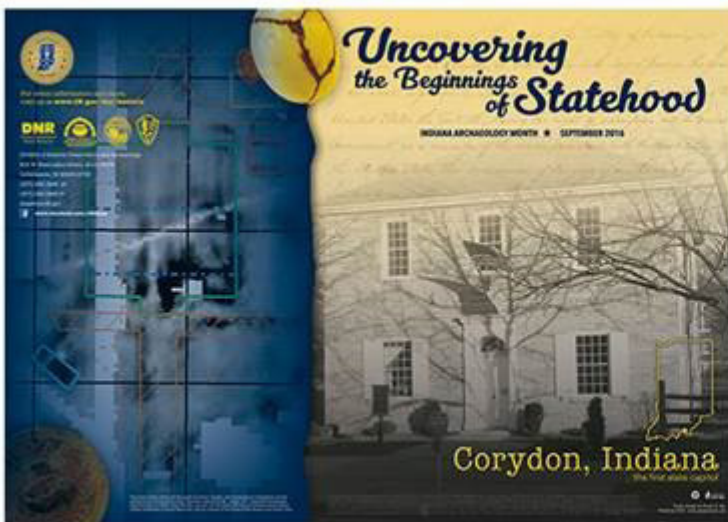
and 12,000 years of culture.

Poster images from: Associate Archaeologist Duane Simpson of AMEC Foster Wheeler, Louisville, KY; the Indiana Archives and Records Administration; Indiana Department of Natural Resources; and the collection of the Indiana State Museum and Historic Sites.

Free commemorative posters are included with each t-shirt orders. DHPA Archaeology staff will have posters at events they attend in the upcoming months. Posters are also available at the Division of Historic Preservation and Archaeology, 402 W. Washington Street, Room W274, Indianapolis.



Shirts are available for purchase, while supplies last, and are only \$8 each. Sizes: small, medium, large, XL, 2XL. The shirts are 100 percent cotton. Shirts may be purchased at Indiana Archaeology Month events where DHPA staff are, and also are available from the DNR Customer Service Center in the Indiana Government Center South, Room W160A, Indianapolis. For mail orders, call (317) 232-4200 or (877) 463-6367.



## Are you taking advantage of state employee discount offers?

There are plenty of perks to working for the State of Indiana, but have you spent much time checking them out?

The State Personnel Department devotes an entire section of their

website to [various discounts](#) offered exclusively to state employees. Best of all, the list continues to grow, which means more and more offers for you to take advantage of.

Diverse discount categories span from food, fitness, health, education and pets to entertainment, cellular phone services, travel and home improvement. Check it out! There is sure to be something for you.

## More employees reach Silver Status in 2016

This year, the State of Indiana saw more people than ever reach an Earned Status of Silver in HumanaVitality. Last year more than 6,500 people reach an Earned Status of Silver, while this year there are well over 7,600 that qualify to upgrade to the Wellness CDHP during the upcoming Open Enrollment.\*

The past eight months have been full of opportunities to earn points and reach Silver Status including:

five state sponsored 5K's across Indiana, lunch-time walking groups, dozens of on-site Vitality Checks, our Border Battle with the Commonwealth of Kentucky, the Bicentennial Billion Steps Challenge and many others.

While the opportunity to qualify for the Wellness CDHP has passed, you can still participate in the HumanaVitality program to earn points. By continuing to participate, you can get a jump

start on qualifying for the 2018 Wellness CDHP, as 10 percent of all points earned in 2016 carry over into 2017. Also, don't forget the bucks you earn can be used toward anything in the HumanaVitality Mall, maybe even a holiday gift or two.

\*Unofficial numbers as of 8/31/16.



## What is cholesterol and why is it important to my heart?

Cholesterol is a waxy, fat-like substance that your body needs. Cholesterol is primarily produced by the liver and is essential in the creation of hormones, vitamin D and bile; which aid in the digestive process. Cholesterol can also be found in the foods that you eat, such as dairy and meat. When you consume a diet high in dairy and meat, the liver produces more cholesterol. When you have too much cholesterol, it can build up in the blood stream and possibly block blood flow through the arteries. This build up can put you at risk for heart disease and stroke.

According to the Indiana Behavioral Risk Factor Surveillance System survey; both heart disease (number 1) and stroke (number 4) are among the leading causes of death in Indiana. Hoosiers can take steps to lower their cholesterol and reduce risk of heart disease and stroke.

### “Good” Cholesterol vs. “Bad” Cholesterol

There are two types of cholesterol the body produces. High-density lipoprotein (HDL) is the type of cholesterol found in fish, nuts and beans. HDL is considered the “good” cholesterol and may reduce risk of heart disease and stroke.

Low-density lipoprotein (LDL) is found in fatty meats and dairy. LDL is considered the “bad” cholesterol that can build up in the blood stream. This build up thickens into hard deposits that can clog arteries and makes them harder in a condition called atherosclerosis, which can lead to a greater risk of heart attack or stroke.

### Total Cholesterol

A total cholesterol score is a picture of all of the cholesterol in the body. This number takes

into account the amount of HDL, LDL and triglycerides found in the blood. Triglycerides are the fats the body uses for energy. A low HDL combined with high triglycerides and LDL may indicate increased risk for heart disease and stroke.

The CDC recommends anyone over the age of 20 should know their total cholesterol score. Additionally, for those over the age of 20 who have not been diagnosed with heart disease, cholesterol should be checked every five years.

### Take Control of Your Cholesterol

We all know that we must take care of our bodies to prevent or delay the onset of chronic illness, like heart disease or diabetes. The most important aspects of taking care of ourselves are diet and exercise. The CDC recommends that adults get at least (...cont.)

Continued on page 4



## Cholesterol and its importance to your heart (continued from page 3)

2.5 hours of [moderate-intensity aerobic activity](#) and [muscle-strengthening activities](#) on two or more days a week that work all major muscle groups.

While this may sound like a lot of work, Hoosiers can get this exercise by joining a walking group, or trying these in-office activities from [Activity Bursts Everywhere](#). [INShape Indiana](#) also provides great tips to help get Hoosiers moving. Visit their website to [sign up for their monthly newsletter](#) and find out about great activities for people of all ages.

Diet is another critical piece to lowering cholesterol and living a healthier life. The National Institutes of Health (NIH) and the CDC recommend the [DASH diet](#). DASH stands for the Dietary Approach to Stop Hypertension. The DASH diet is a simple plan that teaches how to eat the right portions while reducing sodium intake. The National Heart, Lung and Blood Institute at the NIH also

provides free and [delicious recipes](#) that are DASH friendly. The DASH diet may help you reduce your LDL cholesterol and prevent or delay heart disease, stroke, hypertension and diabetes.

Understanding how cholesterol works and how to eat healthy can greatly improve overall health. It's important that Hoosiers see a healthcare provider before making any lifestyle changes (like exercise or changing diet). This is also a great opportunity to check blood pressure and cholesterol, to establish a good baseline and better monitor progress.

For a better understanding of cholesterol, watch the American Heart Association's "[Watch, Learn and Live](#)" series. For more information about heart disease, stroke, hypertension and diabetes visit the Indiana State Department of Health's [Cardiovascular Health and Diabetes](#) web pages. In

addition, Hoosiers can take the [prediabetes risk test](#) to see if they may be at risk for type 2 diabetes.



Indiana State  
Department of Health

Thank you to the [Indiana State Department of Health](#) for this submission.



Artwork by  
Jerry Williams

## Enter to win the Great Wolf Lodge two-night stay giveaway

With the end of the year fast approaching, Great Wolf Lodge wants State of Indiana families to join in on the end-of-the-year fun. With waterpark and howlin' fun in mind, when State of Indiana employees [book and stay](#) before the end of the year, they are automatically entered into a



chance to win a two-night stay during 2017.

This offer is based on availability and restrictions apply. Guest must present work ID upon check-in and must book using the Preferred Pack Club code. The State of Indiana code is **INDI462B**.

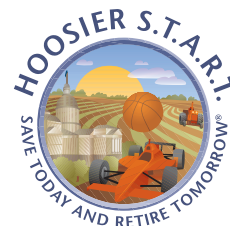
# 2016 ANNUAL EDUCATIONAL DINNERS

featuring

## The Before It's Too **LATE SHOW** with Pete the Planner®

Presented by

Hoosier S.T.A.R.T. and  
State Auditor Suzanne Crouch



Get retirement ready . . . *before it's too late!*

### INDIANAPOLIS

October 5, 2016  
Indiana Roof Ballroom

### SOUTHEAST LOCATION MADISON

October 25, 2016  
Clifty Inn

### SOUTHWEST LOCATION EVANSVILLE

October 26, 2016  
The Bauerhaus

### NORTHWEST LOCATION MERRILLVILLE

November 9, 2016  
Avalon Manor

### NORTHEAST LOCATION FORT WAYNE

November 10, 2016  
Landmark Centre

### PLUS 2 NEW LOCATIONS

### TERRE HAUTE

October 27, 2016  
The Landing

### SOUTH BEND

November 1, 2016  
Waterford Estates Lodge



This year's Annual Educational Dinner will be entertaining as well as educational with Pete the Planner® doing his best late night impression hosting the *Before It's Too Late Show!* Mimicking the format of late night television, Pete will use his characteristic humor to interview his guests and present retirement planning like never before. The goal of the evening is getting you retirement ready fiscally, physically, and emotionally, but you'll find yourself laughing your way through the entire night.

In addition, Hoosier S.T.A.R.T. representatives will be available to answer your questions and give you the chance to schedule an appointment. This year we're offering the dinner in 7 locations! We look forward to seeing you at the dinner in your area!

Due to space limitations, this year's event is open only to employees enrolled in Hoosier S.T.A.R.T. and those employees interested in learning more about the program. [Click here](#) to register for the dinner in your area. For questions or help registering, contact Vicky Wright Hunt at (877) 243-4192 or [HoosierSTART@att.net](mailto:HoosierSTART@att.net).

# #kickRxabuse

Partner with the Indianapolis Colts and **Bitter Pill.IN.gov** to reduce prescription drug abuse in your school and community by joining the **#kickRxabuse** video challenge.

Prescription drug abuse kills more people than motor vehicle accidents. One in five Indiana teens admits to abusing prescription medications.

Adam Vinatieri encourages all middle and high school students to participate in the **#kickRxabuse** video challenge to reduce prescription drug abuse.

1. Watch Adam Vinatieri's video at [www.youtube.com/INAttorneyGeneral](http://www.youtube.com/INAttorneyGeneral)
2. Upload a 30 second public service announcement (PSA) to YouTube using **#kickRxabuse**
3. Send an email to [BitterPill@atg.in.gov](mailto:BitterPill@atg.in.gov) including the video link, your name, email address, phone number and school before the contest ends on October 1, 2016
4. Share your video on social media to get the most views for your chance to win

The winning video will be selected based on impact, creativity and number of views. For full contest rules please visit [BitterPill.in.gov](http://BitterPill.in.gov).

## Prizes for Winner

- Colts Tickets

**4 VIP tickets including limo ride and dinner at the Colts Grille**

- Winner's school to receive a **Cash Prize of \$5000**

- Meet Adam Vinatieri

**Meet and greet with Adam Vinatieri & tour the Colts Training Complex**

- Winning video will be featured on: **The official Colts website, social media and Colts programming**



**The challenge ends October 1**

[www.youtube.com/INAttorneyGeneral](http://www.youtube.com/INAttorneyGeneral)

For full contest rules please visit:

**[BitterPill.IN.gov](http://BitterPill.IN.gov)**





# 5k Run/Walk

**Hoosier Youth Challenge Academy's 3rd Annual Fall 5k Run/Walk**  
**Sponsored by the Hoosier Youth Challenge Foundation**  
**All proceeds go directly to supporting the Academy and Cadets**

**Date: 11/6/2016**

**Time: 1300hrs to 1700hrs**  
 Race starts at 1400hrs

**Pre-register by: 10/22/2016**

**Entry fees:**

- Registration before 10/22/2016 will include a t-shirt: \$25.00
- Registration after 10/22/2016 or day of: \$25.00, t-shirts available for purchase  
 \*\*All Children under 10 run/walk free\*\*

**The course will start you at the Academy grounds and loop around through the picturesque country-side ending back at campus:**

**10892 N State Road 140  
 Knightstown, IN 46148**

**After you finish your run/walk you can spend some time with our Cadets, learning more about Indiana's best kept secret as well as bidding it out at our Silent Auction.**



**Activities for the day include:**

- 5k Run/Walk
- Silent Auction
- Bake Sale
- Color Guard Presentation
- Meet our Cadets

**For more information or to register call:**

**Abbey Smith at 765-345-1007**

One form per participant; By my signature I certify that I am medically able to perform this event, and am in good health. I agree to abide by any decision of a run/walk official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event; all such risks being known and appreciated by me. I waive and release the HYCA, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

**Mail form and entry fee to:**

HYCA  
 c/o 5k Run/Walk  
 10892 N State Road 140  
 Knightstown, IN 46148

Phone: 765-345-1007  
 Fax: 765-345-1002  
 hoosierouthchallenge.org

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL XXL

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_