

# The Torch

The official newsletter for Indiana state employees

## Indiana State Fair

### State Fair celebrates Hoosier Pork industry with "Year of Pigs"

It's a Hoosier tradition: salivating over the sweet smell of deep-fried candy bars wafting through the warm summer air.

Then there's chowing down on roasted corn-on-the-cob near the Midway and catching a big-name concert at the Hoosier

Lottery Grandstand with family and friends. They're all part of the state's longest-running tradition, the Indiana State Fair, Aug. 6-22.

This summer, fairgoers can really pig out because it's the "Year of the Pigs" presented by Indiana Pork Farmers. The world's largest male hog resides in the Swine Barn. There's also a backyard BBQ contest set for Aug. 18 at the Ellison Bakery Home & Family Arts Building, which will also play host to a pig-themed cake contest.

Want to go hog wild -- The fair will put swine shouters' skills to the test in a hog-calling contest Aug. 18. The next day, Aug. 19, the American Diabetes Association will dish up its "Celebrity Kiss a Pig Contest."

Still like a kiss, but don't want to pucker up to a pig? Legendary rock act KISS will perform Aug. 9 at the Grandstand. Country superstar Rascal

Flatts takes the stage Aug. 7, with Chris Tomlin and TobyMac to follow on Aug. 11. Next up: Keith Urban

on Aug. 14, Selena Gomez on Aug. 15, comedian Jeff Dunham on Aug. 18 and Sugarland on Aug. 20.



Families have long loved coming out to the State Fair for the Midway games and rides. This year, the fair is working hard to save fairgoers money by offering a new \$25 admission-midway combo pass. Through Aug. 8, fairgoers can swing by their local Walmart and get the combo pass, which offers admission to the fair and a wristband for the Midway. This represents a savings of \$8 off the regular price.

And then there's the jaw-dropping, taste buds-tantalizing food that's made the Indiana State Fair so famous. On Aug. 10 and 17, the fair will offer " \$2 Taste of the Fair," where fairgoers can buy \$2 servings at concessionaires throughout the fairgrounds. Visitors even receive \$2 admission with a voucher printed from [www.turkeyhill.com/indianastatefair](http://www.turkeyhill.com/indianastatefair).

And that's just the tip of the pig  
(Continued on pg. 3)

## InShape Indiana

### Drink water, it's good for you

"We forget that the water cycle and the life cycle are one." – Jacques Cousteau

One of the simplest things we can do to improve and maintain good health is to make sure we keep our bodies hydrated.

Our bodies consist of two-thirds water, so it's important to understand the benefits of drinking water regularly.



Here are just a few of those benefits:

1. Reduce the number of headaches: Many headaches occur from dehydration. Keeping your water intake up will ease and even prevent headaches.
2. Think clearly: Since the brain is 70 percent water, maintaining a balanced hydration level will smooth brain function. It's simple: drink clear, think clear.

(Continued on pg. 3)

### In this issue

Help yourself stay healthy.....	3
Around the State.....	4
State Employee Day at the Fair.....	5

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

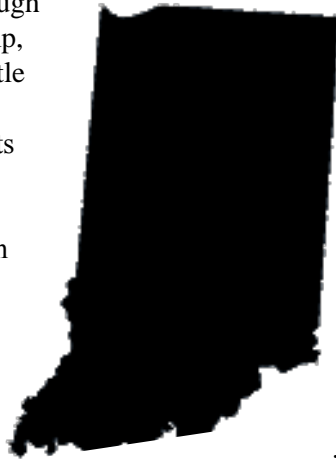
Submit your story ideas in an e-mail to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)



Printed on Recycled Paper

## Amidst down national economy, Indiana faring better than most

As the nation battles through the recent economic slump, Indiana is waging the battle better than most of the other 49 states. Some facts and figures compiled by the Indiana Economic Development Corporation (IEDC) point to why Indiana is faring better in these tough times.



Indiana is attracting new business and is keeping businesses that are looking to cut costs here at home. So far this year, 15,629 new jobs have been committed to Indiana with about \$2.61 billion in capital investment. And in a time when many businesses have consolidated operations to lower their costs, Indiana has seen 62 firms choose to stay in business here. Since January 2009, those firms have added 10,065 new jobs (\$348 million in committed capital investment) to the Hoosier economy.

Blair West is the media relations director with IEDC and she said companies that are trying to find ways to be more efficient see positive signs in Indiana.

“Our best selling point is that the state is still operating in the black.”  
- Blair West, IEDC

“Indiana is winning some of these battles,” West said. “It comes down to the cost of doing business and many companies are choosing to stay in Indiana. Our current fiscal position is setting us apart.”

Indiana is one of nine states that have a triple-A credit rating from all three agencies (Standard & Poors, Fitch and Moody’s). In fact in July 2008, it was the first time in history that S&P gave Indiana such a rating. Other studies have spoken highly, too.

Indiana ranks fourth in the nation for its business tax and regulatory climate, according to a May 2010 study by the U.S. Chamber of Commerce and National Chamber Foundation. Indiana ranked ninth for its business climate (Site Selection magazine, November 2009); first in the Midwest and 12th

nationally in the Tax Foundation’s 2010 Business Tax Climate Index (September 2009); and second in the Midwest and 16th nationally in the Chief Executive magazine’s annual “Best & Worst States” survey (April 2010).

For many of these reasons, Indiana is either first or second in private sector job growth. That just depends on who you ask.

An analysis by Portfolio.com and American City Business Journals, said the number of Indiana private sector jobs has grown by 19,000 in 2009-

10 – by far, the strongest job growth in the nation. Bureau of Labor Statistics

showed a two percent growth in private sector jobs in 2010, behind only Utah’s 2.3 percent. In total, U.S. job growth was at 0.6 percent.

West also credited Major Moves, the state’s \$12 billion highway plan, with helping the state get lots of looks from businesses.

“Our best selling point is that the state is still operating in the black,” West added. “Many states lost that claim long ago.”



The following information comes from the Indiana Economic Development Corporation (IEDC).

### Top tax climate

Indiana ranks fourth in the nation for its business tax and regulatory climate according to the Enterprising States study by the U.S. Chamber of Commerce and National Chamber Foundation (May 2010).

Indiana ranks first in the Midwest and 12th nationally in the Tax Foundation’s 2010 Business Tax Climate Index (Sept. 2009).

### Best business environment

Indiana ranked second in the Midwest and 16th in the nation in Chief Executive magazine’s annual “Best & Worst States” survey (April 2010).

Indiana ranks ninth in the nation for its business climate according to Site Selection magazine (Nov. 2009). Indiana is one of nine states that now have triple-A credit ratings from all three agencies (Standard & Poor’s, Fitch, and Moody’s).

### Cost of doing business

Indiana has the lowest business cost index in the Midwest and fourth lowest in the country according to Forbes magazine (July 2009).

### Consolidation success

Since January 2009, 62 firms have chosen Indiana as the low-cost state to consolidate their operations, adding 10,065 in new jobs and over \$348 million in committed capital investment.

### More jobs for Hoosiers

901 businesses have committed to create 114,465 jobs and invest \$23.4 billion in their Indiana operations since Jan. 2005.

## Do you recognize stroke risk factors?

A study recently released by HealthDay News has found that 10 risk factors account for 90 percent of all risks for stroke. The number one factor, high blood pressure, accounts for one-third of all stroke risk.

The Top 10 stroke risk factors include: high blood pressure, high cholesterol, heart disease, diabetes, smoking, heavy alcohol use, physical inactivity and waist-to-hip ratio (abdominal obesity), diet, stress and depression, and blood lipid (fat) levels.

Five of those factors are considered related to lifestyle and are responsible for 80 percent of all stroke risk. Those five are high blood pressure, smoking, abdominal obesity, diet and physical inactivity.



Learn how to take control of your blood pressure and reduce your risk for stroke by logging onto the Web sites of the American Stroke

Association or the National Stroke Association: [www.strokeassociation.org](http://www.strokeassociation.org) or [www.stroke.org](http://www.stroke.org).

Always remember that a stroke is an emergency and every moment counts. Some of the warning signs

of a stroke include the following and you must act FAST:

- **Face** – Facial droop, uneven smile
- **Arm** – arm numbness, arm weakness
- **Speech** – slurred speech, difficulty speaking or understanding
- **Time** – call 9-1-1 and get to the hospital immediately. Have the ambulance go to the nearest certified stroke center.



Governor Daniels is asked to autograph "Lousy," a goat handled by Cassidy Wood at the Vigo County Fair.

(continued from pg. 1)

## State Fair celebrates...

roast. There are great new exhibits like "Bridges to Japan," a Habitat for Humanity Home build, "God Bless America," Welde's Big Bear Show, DockDogs, Hedrick's Racing Pigs (of course) and so much more.

So take a day – or two or three – and visit the Indiana State Fair. You're sure to have a full summertime of fun. And don't forget, State Employee Day is Aug. 12. State employees with their state-issued badges (or a payroll stub) are admitted free to the fair.

(continued from pg. 1)

## Drink water, it's good...

3. Lose the cramps: Muscles depend on water to function properly and to remove lactic acids that cause muscle cramps.
4. Reduce the cancer risk: Studies show that drinking a healthy amount of water helps prevent colon and bladder cancer.

Of all the healthy behavior changes we can make, choosing to drink plenty of water is one of the best ways we can treat the body well. Let's raise our water glass to good hydration.



## The savvy state of Indiana member's action guide

### Be your own bodyguard

What can you do to help yourself stay healthy and prevent disease?

1. Visit your doctor as he/she recommends for routine checkups.
2. Take medicines as prescribed and get certain tests done, including:
  - **Cholesterol checks** – for men, at least every five years starting at age 35. For women, regularly starting at age 45.
  - **Blood pressure** – have your blood pressure checked at least every two years, or as your doctor advises.
  - **Colorectal cancer screening** – begin regular screening for colorectal cancer at age 50. Talk to your doctor about your family history of colorectal cancer and schedule screenings as he/she advises.
  - **Diabetes tests** – have a test to screen for diabetes if you have high blood pressure or high cholesterol.
  - **Depression** – if you've felt down, sad or hopeless and have gotten little pleasure from activities you used to enjoy for the last two weeks, talk to your doctor about screening you for depression. Depression is treatable. And your doctor can help you.

*This information is provided by Anthem and is intended for educational purposes only. It should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.*



## Around the state

### FSSA employee up for Mom of the Year

**Shawna Ault**, a secretary with the Vincennes Vocational Rehabilitation Office, has been nominated for the 2010 March of Dimes Mother of the Year. Ault is one of 10 finalists for the award. The annual award will be given out in Indianapolis on Aug. 21.

Ault was selected as a finalist after losing her baby, Marlee, at 24 weeks gestation due to fetal hydrops. Fetal hydrops is a build up of fluid on the neck and abdomen of a developing fetus.

“We lost two babies in a seven-month period of time,” Ault said. “It is our mission to spread the word of miscarriages, infant mortality, fetal hydrops, along with other birth defects and babies born too soon.”

Her story, along with all the finalists’ stories, can be found at [marchofdimes.com/Indiana](http://marchofdimes.com/Indiana).

### Reds invite you to Great American Ballpark

The Cincinnati Reds host Central Division rival St. Louis Aug. 10 at 7:10 p.m. EDT.

All state employees can purchase tickets in select non-premium seating locations for half price. To purchase discounted tickets online, visit [www.reds.com/stateofin](http://www.reds.com/stateofin). Discount tickets will not be available at the box office on the day of the game.

#### VisitIndiana.com

There is still time to plan a close-to-home summer getaway and the state’s Office of Tourism is eager to help. Log onto [VisitIndiana.com](http://VisitIndiana.com) and you’ll find more than 300 discounts to various venues throughout Indiana.

In addition to offering discounts, VisitIndiana.com showcases ways to enhance or extend your stay. Upcoming events and festivals are listed and trip ideas are provided.

### Staples appreciates customers in August

Treat yourself to 10 percent savings on your personal purchases at a Staples store near you during the week of Aug. 8 to 14. Visit the SPD discount



Web page at [www.in.gov/spd/2439.htm](http://www.in.gov/spd/2439.htm) to download the printable coupon and present it to the cashier before checkout to receive savings.

Please present this invitation to the cashier before checkout to receive savings. Offer good in Staples store in-stock only. Price matching on competitor products will not be permitted.

### Colts tickets still on sale

The Indianapolis Colts are excited to offer an exclusive ticket opportunity to all state employees.



Tickets are still available for purchase online to the San Francisco and Cincinnati preseason games and to the Houston, San Diego, Jacksonville and Tennessee regular season games. All tickets purchased to either preseason game (Aug. 15 vs. 49ers or Sept. 2 vs. Bengals) will include a FREE ticket to Holiday World & Splashin’ Safari.

All Holiday World tickets will be mailed to you following the completion of your order. Tickets are subject to availability. \*\*NOTE: All game tickets will be printed by you upon completion of your order via Ticket Fast. Enjoy the 2010 Colts season!

Hit the link at [www.in.gov/spd/2439.htm](http://www.in.gov/spd/2439.htm) and use special offer code **COLTS**.

### Dell EPP has another offer

We are getting close to back to school, so Dell EPP wanted to send another coupon for state employees and their families. The online coupon code is in addition to the 10 to 30 percent you already receive through the Dell EPP.



Employee Purchase Program

Use coupon code XG62J\$K832GFD1 to receive an additional 10 percent off computer purchases \$599 and up. The coupon offer expires Aug. 31, at 11:59 p.m. CST and is good with select other offers, but not with other coupons. It is also not valid on electronics and accessories.

Call 1-866-257-4711 or shop online at [www.dell.com/epp](http://www.dell.com/epp). The member ID for state employees is SS18207316.

### Experience the outdoors this September

Register now for Indiana’s largest, hands-on outdoor recreation event coming in September.

The Hoosier Outdoor Experience, featuring more than 50 activities and 120 grassroots partners, will provide the opportunity to learn the basics of outdoor recreation available across Indiana’s extraordinary public lands. This free weekend event will occur at Fort Harrison State Park in Indianapolis September 18-19.



Tickets are free! Register at [hoosieroutdoorexperience.in.gov](http://hoosieroutdoorexperience.in.gov)



2010

★ THE GREAT INDIANA ★

# STATE FAIR

AUGUST

6-22

## STATE EMPLOYEE DAY AT THE INDIANA STATE FAIR

THURSDAY ★ AUGUST 12

Show your State Employee Identification Badge\* at the gate for your **FREE admission to State Fair FUN!**

### IndyGo Downtown Lunch Bunch

Come on down for lunch! Downtown workers who take the IndyGo Route 39 bus for \$1.75 from 11 am-2 pm will receive FREE admission to the Fair

### Rick Springfield presented by Hoosier Lottery

Hoosier Lottery Grandstand (FREE) ★ 7 pm

### Hoosier Heritage Day - Indiana's past, present & future on display

State Fair Blvd. ★ All Day

### DockDogs

Dow AgroSciences Celebration Park ★ 10 am-5 pm

### Welde's Big Bear Show & Grizzly Falls

Riley Fun Park ★ 1, 4 & 7 pm

### Family Day Midway Special with unlimited rides from Noon-6 pm for \$25

### Blue Monkey Sideshow

Take in a high energy, modern variety show with Indianapolis-based troupe performing traditional acts such as sword swallowing, and the human blockhead  
Dow AgroSciences Celebration Park ★ 3, 4:30, 6, 7:30 & 9 pm

## A SUMMERTIME OF FUN!

\*Employees who do not have a State of Indiana Identification Badge must present a current paycheck stub and photo identification at the gate for FREE admission on August 12.

★ FOR A FULL RUN DOWN OF FUN VISIT [WWW.INDIANASTATEFAIR.COM](http://WWW.INDIANASTATEFAIR.COM) ★



## Indiana State Fair

### 1980s heartthrob Rick Springfield to perform free show at state fair

State employees can get into the Indiana State Fair free on Thursday, Aug. 12. That also happens to be the day that the Hoosier Lottery sponsors a free concert by Rick Springfield at the fairgrounds.

Springfield, a 1980s heartthrob, scored 17 Top 40 hits, including “Jessie’s Girl,” “Human Touch”

and “Don’t Talk to Strangers,” will perform at 7 p.m. at the Hoosier Lottery Grandstand.

Some people may remember Springfield from his role as Dr. Noah Drake on the soap opera “General Hospital,” but most still know him as the power-pop superstar that has sold 19 million albums. He continues to perform more than 100 energized shows each year and has a recurring role on Showtime’s “Californication.”

Tickets are also still available for previously announced State Fair

concerts, including Rascal Flatts with special guest Kellie Pickler (Aug. 7), KISS (Aug. 9), Chris Tomlin and TobyMac (Aug. 11), Drake with special guests New Boyz and Iyaz (Aug. 13), Keith Urban with special guest Kris Allen (Aug. 14), Selena Gomez & The Scene (Aug. 15), comedian Jeff Dunham (Aug. 18) and Sugarland with special guest Little Big Town (Aug. 20).

For tickets to those shows, contact the Indiana State Fairgrounds Box Office at (317) 927-7601 or visit [www.indianastatefair.com](http://www.indianastatefair.com).

### Fair Fun Facts

The largest one-day crowd in state fair history was Saturday, Aug. 14, 2004, when 117,912 people passed through the gates.

The Indiana State Fair is the sixth oldest state fair in the country, originating in 1852.

Famous fairgrounds visitors include Muhammad Ali, Bob Hope, the Beatles, John Phillip Sousa, Sonny & Cher, the Jackson 5, Elvis Presley, John Mellencamp, President John F. Kennedy, President Franklin D. Roosevelt, President Bill Clinton and President George W. Bush.

In 1964, the Beatles performed in the Pepsi Coliseum and in the Marsh Grandstand, which were their only performances in Indiana.



Original artwork by Jerry Williams

# Save The Date!

FIRST LADY CHERI DANIELS' **HEARTLAND WALK FOR HEALTH**

PARTICIPANTS WILL TAKE A TWO MILE WALK AROUND THE TRACK OF CHAMPIONS AT THE INDIANA STATE FAIRGROUNDS TO PROMOTE WOMEN'S HEART HEALTH.

**WHEN:**  
AUGUST 14, 2010 @ 8:30AM

**WHERE:**  
INDIANA STATE FAIRGROUNDS

**REGISTER:**  
[WWW.HEARTLAND.IN.GOV](http://WWW.HEARTLAND.IN.GOV)

Clarian Cardiovascular



*State Employee Night*

**SATURDAY, AUGUST 14<sup>TH</sup> at 7 P.M.**

**INDIANS VS. SYRACUSE CHIEFS**



**Enjoy a special rate available only to State Employees** when you experience Baseball Up Close at Victory Field. Always a hot ticket, the Famous Chicken will entertain fans throughout the game as the Indians take on the Syracuse Chiefs. After the game get the Famous Chicken's autograph. *Tickets must be purchased in advance.*



Contact Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_  
 Zip: \_\_\_\_\_

To receive discount, tickets must be ordered in advance.

Box Seats (\$11)    \_\_\_ x 11 = \_\_\_\_\_  
 Reserved Seats (\$7)    \_\_\_ x 7 = \_\_\_\_\_  
 Lawn Seats (\$6)    \_\_\_ x 6 = \_\_\_\_\_  
 TOTAL \$ \_\_\_\_\_

Payment Options:

Check \_\_\_\_\_    MC \_\_\_\_\_    Visa \_\_\_\_\_    Discover \_\_\_\_\_  
 Credit Card #: \_\_\_\_\_    Exp. Date: \_\_\_\_\_  
 Name on card: \_\_\_\_\_    Sec. Code: \_\_\_\_\_  
 Signature: \_\_\_\_\_

Order by phone at (317) 269-3545. Please send order forms to: Victory Field, Attn: AUGUST 14 State Employee Night, 501 W. Maryland Street, Indianapolis, IN 46225 or fax to 317-269-3541. Any order received within ten days of the game will be left at will call for pick-up.