



The Torch

The official newsletter for Indiana state employees

Budget Barometer

Indiana's strong fiscal position largely due to state employees

Indiana closed the year with \$1.18 billion in reserves, and this success is largely due to the hard work by state employees.



your commitment to protecting Hoosier taxpayers while continuing to provide excellent customer service is evident and deserving of recognition under our pay for performance

model," Daniels wrote in a letter distributed to state employees.

In fiscal year 2011, state agencies provided more than two-thirds of the spending reductions even though their budgets total just one-third of general fund appropriations. Since fiscal year 2009, state agencies have reverted more than \$1.5 billion to the state's general fund.

In order to recognize these extraordinary efforts, Governor Daniels announced state employees would receive a one-time pay dividend. "As we close the fiscal year,

While Indiana has distinguished itself as a leader in fiscal discipline, many other states continue to find it difficult grappling with the anemic national economy. They have resorted to delaying payments, raising taxes, mass layoffs and implementing draconian cuts in areas such as public safety, K-12 and higher education.

Minnesota shuttered its doors for three weeks because its leaders were unable to come up with a solution to balance its budget. For a record 20 days, some 22,000 state employees were without a paycheck and many state services were suspended until an agreement was finally reached. Unfortunately for Minnesotans, this agreement included billions of dollars in one-time borrowing. It also delayed \$700 million in payments to schools, pushing the total amount to \$2.1 billion owed to Minnesota's schools.

Our neighbor to the west, **Illinois**,

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Indiana State Fair - Aug. 5-21



State Fair celebrates soybeans

Sometimes called the miracle crop, soybeans and their products help feed the world, provide shelter and even power vehicles. Soybeans play a prominent and versatile role in our diet and economy and that's why the Indiana Soybean Alliance and the Indiana State Fair have proclaimed 2011 as "The Year of Soybeans."

The Indiana soybean industry is the fifth largest in the country. Soybeans have a \$2.5 billion impact on Indiana and feed millions of people as a feed ingredient for livestock and other food products.

"Many people don't understand the versatility of this mighty little bean that is growing throughout our state," said the Indiana Soybean Alliance's Hannah Brescher. "We want to take this opportunity to teach consumers about how soybeans can be found in many other things, from the meat they eat in the form of soybean meal fed to livestock, to the biodiesel fueling their school busses, to the oil they use for baking and frying."

Through its partnership with the Indiana Soybean Alliance, the Indiana State

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Submit your story ideas in an e-mail to: spdcommunications@spd.in.gov



Museum offers unique, hands-on opportunities

Take a step back in time and experience what life had to offer in 1860 in Indiana as part of the 150th anniversary celebration of the Civil War. The Indiana State Museum is offering an opportunity to relive Indiana's role in this historic event with the inaugural, Muster in the Park.



The event will be held Aug. 20, from 11 a.m. to 4 p.m. in Military Park, downtown Indianapolis.

Enjoy training alongside soldiers preparing for battle, touring the camp, interacting with equipment and learning how women contributed to the war effort. Music and games from the time will also be intertwined throughout the day.

Abe Lincoln will make a special appearance to explain why Indiana joined the Union effort in the Civil War. Come early and watch a 1860s baseball game, which begins at 1 pm. Muster in the Park is free with museum admission.

At Eagle Creek Park

Another experience of life from a different time is the Boat Building Workshop. This eight-week workshop gets to the roots of boat construction and teaches individuals how to build a boat without power tools. Instructor Doug Jones, who has worked with the Alexandria Seaport Foundation, boasts knowledge and craftsmanship of a different era to provide a truly unique and exciting experience. He has been building boats using traditional methods since the 1950s.

The workshop will be held on eight consecutive Saturdays, beginning

Sept. 10 and continuing through Oct. 29. The cost is \$300, which includes tools and materials. No prior knowledge or experience with boat building, hand tools, or carpentry is required. Space is limited so

register early.

In Crawford County

For museum members, sign up and then strap on your helmets for the Megenity Cave Excavation Experience. For 21+ years, this cave has provided a rare and exceptional glimpse into the past 60,000 years in Indiana. Located in Crawford County, the cave is home to two species of millipedes found nowhere else in the world and has been the site of an archaeological dig for the past 23 summers.

The four-day experience (Aug. 15 to 19 or 22 to 26) will last from 8 a.m. to 5 p.m. Participants will gain hands-on experiences unearthing peccaries, assist with mapping, excavating, screening and cleaning artifacts on site.

For more information on these or any historic site event go to indianamuseum.org or check them out on [facebook](https://www.facebook.com/indianamuseum).

Cincinnati Reds discount tickets

See the Reds at Great American Ball Park at a discount. Three weekend games are still available for purchase this season.

All state employees can purchase tickets in select non-premium seating locations at special discount pricing.

To purchase, visit www.reds.com/stateofin.

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Indiana's strong fiscal position largely due to state employees

has become the national model for financial irresponsibility. Back in January, lawmakers pushed through a 67% increase in the income tax rate. They also hiked the corporate income tax from 4.8% to 7%. All the while, Illinois continues to borrow billions of dollars and has roughly \$100 billion in unfunded pension and retiree health care liabilities. In fiscal year 2012, Illinois also has a projected budget shortfall of \$4.9 billion.

Many states have resorted to draconian cuts to K-12 and higher education to balance their budgets. K-12 cuts exceed 10% in numerous states, including Illinois and **Mississippi**.

Cuts in state funding for higher education have been even larger, with reductions of 15% in **Nevada**, 18% in **Pennsylvania**, nearly 25% in **Arizona** and nearly 50% in **New Hampshire**.

While other states have struggled to manage their finances, Indiana has become a beacon of light among its peers. Indiana passed a budget that is structurally balanced, leaves a sufficient level of reserves to protect taxpayers, has no gimmicks and contains no tax increases.

Indiana has worked hard to build a culture of economy and efficiency, and the contributions by state employees in recent years demonstrate they have embraced this culture. As Governor Daniels points out, "No state anywhere comes close to Indiana's record of spending tax dollars carefully, with total savings over the last six years in the billions. Your (state employees) spending efficiency has enabled us to stay in the black even as revenues plummeted."



Show your state employee identification badge at the gate for free admission to the State Fair on Aug. 11.

The Indiana State Fair is once again helping stretch Hoosier families' entertainment dollar by offering many special pricing and discount opportunities this year. Fair officials have brought back many popular deals from last year's fair, including the wildly popular \$2 Tuesdays promotion, along with adding a few new ones.

Here are the highlights of the special values at this year's fair:

- **Midway Deals** – Walmart will offer special vouchers for midway wristbands for just \$17 prior to Aug. 5. That's a \$5 to \$8 savings for each wristband purchased. Wristband holders also receive a free Pepsi and game ticket.
- **Free admission ticket in the Indianapolis Star** - On Monday, Aug. 8, the Indianapolis Star will print a ticket good for free admission to the fair on the following Wednesday and Thursday, Aug. 10 and 11.
- **Turkey Hill Dairy \$2 Tuesday** – On Tuesday, Aug. 9 and 16, visitors are admitted for just \$2, compliments of Turkey Hill Dairy with voucher printed from www.turkeyhill.com/indianastatefair.
- **\$2 Taste of the State Fair** – Also on both Tuesdays of the fair, Aug. 9 and 16, concessionaires all over the fairgrounds will have \$2 servings all day long.
- **Free lottery ticket** – On Hoosier Lottery Day, Aug. 13, all guests over the age of 18 can redeem their fair admission ticket stub for a free lottery ticket from 10 a.m. to 7 p.m.
- **IPL Carload Day** – Large families and groups of friends traveling to the fair together will want to take advantage of this great offer, on Monday, Aug. 15. Admission is only \$15 per vehicle for up to 10 people with a voucher printed from www.iplpower.com.
- **BMV Day** – Fairgoers can save \$4 off of the \$8 gate admission on Aug. 17 by redeeming the voucher available online at www.mybmv.com.
- **AAA Day** – Hoosier AAA members receive free admission on Aug. 18 when they show their valid 2011 AAA membership card at the gate.
- **Free admission for military personnel and families** - The State Fair is honoring our current and former members of the Armed Forces by offering free admission for them and family members on Thursday Aug. 18, with the presentation of a military ID.
- **\$2 discount with Pepsi brand can** – All visitors who bring any Pepsi brand can on the fair's final day, Aug. 21, will receive \$2 off the gate admission.
- **Indiana State Fair Value Coupon Book** – Fairgoers can save money on everything from corn dogs to sunglasses by purchasing this book of coupons for just \$5. More than \$100 in deals and discounts are being offered by dozens of fair vendors. The books are available in the State Fair Gift Shop presented by Indiana Soybean Farmers.

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Fair celebrates soybeans

Fair hopes to share the importance of soybeans to Hoosiers with a number of fun soybean-related activities.

The State Fair has been featuring one important Indiana agricultural community since 2007. Previous products featured include pigs, tomatoes, trees (hardwoods) and corn.

"Year of Soybeans" events and activities

The Incredible Soybean Exhibit (Pioneer Hi-Bred Our Land Pavilion): This exhibit features soybean information and interactive games. It also serves as the meeting place for soybean farmers and the hub for all things soybean.

State Fair Gift Shop presented by Indiana Soybean Farmers (Main Street): On the outside, the gift shop has been adorned with a number of soy-fed farm animals and giant soybeans. On the inside, soybean souvenirs, including men's ties, ladies scarves, soybean candles and t-shirts, are available for purchase.

Habitat for Humanity Home Build created with soybean products: Soybean products are being used to construct the home being built on the fairgrounds' north side. Processed soybeans are in the paint, insulation and carpet.

Shoup's Barbecue Competition (State Fair Blvd.): This competition, featuring many meat products from soy-fed livestock, takes place Saturday, Aug. 13.

Indiana Soybean and Cornhole Toss Tourney presented by Indiana Corn and Soybean Farmers (Hoosier Lottery Grandstand Side Lot): The tournament will take place Aug. 19-21.

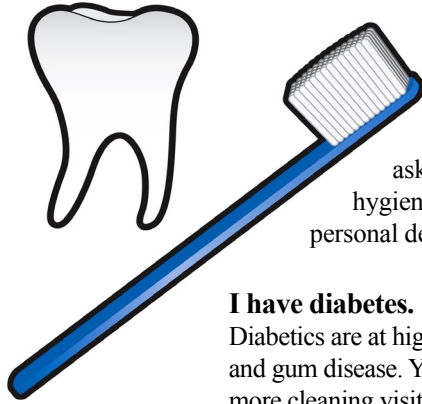
Soybean Mural (Ellison Bakery Home & Family Arts Building): A large, hand-painted soybean mural created by different local artists will be on display during the fair.

Soy Cooking Demonstrations (Ellison Bakery Home & Family Arts Building): Dietician Kim Galeaz demonstrates how to cook with this versatile bean on Aug. 17 at 10 a.m. and Aug. 20 at 10 a.m.

Bennie the Bean: The Indiana Soybean Alliance mascot will be on hand in the Pioneer Our Land Pavilion and appear at many other soybean-related events.

Review these questions to assess your risk of dental disease

Take a couple of minutes and determine the likelihood of you or your family having an increased risk for dental disease. Once you complete the questionnaire, take it with you to your dentist and discuss how you can work together to reduce your risk. If you answer “yes” to any of the questions, you, your spouse or your child may be at an increased risk for dental problems:



Good home care is important -- start with daily brushing and flossing. See your dentist regularly and ask your dentist or dental hygienist to help you set up a personal dental care program.

I eat or drink sugary snacks every day.

Eating lots of high-sugar food and beverages is the main cause of tooth decay. Bacteria in the mouth convert sugars into acids that cause tooth decay. As the amount of sugar increases, more acids attack the teeth. To lower your risk, replace sugary treats with fresh fruit and vegetables and drink water instead of soda pop or juice.

I take prescription or over-the-counter medications.

Give your dentist a list of all medications and supplements you take, as many medications can cause changes in your mouth. The most common drug side effect is dry mouth, which increases your risk for cavities. If you have dry mouth from taking a medication, your dentist might recommend more frequent visits, a special mouth rinse or high-fluoride toothpaste.

I smoke cigarettes, a pipe, cigar or I chew tobacco.

A high percentage of people who develop oral cancer are tobacco users. Smoking and chewing tobacco are also connected to periodontal (gum) disease and tooth decay. Regular dental checkups are important to check for signs of oral cancer, gum disease and tooth decay. Plus, your dentist may be able to help you kick the tobacco habit.

I have had a cavity in the last three years. If you have a history of tooth decay, you may be at risk for future cavities.

I have diabetes.

Diabetics are at higher risk for tooth decay and gum disease. You may need two or more cleaning visits each year to maintain your oral health. Good home care, such as daily brushing, flossing and rinsing with mouthwash will help reduce your risk of cavities and gum disease. Ask your dentist what level of care is best for you.

I had periodontal (gum) surgery.

Surgical removal of gum tissue can expose the roots of the teeth, putting the weaker root surface at increased risk for cavities. Talk to your dentist about special care following gum surgery.

I live in a community that does not have fluoride in the water supply.

Fluoridation of community water supplies is a proven and effective way to prevent tooth decay. If your community does not have fluoridated water or if you have a well, talk to your dentist about your fluoride needs.

I give my baby a bottle of milk or juice when I put him/her to bed.

Using formula, milk, juice or other sugary drinks in the bedtime or naptime bottle or ‘sippy cup’ puts your child at risk for baby bottle tooth decay. While your child is sleeping, the fluids stay in the mouth and around the teeth, creating acid-producing bacteria that causes tooth decay. Schedule your baby’s first dental visit when the first tooth comes in or by age one and talk to your dentist about other ways to prevent tooth decay.

I take medication to prevent osteoporosis.

You should check with your doctor before having dental treatment. One of the drugs (general name bisphosphonate) used to treat osteoporosis, or bone thinning, has a

rare but serious side effect. It may cause osteonecrosis of the jaw (ONJ), a condition that involves severe loss or destruction of the jawbone. ONJ may occur in patients who have had extractions, implants or oral surgery that exposed the jawbone.

I have a heart condition.

Tell your dentist about all your health problems, even if you don’t think they might affect your oral health. People who have certain heart conditions may be at risk for a potentially deadly heart infection – infective endocarditis. The American Heart Association says that good oral health reduces this risk factor. After consulting with your physician, your dentist might recommend more frequent cleanings.

I have had or will have head and/or neck radiation treatment.

Radiation exposure usually causes salivary glands to slow down or stop making saliva. The result is extreme dry mouth and high risk for cavities. Redness and irritation inside the mouth are also common. Before you start your treatment, go to your dentist for a complete checkup. Ask your dentist to consult with your oncologist. Your dentist may recommend a saliva substitute, removal of diseased teeth or fluoride treatments.

One of the following applies to me: ongoing chemotherapy, HIV positive status, organ transplant, stem cell (bone marrow) transplant.

These conditions suppress your immune system and decrease your body’s natural ability to fight infection. Studies show that a clean, healthy mouth contributes to overall health, so your dentist may recommend that you have your teeth cleaned more frequently. Dental cleaning removes harmful bacteria that could cause infections in people with lowered resistance.

I have an eating disorder, such as bulimia.

Eating disorders can damage your teeth, as stomach acids erode the tooth enamel. As the enamel wears down, teeth become sensitive and the risk of decay increases. Teeth usually require extensive repair when the medical condition is under control.

Skin self-exams

Skin cancer check can be a DIY project

A skin self-exam is a visual inspection that you do of your skin. It is a way for you to notice any bumps or spots that look abnormal in color, size, shape and texture.



The American Cancer Society recommends that you do a skin self-exam every month. Between the ages of 20 to 40, you should have a clinical skin exam to screen for cancer every three years. After age 40, you should be examined every year.

How to do a skin self-exam

Do a skin self-exam after a shower or bath in a well-lit room:

- Stand undressed in front of a full mirror and look at the front and back of your body.
- Raise your arms and check your left and right sides.
- Thoroughly check your entire body including the tops and bottoms of your feet, between your toes, your neck, ears, back of your legs, the undersides of your arms, your face, lips, etc.
- Examine your back and buttocks using a hand mirror.
- Check your moles for any changes in size or color.

If you notice any unusual or suspicious changes to your skin, make an appointment to see your doctor immediately.

For more information on skin cancer, visit anthem.com. Also visit the following sites:

National Cancer Institute - www.cancer.gov

American Cancer Society – www.cancer.org

Centers for Disease Control and Prevention – www.cdc.gov

National Institutes of Health – www.nih.gov

Sources:

National Cancer Institute, www.cancer.gov

American Academy of Dermatology, www.aad.org

American Cancer Society, www.cancer.org

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

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Smoke-free policy

Cigarettes and dry conditions no match for safety

If physical health is not a good enough reason to stop smoking, how about the fact that we've had scorching heat and little rain? If you cannot quit or do not want to quit smoking, at least obey the Department of Administration's (DOA) smoke-free policy.

Earlier in July, a recklessly discarded cigarette ignited a small fire in some mulch outside the Indiana Government Center. With such dry conditions as we

have and continue to have, we have all the more reason to pay attention to the no smoking policy.

Just so you know, the policy at the Indiana Government Center bans smoking:

- In all state-owned vehicles.
- All state-owned and maintained buildings and grounds bounded by Washington Street to the south, West Street to the west, Ohio Street to the north and Capitol Avenue to the east.
- All state-owned and maintained parking garages and lots and their respective grounds.

The smoke-free policy has been in place since Jan. 1, 2006. If you're curious about the exact wording, [check it out](#). If you're interested in receiving free help to quit smoking, call the Indiana Tobacco and Prevention Cessation's toll-free quit line, 1-800-QUIT-NOW (1-800-784-8669).

State Park Inns

Staycation offers state employees a savings

Two of Indiana's state park inns are offering a summer special for state employees. Both the Spring Mill and Fort Harrison State Park inns are participating in the Summer Staycation, where if you spend two nights, your second night is half off.

The discount is available Sunday through Thursday and ends Sept. 1. For more information on this opportunity, visit www.IndianaInns.com.



Original artwork by
Jerry Williams

Earn CLE hours

Continuing education available for state contracts

State employees who work with the state contract process can take advantage of an upcoming continuing legal education course on that very subject.

Representatives from the offices of the attorney general, IDOA and the state Budget Agency will present a thorough foundation and review in state contracts and related procedures. In addition, Inspector General David Thomas will present one hour of ethics training

The session will be held Aug. 3 from 9 a.m. to 12:30 p.m. in the Indiana Government Center South auditorium. Registration gets underway at 8:30 a.m.

There are 3.25 CLE hours pending, including one hour of Ethics.

- [Register online](#)

Dept. of Homeland Security

Share your 9/11 observations online

As the 10th anniversary of Sept. 11, 2001, approaches, the Indiana Department of Homeland Security (IDHS) is providing a way for Hoosiers to honor public safety professionals, especially those who have given the ultimate sacrifice.

"The events of 9/11 affected all Americans and it changed the way Americans see themselves and fellow citizens," said Joe Wainscott, IDHS Executive Director. "We hope this memorial wall provides a venue for remembering this life-changing event and the individuals who daily dedicate their lives to keeping America safe."

Participation is open to all residents of Indiana. Submissions can be audio or video clips, pictures (including photos of artwork), or text. Entries along the following lines are welcome:

- Where you were and what you were doing on 9/11?
- How 9/11 changed your life?
- How 9/11 changed the U.S. or the world?
- Honor public safety professionals, including fire, police, emergency medical and emergency management.

For more information, visit the IDHS website at www.in.gov/DHS or the IDHS Facebook page. Entries can be submitted through the IDHS Facebook page or at pio@dhs.in.gov.

Tuition discount available to WGU Indiana

In May, WGU Indiana and Governor Mitch Daniels announced a 10 percent tuition discount for all state employees. Interested students can visit indiana.wgu.edu or call (877) 214-7014 for more information about the university as well as the 10 percent tuition discount available to state employees.



Governor Mitch Daniels talks with law enforcement members before the annual C.O.P.S. 13-day 1,000-mile bicycle ride around Indiana. The 2011 ride honored Indianapolis Metropolitan Police Department Officer David Moore.

Dept. of Natural Resources

What about Indiana's heritage is important to you?

The DNR Division of Historic Preservation and Archaeology (Indiana's State Historic Preservation Office) is seeking public input for revision of its 2005-2011 Cultural Resources Management Plan, commonly called "The State Preservation Plan." This document is used to guide decisions about programs and funding for historic preservation and archaeology.

Indiana's cultural resources range from archaeological sites dating back more than 12,000 years to masterpieces of modern architecture. They also include majestic county courthouses to neighborhoods of modest workers' cottages, from ceremonial mounds built hundreds of years ago by Native Americans to historic downtowns and main streets. These resources help tell the story of Indiana and who we are as Hoosiers.

Please take a few moments to tell us what about Indiana's heritage is important to you. We strongly encourage you to forward this survey announcement to members of your organization, friends, neighbors, local civic leaders and anyone who may have an interest in our state's heritage.

Your responses on this survey will help build a plan for preserving Indiana's cultural resources for the next seven years. The online survey will be open now through September (Indiana Archaeology Month).

To take the survey, go to www.in.gov/dnr/historic/6436.htm.

One call might do it all

Dialing one toll-free number can connect you to multiple HR services with the State Personnel Department. Dial 1-855-SPD-INHR (1-855-773-4647) and select from a menu of options.

Call SPD toll-free

1-855-SPD-INHR
(1-855-773-4647)



Because the menu is subject to change, as new opportunities become available, you are advised to listen to the entire message before selecting your option.

Employee discounts

See Indians baseball at a discount

The Indianapolis Indians are offering discounted tickets for the August 20 contest. Enjoy the most popular night of the week with fireworks shot off from center field after the game.

To receive discount, tickets must be ordered in advance. Prices for the August 20 game are box seats for \$11, reserved seats for \$7 and lawn seats for \$6. Order your tickets online at IndyIndians.com. Enter promo code "state" in Step 3 of 5 to receive your discount.

Order by phone at (317) 269-3545 or by mail via the forms below. Follow the instructions on each individual game flyer when purchasing by mail.

- [View August 20 game flyer](#)

Any order received within 10 days of the game will be left at will call for pick-up.

Healthy Hints

ConditionCare: Healthy Heart

Give new meaning to "working-out in the yard."

Staying active for at least 30 minutes a day can do your heart — and your yard — a world of good.



Call 24/7 NurseLine at 888-279-5449 or visit anthem.com to learn more about keeping a healthy heart.

Your health counts.

Anthem 360/Health