



The Torch

The official newsletter for Indiana state employees

Employee is proof: health screenings can save lives

R.O. Stanley can testify to the value of health screenings. He participated in a blood pressure screening last fall and was surprised to discover that he had high blood pressure.

“I was not feeling bad around the time of the screening and certainly I did not notice anything that I would consider a problem (with my health),” he said. But he stopped by the screening and had his blood pressure tested. It disclosed that his pressure was slightly elevated. “The screening came at the right time,” he said. “Every time I went to the doctor, my blood pressure was normal. But the screening revealed that it was on the high side.”

Stanley followed up with his family doctor who then sent him to a

cardiologist. The cardiologist ran additional tests and Stanley was put on a very low dosage of medication to combat the high blood pressure. Since then, he has been able to maintain a normal pressure level.

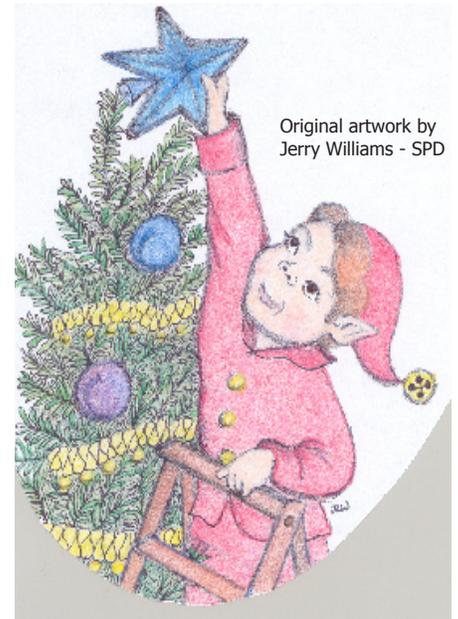
Stanley admits to being a great believer in prevention, especially health screenings. A prostate cancer screening 11 years ago saved his life. The results of that screening sent him to his doctor and he wound up having surgery to alleviate the problem.

“I am convinced that more people are living today because of their participation in health screenings,” he said. Prevention goes a long way towards saving a life. He obviously knows what he is talking about – he



celebrated his 80th birthday in July.

Retiring as a trooper with the Indiana State Police after 27 years, Stanley came back on board with the State in 1986. The Department of Homeland Security was then known as the Division of Civil Defense. Today he serves as a training manager in Homeland Security.



Original artwork by Jerry Williams - SPD

In this issue

- Winter is on its way - page 2
- General salary adjustment - page 3
- Classifieds - 5

Don't let the walls foreclose in on you

In an effort to reduce the number of home foreclosures, Lt. Governor Becky Skillman has launched a statewide initiative to assist Hoosiers in danger of losing their homes.

Hoosiers facing foreclosure can call a toll-free number, 877-GET-HOPE. This toll-free, confidential helpline will be available 8 a.m. to 8 p.m. daily, at no cost to the consumer. Services include budgeting help, a written financial plan or assistance in contacting lenders.

Whenever possible, counselors will assist homeowners over the phone. If more extensive assistance is

needed, the counselor will refer the homeowner to a certified foreclosure intervention specialist.

Also, a Web site www.877GetHope.org is available 24 hours a day, seven days a week. The initiative is lead by the Indiana Foreclosure Prevention Network (IFPN), a public-private partnership of government agencies, lenders, community service and housing-related organizations.

If you're worried that foreclosure could be in your future, don't delay. Call 877-GET-HOPE. Don't wait until it's too late. Call today.

First blood drive dubbed a success

Fort Wayne's INDOT employees staged their first blood drive and according to organizers, "it won't be our last." They plan another drive within the next four months.

Going into the drive, INDOT employee Randy Post said they set a goal of 21 participants. They ended up with 24 employees rolling up their sleeves, with at least six employees being first-time donors.

Of the 24 employees willing to donate, only 18 of the units were able to be used. However, the drive "resulted in 54 patients given a second chance to survive," according to a Red Cross representative. Both the American Red Cross and the Indiana Blood Center agree that one unit of blood can help up to three people.

Participating employees included: Liz Alonzo, Tyler Armstrong, Kurt Brackenhamer, Chuck Carson, Jen Didrick, Jeff Dyer, Dale Filler, Jim Firestone, Danelle Gabriele, Duane Gardner, Katrise Hawkins, Fred James, Thomas Jennings, Jason Kaiser, Diane Keefer, Linda Loxley, Brian Mitchell, Ron Murphy, Wayne Orcutt, Greg Rider, Ben Shaffer, Ed Vance, Nancy Vickery, Meri Williams and Judy Wilson.

Are you receiving *The Torch* by e-mail?

If you are a state employee, but do not have an e-mail account with the state, *The Torch* can be sent to your personal e-mail address.

Visit www.in.gov/jobs/thetorch to subscribe using your personal e-mail address.

Ready or not, winter is on its way

Governor Mitch Daniels has already declared Indiana Winter Weather Preparedness Week. And like it or not, it is time to gear up for winter weather.



With that in mind, INDOT would like to point out that 11 out of 17 winter weather-related deaths occur on our nation's roadways. As a result, INDOT has launched a winter weather reminder for Hoosier motorists: ***Ice and Snow, Take it Slow***. In winter weather, remember to drive at slower speeds and take your time when braking and turning.

The first ice and snow is always the worst, so remember these winter driving safety tips during winter weather:

Knowledge

Before leaving home, find out about the driving conditions. Safe drivers know the weather and their limits. If

the weather is bad remember, ***Ice and Snow, Take it Slow***, or just do not go.

Clear

Remove any snow on your vehicle's windows, lights, brake lights and signals. Make sure you can see and be seen.

Inspect

Check your vehicle's tires, wiper blades, fluids, lights, belts and hoses. A breakdown is bad on a good day and dangerous on a bad weather day.

Time

Leave plenty of time to reach your destination safely. It is not worth putting yourself and others in a dangerous situation just to be on time.

For more information on getting ready for winter, visit www.WinterDrivingSafety.IN.gov, and

do not forget ***Ice and Snow, Take it Slow***.



Happy Holidays from State Personnel



Holiday closings

Just a reminder that the following dates will be observed as state holidays:

Monday, Dec. 24, 2007

Tuesday, Dec. 25, 2007

Tuesday, Jan. 1, 2008

Monday, Jan. 21, 2008



Super bug can be washed away

There has been a lot of talk about the super bug, MRSA. Health officials will tell you that the bug has been around a long time. It is really nothing new. What is new about it is that it used to pretty much be confined to nursing homes and hospitals. Today, it has spread beyond those doors.

One of the easiest and best ways you and your family can avoid coming in contact with this nasty bug is by frequently and thoroughly washing your hands. It is not enough to simply run your hands beneath some running water and then dry them. Scrub, scrub, scrub. How long to scrub? A rule of thumb is to hum or sing to yourself the "Alphabet Song." By the time you have come to the end of the song, it's time to rinse.

Other proper prevention includes:

- Have alcohol-based hand sanitizers readily available.
- Keep open areas on the skin covered with waterproof or

impermeable bandages. Do not touch other person's bandages or open skin areas.

- Do not share personal hygiene items such as soap, towels, deodorant, etc.
- Practice prompt, effective wound care. Wash all wounds thoroughly with soap and water and apply a waterproof bandage.
- See your health care provider immediately if you notice wounds or skin breaks which are red, swollen, painful or draining.
- Routinely clean and sanitize areas where there is frequent direct ski contact.
- Take antibiotics responsibly; that means taking the entire course of the antibiotic, even if you feel better and do not share your antibiotic with others.

For more information about MRSA, log onto ISDH Quick Facts for MSRA at: www.in.gov/isdh/healthinfo/mrsa.htm.



Governor Daniels and Indiana State Police Superintendent Paul Whitesell recognized representatives from the District 16 post in Peru at the 2007 Operation Pull Over awards banquet. The annual event honors state and local law enforcement agencies for their demonstrated commitment to improving traffic safety.

Stockings stuffers for state employees

State employees will have a little something extra in their stockings this December. That's when a general salary adjustment (GSA) will take effect. Employees on B Payroll can see the adjustment in their checks on Dec. 19; A Payroll employees will see the boost with their Dec. 26 paychecks.

All state employees will receive a salary adjustment of 1.5 percent. That salary adjustment is in addition to pay for performance adjustments, which will take place later, in the first quarter of 2008. The details on pay for performance are still being worked out, so watch the next issue of The Torch for more information.

Verify your deductions

Deductions for your 2008 benefits will start being withdrawn from your paycheck. So be sure to review your pay stub on the following pay dates.

Deductions for health, dental and vision

Payroll A: Dec. 26 (two days at old plans & rates; 12 days for new plans and rates)

Payroll B: Dec. 19 (nine days for old plans & rates; five days for new plans and rates)

Deductions for flexible spending accounts, health savings accounts and life insurance changes (that do not require a health statement)

Payroll A: Jan. 9

Payroll B: Jan. 2

If you find an error in your deductions, contact your agency benefits coordinator immediately.



Classifieds -- for sale, for free, wanted, not wanted...

State employees submitting items for sale must agree to the following rules: Contact information must include either a phone number (home or cell, no state numbers) or a home e-mail address. Include your area code!

Ads must be submitted via email to spdcommunications@spd.in.gov, the items must be included in the body of the e-mail, no photos or attachments. No bold or italic type, no ALL CAPS. There is a limit of one ad per employee per issue. Each ad has a limit of three items.

Deadline is the 10th of the month prior to the next issue.

If garage sale, need to list times, date, street address and town.

No selling of animals; but we will list if the animal is "free."

No real estate, for sale or rent, including mobile homes and manufactured housing..

No Avon, Mary Kay, vitamins, etc.

No businesses or professional services (i.e., tax preparation, car repair, animal breeding, etc.).

Ads will run for one issue only.

State Personnel Department staff reserves the right to edit and/or refuse any ads.

1998 GMC Yukon; white, 4-wheel drive, V8, leather int., good condition, runs great; 109K mi. \$6,300 obo. Call Jeff, 317-498-6113.

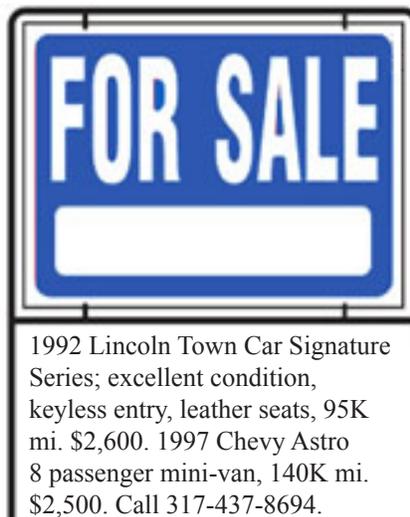
WANTED: Old kitchen cabinets; floor & wall, w/ countertop, "L" shape. Contact Janet Bell, 317 840-9901 or e-mail no.guilt@yahoo.com.

Need part-time driver to drive me to work-related appointments 2-3 days per week, mostly in Indpls, but sometimes 1-2 hour trips to other cities; must be dog tolerant; reliable w/ good driving record. Pay \$7.50 hr.; will pay for gas if driver uses own vehicle; likely use my car for most trips. Contact bweaver53@comcast.net or by phone at 317-205-0301 (home) or 317-903-8222 (cell).

1988 full-size Chevrolet pick up truck w/ topper; 5 spd manual trans., V-8, great condition, no rust, garage kept, 67K mi. \$2,000. Call 317-351-2974 evenings.

2 Trac-Vac leaf vacuums; attaches to riding mowers, overhauled, very good condition. 8 HP, \$600; 5 HP, \$500. Call 317-462-3652 after 6 p.m. or e-mail gladedmoore@earthlink.net.

4 person hot tub; 6 jets, lights, detachable head rests, cover; used inside. \$800 obo. Call 317-856-3502 or e-mail gboy21us@yahoo.com.



1999 Mazda Protégé ES; dark blue, power locks, mirrors, windows & brakes; very good condition, split fold down rear seat, alloy wheels, 83K mi. \$5,000. Call Bill, 317-293-3126.

2002 Dodge Ram 1500 standard cab running boards; still in unopened factory box, flat not tubular rails; may fit newer models. \$200. Portable basketball stand on wheels, adjustable height pole, backboard & net; very good condition. \$50. Call Paul, 812.254.9818 (Washington, IN), leave message w/ name & number, will deliver w/n 60 mi. radius for add'l \$25.

1995 red Ford Mustang; 5 spd manual trans, power steering, seats, windows & locks; cruise control, cloth seats, AM/FM/CD player, 154K mi. \$2,400. Call Bobbie, 765.586.3295 or bobbieritz@comcast.net Free Golden Lab/Sharpei mix; approx 11 mos old; loves kids, other dogs & even cats; house broke & does tricks. 1987

Harley Davidson Lowrider FXRS 1540cc; teal w/ flames, custom flame seat, tranny rebuilt 1999, motor built-up in 1999, new tires. \$7,500. Sabre 21" motorcycle front wheel; cast aluminum, never put on bike \$200. Call Shannon, 765-618-1998 or e-mail Saaaalopez@peoplepc.com.

Free kittens; about six months old. Call Ron Fischer, 765-654-6070 or e-mail fischymail-jill@yahoo.com.

2001 Harley Davidson Electra-Glide Ultra Classic w/ 1300cc (88 cu in) engine; A-1 shape, black / maroon/gold pin stripes, AM/FM stereo, intercom, CB, luggage rack, highway pegs, helmet locks; rain suits, cycle cover, 18,500 mi. \$14,500. Call Wally or Josie 812.665.2916 (Jasonville, IN).

2005 Honda Scooter, Metropolitan II; blue/white, like new, does not require license or plate, 1100 mi. \$1,400. Call Margo, 317-535-8804.

1981 Suzuki GS650 standard motorcycle--miles unknown (speedometer not original), runs great, but cold blooded, may need a good tune-up; \$800. E-mail Brian, bo-knows88@comcast.net.

1995 White Nissan Pickup-4cyl. XE; 2WD regular cab SB 5-sp man, minor rust, dependable, 179K. \$2,199 obo. Call 317-698-5205 or e-mail sandals2004@sbcglobal.net.

1997 Chrysler Town and Country LXI minivan, leather interior, no rust, new tires, runs great, rebuilt transmission. 189K miles. \$2,500. E-mail sandiejava@sbcglobal.net.

2001 Honda Odyssey EX; dark grey, excellent condition, great gas mileage, ABS, front & rear A/C & audio/fan controls, security, power sliding doors, CD player, power seat, quad seating, alloy wheels, 124K mi. \$7,900 obo. E-mail efimandanna@yahoo.com or call 317-809-9099.

1996 Hyundai Elantra Wagon; runs good, new tires & wheels, CD player, no AC, 114 K mi. \$995. Call 317-244-2753 after 5 p.m.

Book Reception

Join authors Rita Kohn,
James Brown, and Ralph Gray

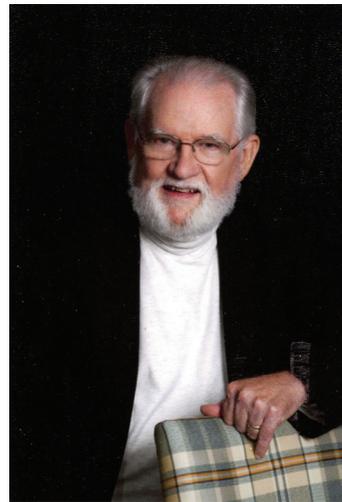
Long Journey Home photography and
Meredith Nicholson materials exhibits

Saturday, December 8, 2007

11:00 A.M. - 1:00 P.M.

Indiana State Library
and Historical Bldg.
315 W. Ohio St.

Free parking on surface lot; enter from
Capitol Ave. between New York and Ohio Sts.



Gray

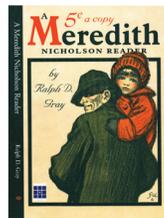
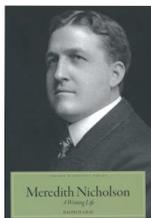
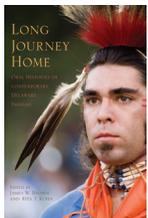


Brown



Kohn

Everything will be 20% off, including
Gray's *Meredith Nicholson* publications and
Kohn's and Brown's *Long Journey Home*



Marion County
Historical Society

Contact the Indiana Historical Bureau:
ihb@history.IN.gov or 317.232.2535
limited quantities of books available

Tobacco-free holiday is possible



All of the stress surrounding the holiday season can cause some ex-smokers to fall off the wagon. But there are ways to avoid temptation as the holidays set in.

Dr. Alan Snell, an executive board member for Indiana Tobacco Prevention & Cessation (ITPC), believes people who have had the strength to quit should stick to their commitment. "Quitting smoking is an enormous accomplishment that people should be proud of," he said. "That's why they should not let the stress of the holidays weigh them down and fall off the wagon."

Snell added that people are often depressed during the holidays or are tempted to smoke when they see friends they haven't seen in a while who still smoke. "They decide that it won't hurt to just have one cigarette in a social situation and before they know it, they are hooked again," he said. "When people quit smoking, they are adding years to their lives. They don't want to reverse the good work they have accomplished."

Health concerns usually top the list of reasons people give for quitting smoking and wanting to keep from starting the habit again. About half of all smokers who continue to smoke will end up dying from a smoking-related illness.

Kim Dangerfield, Indianapolis, who successfully quit smoking by entering

ITPC offers the following tips to keep from smoking again:

Throw out all cigarettes, ashtrays and lighters from your home and car.

Consider changing your daily routine. For example, take a different route to work or school.

Drink lots of water, eat a balanced diet and get plenty of sleep and avoid alcohol.

Get support. Tell family, friends and coworkers that you want to stay away from cigarettes.

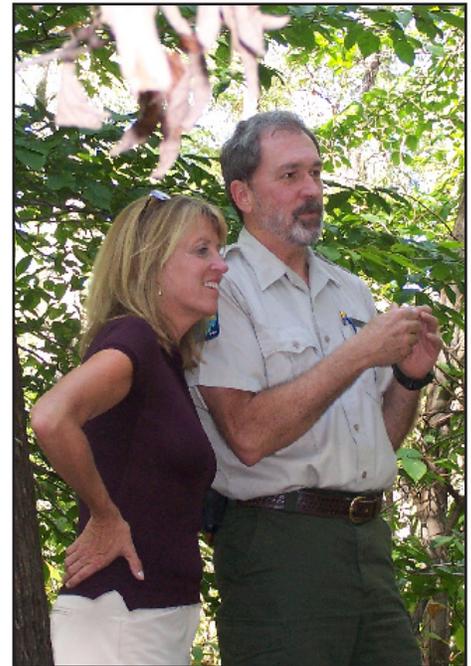
the Quit 2 Win contest, said she won't let the stress of the holidays make her light up again. "I want to be smoke free so I can live to see several holiday seasons," Dangerfield said.

Nearly everyone knows that smoking can cause lung cancer, but few people realize it is also a risk factor for many other kinds of cancer. According to the American Cancer Society (ACS), those cancers include mouth, voice box (larynx), throat, esophagus, bladder, kidney, pancreas, cervix, stomach and some forms of leukemia.

Smokers are also twice as likely to die from heart attacks as are nonsmokers. Smoking is also a major risk factor for peripheral vascular disease, as well as heart disease that can cause strokes.

Karla Sneegas, ITPC executive director, said getting Hoosiers to quit smoking and stay away from the habit is a top goal of the InShape Indiana initiative. "When people quit smoking, they are adding years to their lives," Sneegas said. "Hoosiers have risen to the task of improving their lives."

For more information, visit www.in.gov/itpc/.



Indiana First Lady Cheri Daniels recently toured four of six Leaf Cam locations around the state to promote fall travel in partnership with the Indiana Office of Tourism Development. Leaf Cam is aimed at boosting tourism during the fall travel season. Six of Indiana's most scenic locations can be viewed from separate Web cams at VisitIndiana.com.



As a special thank you for state employees' continued support, employees

can purchase discounted tickets for all Indiana Pacers home games through this special offer!!

Visit www.in.gov/jobs/programs/pacers.htm for details



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The Torch is available online at www.in.gov/jobs/thetorch.

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