



# The Torch

The official newsletter for Indiana state employees

## I-File provides fast, friendly and free online tax-filing

It's time to file your Indiana individual income taxes again, which means it's time to consider using I-File, the state's fast, friendly and free online tax-filing program.

I-File usage alone increased 22 percent over last year. Why? Apparently, I-File users are very happy with the state's online program. In fact, I-File customer satisfaction surveys of more than 2,700 taxpayers who used I-File in 2010 revealed that:

- 97 percent were satisfied or very satisfied with their I-File experience;
- 97 percent said they would likely or very likely use I-File in the future; and
- 97 percent would recommend I-File to a friend or family member.
- And anyone can use I-File if they have filed with Indiana in the past.

Electronic filing in Indiana has also increased by nearly 20 percent in the past four years. For the fourth year in a row, more Hoosiers became electronic filers of their state tax returns. Nearly 86 percent of all state filings were done either through the state's I-File program or the federal e-File program in 2010.

“Electronic filing is the most efficient and effective way for Hoosiers to file,” said Commissioner John Eckart. “Returns filed electronically are 99 percent accurate, compared with paper returns, of which more than 20 percent have errors. And those errors can result in penalty, interest and possibly an audit.”

It costs the state of Indiana approximately \$2.3 million to process about 1 million paper returns, compared with only about \$150,000 operationally to process more than 2 million electronic returns.

In short, electronic filing through programs like I-File helps state government to operate more efficiently – and effectively.

**Page 4** See the Internal Revenue Service's top 10 tax tips

Refunds also come quicker when associated with returns that are filed electronically. In fact, refunds last year from electronically filed returns where the taxpayer also was set up for direct deposit arrived in four to seven business days.

For more information about I-File, visit [www.ifile.in.gov](http://www.ifile.in.gov)

To view a video of the state resources that go into filing paper returns, visit [www.in.gov/dor/4067.htm](http://www.in.gov/dor/4067.htm)

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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)

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



### INShape Indiana

## INShape is shaping up

Like so many of us who vow to change things up in our lives at the beginning of the New Year, INShape Indiana has done just that. They've made some major changes in the way their Web site looks and the information it contains.

If you haven't done so already, take a look for yourself. Log onto [inshapeindiana.org](http://inshapeindiana.org) and there you will find not only a new look but even more information and resources to help we Hoosiers eat better, move more and make better choices. Even the logo is sporting a slimmer look.

Some of the new components include a fitness and nutrition log, county-by-county listing of health resources, health dining finder and games and activities for kids.

There's one tab that might be of special interest to those of us wanting to improve our health and the health of our loved ones. On the Web site, check out the "Be the Change" tab found on InShape's Eat Better, Move More resource pages. It will take you to the Indiana Healthy Weight Initiative website to learn more about the long-

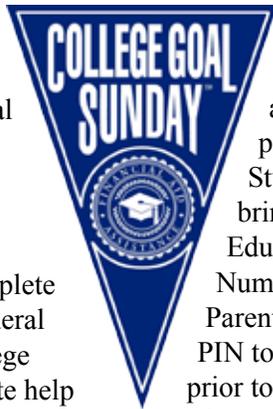
(Continued on pg. 2)

## College Goal Sunday eases path to financial aid

Filling out financial aid applications can be complicated and time-consuming, but College Goal Sunday<sup>SM</sup> makes it easy.

College Goal Sunday is a program that helps college-bound Indiana students complete the Free Application for Federal Student Aid (FAFSA). College Goal Sunday provides on-site help from financial aid experts, primarily from Indiana colleges and universities. Most colleges, universities and vocational/technical schools in the nation require students seeking federal and state financial aid, including grants and loans, to complete the FAFSA. Your FAFSA form must be received by the federal processor on or before March 10. College Goal Sunday will help all college-bound students complete the FAFSA properly.

College Goal Sunday 2011 will take place at 2 p.m. (local time), Sunday,



Feb. 20, at 39 sites across Indiana. The program will begin promptly at 2 p.m., and most sites close by 4 p.m.

Students are encouraged to bring their U.S. Department of Education Personal Identification Number (PIN) if filing online. Parents will also need to obtain a PIN to file online. Obtain your PIN prior to College Goal Sunday by going to [www.pin.ed.gov](http://www.pin.ed.gov).

It is important that the FAFSA contain a valid e-mail address (for student and parent if the student is dependent) as this email address will be used to alert students to issues with their FAFSA that must be resolved as well as deadlines that are very important.

To learn more about College Goal Sunday, including the site locations or for answers to your specific financial aid questions, call the Learn More Indiana hotline toll-free at 1-800-992-

2076 or by accessing the event web site at [www.collegegoalsunday.org](http://www.collegegoalsunday.org).

Families needing assistance from a Spanish interpreter, sign language interpreter, or who may have other special needs should call 1-800-992-2076 to report which site you will attend. The site coordinators will try to ensure someone is there to meet your needs.

Now in its 22nd year, College Goal Sunday is a charitable collaboration involving the State Student Assistance Commission of Indiana (SSACI), the Twenty-first Century Scholars program, the Indiana Student Financial Aid Association (ISFAA) and Learn More Indiana. Each year, the state of Indiana awards more than \$250 million in need-based financial aid to eligible Indiana residents attending eligible Indiana colleges and universities. Learn more about the state financial aid programs for higher education at [www.ssaci.in.gov](http://www.ssaci.in.gov).



Governor Daniels meets with a group of Chinese businessmen at the America-China Society of Indiana inaugural luncheon.

(Continued from pg. 1)

### INShape is shaping up

increase physical activity statewide. See how you can be a part of moving the plan forward in your community at [www.inhealthyweight.org](http://www.inhealthyweight.org)

When at home, follow InShape on Facebook and Twitter and share your comments.

Membership to InShape Indiana is free and available to all Hoosiers. Simple log onto [inshapeindiana.org](http://inshapeindiana.org), sign up and continue the path to healthy living.

#### Check this out!

40 percent off room rates at all seven state park inns now through March 13. More details are posted at [www.in.gov/spd/2439.htm](http://www.in.gov/spd/2439.htm)

# Cholesterol-lowering foods

## Tasty, functional foods help you lower cholesterol naturally

By R. Morgan Griffin  
Reviewed by Brunilda Nazario, MD  
WebMD Feature

Do you want a diet to lower cholesterol? We all know that butter, ice cream and fatty meats raise cholesterol, but do you know which foods make up a low-cholesterol diet? Find out here.

Here's some good news. To lower your cholesterol, you can actually eat more of certain foods. A handful of some "functional foods" have been shown to make a big impact on your cholesterol levels. They're also much tastier than a pill chased with a glass of water.

"These foods may not be magic, but they're close to it," says Ruth Frechman, RD, a spokeswoman for the American Dietetic Association.

Researchers have found that some foods -- such as fatty fish, walnuts, oatmeal, oat bran and foods fortified with plant sterols or stanols -- can help control your cholesterol. Some studies have shown that a diet combining these superfoods may work as well as some cholesterol-lowering medicines to reduce your "bad" LDL cholesterol levels.

How strong is the evidence? The FDA has reviewed the research on each of these foods and given them the status of a health claim for managing cholesterol.

This is great news for the 105 million adults

in the U.S. with high cholesterol. Making good food choices is an easy way of improving your health. It also puts less strain on your pocketbook. A trip to the grocery store is bound to be cheaper than a trip to the pharmacy. Also, many people can't handle the side effects from cholesterol drugs. Focusing on diet gives us all a new option.



**Getting started on a low-cholesterol diet**  
Managing high cholesterol isn't a simple do-it-yourself project. You need to work with your health care provider. And while changing your diet may help a lot, many people still need drugs to reduce their risk of heart disease.

Also, remember that these foods aren't cure-alls. A handful of walnuts or a bowl of oatmeal won't make you invincible. It won't give you a free pass to eat all the high-fat foods you want. To benefit, you still must eat low-fat foods, watch your weight, and get more exercise.

"Eating a healthy diet is not just about eating a few special foods," says Suzanne Farrell, MS, RD, a spokeswoman for the American Dietetic Association. "There's a bigger picture. You need to practice moderation, eat a variety of foods, and get enough physical activity."



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In most of Missouri (excluding 30 counties in the Kansas City area): HighChoice™ Managed Care, Inc. (HHC), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. HHC and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. HHC and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In most of Virginia (excluding the city of Fairfax, the town of Vienna and the area east of State Route 123): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSW") underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation ("CompCare") underwrites or administers the HMO policies; and CompCare and BCBSW collectively underwrite or administer the POS policies. Independent licensees of the Blue Cross Blue Shield Association. ANTHEM is a registered trademark. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

## IRS offers tips for smoother filing your federal return

It's that time of the year again, the income tax filing season has begun and important tax documents should be arriving in the mail. Even though your return is not due until April 18, getting an early start will make filing easier. Here are the Internal Revenue Service's top 10 tips that will help your tax filing process run smoother than ever this year.

1. **Start gathering your records:** Round up any documents or forms you'll need when filing your taxes: receipts, canceled checks and other documents that support income or deductions you're claiming on your return.
2. **Be on the lookout:** W-2s and 1099s will be coming soon; you'll need these to file your tax return.
3. **Use Free File:** Let Free File do the hard work for you with brand-name tax software or online fillable forms. It's available exclusively at [www.irs.gov](http://www.irs.gov). Everyone can find an option to prepare their tax return and e-file it for free. If you made \$58,000 or less, you qualify for free tax software that is offered through a private-public partnership with manufacturers. If you made more or are comfortable preparing your own tax return, there's Free File Fillable Forms, the electronic versions of IRS paper forms. Visit [www.irs.gov/freefile](http://www.irs.gov/freefile) to review your options.
4. **Try IRS e-file:** After 21 years, IRS e-file has become the safe, easy and most common way to file a tax return. Last year, 70 percent of taxpayers - 99 million people - used IRS e-file. Starting in 2011, many tax preparers will be required to use e-file and will explain your filing options to you. This is your chance to give it a try. IRS e-file is approaching 1 billion returns processed safely and securely. If you owe taxes, you have payment options to file immediately and pay by the tax deadline. Best of all, combine e-file with direct deposit and you get your refund in as few as 10 days.
5. **Consider other filing options:** There are many different options for filing your tax return. You can prepare it yourself or go to a tax preparer. You may be eligible for free face-to-face help at an IRS office or volunteer site. Give yourself time to weigh all the different options and find the one that best suits your needs.
6. **Consider Direct Deposit:** If you elect to have your refund directly deposited into your bank account, you'll receive it faster than waiting for a paper check.
7. **Visit the IRS website again and again:** The official IRS website is a great place to find everything you'll need to file your tax return: forms, publications, tips, answers to frequently asked questions and updates on tax law changes.
8. **Remember this number 17:** Check out IRS Publication 17, Your Federal Income Tax on the IRS website. It's a comprehensive collection of information for taxpayers highlighting everything you'll need to know when filing your return.
9. **Review! Review! Review!** Don't rush. We all make mistakes when we rush. Mistakes will slow down the processing of your return. Be sure to double-check all the Social Security numbers and math calculations on your return as these are the most common errors made by taxpayers.
10. **Don't panic!** If you run into a problem, remember the IRS is here to help. Try [www.irs.gov](http://www.irs.gov) or call toll-free at 800-829-1040.

*Information provided by IRS TAX TIP 2011-01*

**Chill Ice Skating at the Pepsi Coliseum**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 B	2 B	3 B	4 C 7:00 PM	5 C 7:00 PM
6 C	7 B	8 B	9 B	10 B	11 C 7:00 PM	12 C 7:00 PM
13 C	14 B	Feb. 15 - Mar. 9 No Public Skating		<b>February</b>		

■ Public Skating     ■ Indiana Ice Games

**\*Times subject to change.**

B Times: 12:30 - 2:30 pm     C Times: 2:30 - 4:30 pm

Check out [indianastatefair.com](http://indianastatefair.com) for a complete schedule or call the Public Skating Hotline at (317) 927-7536.

## Around the state

### Agencies work together in southern Indiana

Two state agencies recently completed a joint project to help keep traffic moving on State Road 62. The Indiana Division of Reclamation and the Indiana Department of Transportation (INDOT) worked together to fix the SR 62 bridge over Stolberg Ditch in Warrick County.

The bridge had been damaged by subsidence into a coal mine 140 feet below the surface of the road and made the area unsafe.

Steve Herbert, Assistant Director of Restoration for Abandoned Land Mines, praised the assistance of INDOT's geotechnical section, Vincennes District and other INDOT employees. In a letter addressed to INDOT Commissioner Michael Cline, Herbert wrote:

"Any project that is technically this complex, and with a price tag this high, that can be completed from initial investigation to end of construction in less than eight months requires a



*Cracks like these on the SR 62 bridge in Chandler were just part of the damage fixed by INDOT and DNR's Division of Reclamation.*

dedication to public service that is rarely appreciated today," Herbert wrote.

Employees that merited a special recognition by the Department of Reclamation were Joe Franzino, Somanath Hiremath and Malek Smadi of Geotechnical Services; Khalil Dugaish, Dave Christmas, Randy Archer, Cher Goodwin, Barry Mueller of the Vincennes District Office; Karen Hicks, Budget Manager at INDOT; and Denise Koutz at Evansville Sub-district.

## Keep it clean

### Stay healthy and wash your hands

Dirty hands play a large part in protecting us from illness and diseases. For instance, did you know:

One in six Americans are sickened annually by foodborne illnesses, according to estimates by the Centers for Disease Control and Prevention (CDC). All the more reason to wash your hands.

According to CDC estimates, disease caused by Salmonella bacteria remained the leading cause of hospitalization and death, accounting for 35 percent of hospitalizations and 28 percent of deaths caused by known food-borne pathogens.

One out of every six people in the United States becomes ill from food-borne disease each year. Of these 48 million people, 128,000 are hospitalized and 3,000 die. The research, published in a recent edition of the Emerging Infectious Diseases journal, provides the first comprehensive look at food-borne illnesses in the United States since 1999.

"Food-borne illnesses and deaths are preventable, and as such, are unacceptable," said FDA Commissioner Dr. Margaret A. Hamburg. "We must, and can, do better by intensifying our efforts to implement measures that are prevention-oriented and science-based."

But the responsibility does not lie solely with those who work in food-related or healthcare industries. Consumers can take active roles in preventing food-borne illness, the CDC said. Food safety tips are available online at [www.foodsafety.gov](http://www.foodsafety.gov)

For more information about food-borne illnesses or to view the recent report, visit [www.cdc.gov/eid](http://www.cdc.gov/eid) or [www.cdc.gov/foodnet](http://www.cdc.gov/foodnet)



Original artwork by  
Jerry Williams

#### Discount for state employees

Clear your calendar, pack your swim suits, and head to Great Wolf Lodge! Just imagine...



a colossal indoor water park, 100 game arcade, a luxurious spa, and fantastic restaurants- all under one roof! A trip to Great Wolf Lodge creates family memories that last a lifetime for children of all ages.

Save 20% off the best available room rates at Great Wolf Lodge at Mason, Ohio, when booking using the code **INDI462B** at [www.greatwolf.com](http://www.greatwolf.com). Discount is guaranteed when booking 30 days in advance prior to your arrival date.

## Chew on a sugar substitute and save some cavities

Remember how Mom told you not to snack between meals? Besides ruining your dinner, snacking on foods high in sugar can lead to cavities.

That's because sugary snack foods are usually high in sucrose, a form of sugar that the bacteria in your mouth feast on, generating more bacteria and increasing acid levels. The acid eats away at the enamel of your teeth and eventually leads to cavities.

### What -- no more sugar?

While eliminating all sugars and starch from your diet would stop this process, it would be very difficult to achieve a diet void of these items on a continual basis. A better solution is to choose a

sugar substitute that does not promote tooth decay, such as xylitol.

### What is xylitol?

Xylitol is a naturally occurring sugar alcohol that is found in many fruits and vegetables and is often used as a sweetener in a variety of foods. Xylitol has demonstrated anti-decay capabilities, which means that bacteria in your mouth cannot feed off xylitol. Bacteria are starved therefore limiting production of more bacteria and reducing the risk for cavities.



With so many sugar snacks such as soda pop so readily available, it's important to take extra care of your teeth. You can help prevent cavities by selecting food items that contain xylitol, such as chewing gum. If you regularly chew gum, why not select a product that can help keep your mouth healthy and cavity-free?

A wide variety of commercial products are now available with xylitol – check your local health food stores.





**INDIANA  
CIVIL RIGHTS COMMISSION**

PRESENTS

**Continuing Legal Education Seminar**  
2 CLE CREDITS

**“Trends and Perspectives  
in Administrative Law”**

**February 24, 2011**  
**10:00 am-Noon**

**GUEST SPEAKERS**  
Frances Barrow, ESQ., Deputy Attorney General  
Beth H. Henkel, ESQ., The Law Office of Beth Henkel, LLC  
Janice E. Kreuscher, ESQ., INDYGO

**REGISTRATION FORM**

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Email Address \_\_\_\_\_

Phone Number ( ) \_\_\_\_\_ Alternate Phone ( ) \_\_\_\_\_

Special Accommodations \_\_\_\_\_

Circle Payment Method:    cash            check            money order

Cost: \$50 (pre-registration), \$65 at the door

Return registration form and payment to: Indiana Civil Rights Commission, Attn. Tawanda Sharp, 100 N. Senate Avenue, Room N103, Indianapolis, IN 46204



**LOCATION**  
Indiana Government Center South  
Conference Room 1 and 2  
302 W. Washington Street  
Indianapolis, IN 46204



**February**

**1-25**



**Attention**

**Indiana State Employees!**

**Sponsored by the  
Office of First Lady Cheri Daniels**

***Hoosiers***

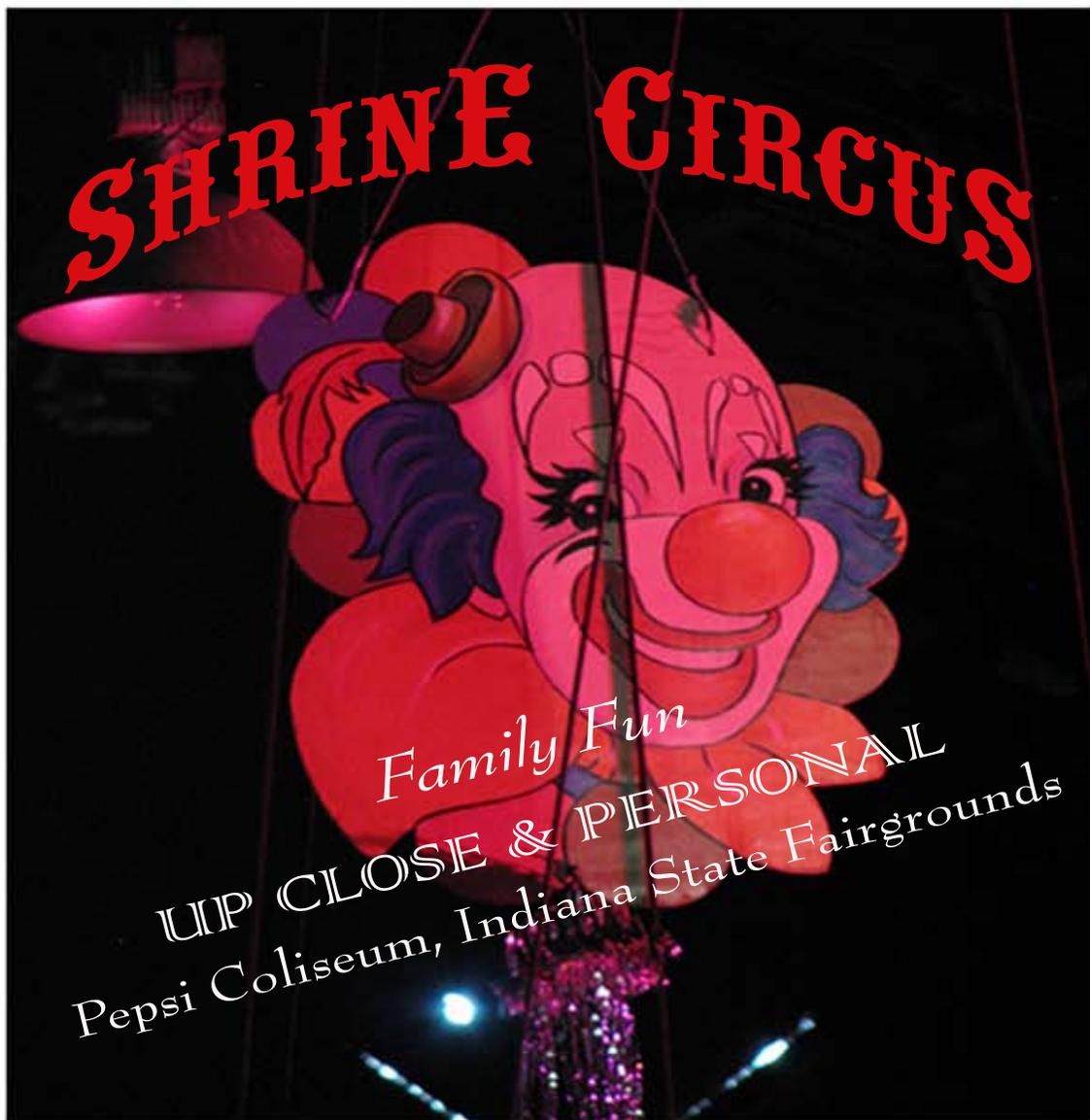
***Helping Hoosiers  
food drive***

**Suggested Shopping List**

- **Canned meat, fruits and vegetables**
- **Canned soups**
- **100% fruit juices**
- **Peanut butter and jelly**
- **Kid-friendly foods: macaroni, cereal, applesauce cups and healthy snacks**

**Collections will benefit  
area food banks and pantries.**

# MURAT



**PUBLIC SAFETY NIGHT**  
**FRIDAY, MARCH 4, 7:00 PM**  
**TICKETS \$5.00**

For further information or to purchase tickets:

INDIANA STATE POLICE

IGCN - 3rd floor, west elevators

Operations Desk 317-232-8248

or Indiana State Police Museum 317-899-8293

