



The Torch

The official newsletter for Indiana state employees

Eating local produce has great benefits

According to the US Department of Agriculture, consumers need to make half their plate fruits and vegetables. Eating fresh fruits and vegetables is an essential part of our daily diet and overall weight management. Many people are now choosing locally grown when shopping for produce. Buying locally grown food is not only good for the environment. It is also fruitful for the economy and your health.

The key word in describing the health benefit of locally grown is “fresh.” Since the produce is local, it is fresher than produce that has been shipped from other countries. Fresher produce means its more flavorful and more nutritious. Fruits and vegetables lose their optimal nutritional value as soon as they are picked. When picked, Vitamins such as C, E, A, and some B vitamins begin to deteriorate and thus decrease.

Other factors such as the exposure to air, artificial lights, and temperature changes can also contribute to the decrease in nutritional value. Since manufacturers want the food to look fresh and ripe, produce that travels far to get to a neighborhood supermarket is often sprayed with plant hormones to speed up ripening. Since the ripening occurs so quickly, the plant

can't accumulate as many nutrients and as much flavor as it would if it slowly ripened on its own. According to the National Resources Defense Council, most produce grown in the United States travels an average of 1,500 miles before it gets sold.



The longer food sits, the more it decreases in nutritional value. That is not to say that you don't get any benefits from eating produce even if it was picked a week or two ago. It just won't be as optimally rich as when first picked.

The closer we eat to the source and the less processing and shipping, the more nutritional value we can access.

Another health benefit of buying locally grown is that you are getting produce at its peak state. Local farms can allow their fruits and vegetables to ripen longer or even fully ripen, which also adds to nutrition. Organic farmers also tend to use fewer chemicals than larger commercial farms. This means the food is more delicious and contains a higher nutritional value.

Eating local foods gives you a

greater variety. A farmer who is not concerned with shipping foods, shelf life or supermarket demands for 'name brands' is free to try small crops of different varieties. Local produce translates to eating foods that are in season. This means you are enjoying foods when they are the most abundant and generally less expensive.

In early July, you can expect: Blackberries, Blueberries, Broccoli, Cabbage, Corn, Cucumbers, Eggplant, Lima Beans, Nectarines, Onions, Peaches, Peas, Raspberries, Snap Peas, Squash and Tomatoes.

To see the full list, click [here](#) to see what's in season in Indiana.

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The Torch is published monthly by the State Personnel Department and is available online at www.in.gov/spd

Submit your story ideas in an email to: spdccommunications@spd.in.gov

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Local food benefits

In order to promote healthier eating habits and support Indiana farmers and businesses, State Personnel is opening the Statehouse Market. More information is coming soon!



When attending any farmers' market, keep these tips in mind:

- **Bring cash**

Cash is the easiest currency and most stands only accept cash. Plan to pay with small bills and change

- **Bring coolers and/or shopping bags**

Although some vendors have bags and boxes, it's easiest if you bring your own reusable bags with handles. You are contributing to the most basic recycling and environmental causes by using cloth and string bags. Also, if you plan to buy any perishable items, a cooler is a must to ensure you transport your food safely.

Indiana is home to many farmers' markets. To find a local market near you, click [here](#).



Indiana economy

Indiana job growth hits seven month stretch

Indiana led the nation in private sector job growth in April, adding 15,400 new jobs. This marks the fourth largest one-month increase in 22 years. Hoosier job growth of 0.6 percent was six times the US average of 0.1 percent in April and accounted for roughly 12 percent of the nation's increase.

Over the past year, Indiana's gains (6.0 percent) have almost doubled that of the national average (3.1 percent). Indiana added 7,700 new private sector jobs. It is the seventh consecutive month of job growth in the state and the best December to May period in over a decade.

Rank	State	Jobs added
1	IN	15,400
2	TX	12,200
3	GA	9,000
4	NJ	6,300
5	MI	5,100
6	AR	4,900
7	UT	4,800
8	IA	4,700
9	MO	4,600
10	AL	4,300

"The Hoosier state has not seen economic growth on this level in a generation," said Scott B. Sanders, Commissioner of the Department of Workforce Development. Sanders also noted Indiana has added 36,500 jobs in 2012, the most in a four month period since late 1998.

Indiana is the smallest state in population for the top five but yet still has large job growth numbers. Georgia and Michigan are both 1.5 times larger, and New Jersey's population is 1.3 times larger than Indiana.

Indiana stands as a leader in many different areas of government: a balanced state budget, right-to-work status and top-five CEO ranking for taxes, regulation, workforce quality and living environment. These are

all contributing factors that make Indiana one of the most attractive and effective locations in the country for companies to create more new jobs and generate higher profits.

These numbers point to something extraordinary about the Hoosier state. While other states are struggling, Indiana was ranked fifth overall among the top states for

doing business, first for its rail and highway accessibility, and second as a leader in economic recovery.

"We're delighted that companies are continually finding Indiana as the most prosperous location for business," said Dan Hasler,

Secretary of Commerce and chief executive officer of the Indiana Economic Development Corporation. "With our low-taxes and nationally acclaimed business climate, Indiana helps firms achieve sustainable, long-lasting growth."

Indiana's gross domestic product grew 4.6 percent in 2010, Compared to the national rate of 2.6 percent. Indiana is the third-highest growth rate in the nation according to the U.S. Bureau of Economic Analysis.

Governor Mitch Daniels is clear about what it takes to steer Indiana through these hard economic times: "Government does not create jobs," he said. "It only create[s] the conditions that make jobs more or less likely."

BMV selected nation's best in customer service

Proclaiming the Indiana Bureau of Motor Vehicles (BMV) as the "best in the nation," Governor Mitch Daniels announced on June 28, that the agency has earned its third International Customer Service Award from the American Association of Motor Vehicle Administrators (AAMVA) in the past five years.

"The Indiana BMV has gone from being the worst to the best over the past seven years thanks to the hard work and dedication of employees from South Bend to Evansville and Terre Haute to Richmond. They have created a culture of customer service that is second to none," said Daniels. "The BMV's remarkable transformation benefits everyone."

In the most recent customer survey, the BMV's satisfaction rating was 95.9 percent. Statewide, average branch visit times are consistently under 15 minutes. At the central office, titles that once

took four to six weeks to process are now completed in three days. Similar improvements in service can be noted in all BMV activities.



Governor Daniels visits with BMV employees at Capitol Rotunda reception after the news conference announcing the BMV's third national customer service excellence award (Photo by Marc Sirkin).

The AAMVA Customer Service Award is presented annually to an agency that has demonstrated exceptional service based on overall performance or a specific program. The Indiana BMV first received the award in 2008 and

then again in 2010.

R. Scott Waddell, BMV Commissioner, explained that the agency is continuing to explore ways to further improve customer service and control operating costs at the same time. He cited the "Customer Choices" initiative that has created more convenient ways for customers to do business with the BMV and for many customers, eliminated the need to visit a license branch. To date in 2012, more than 70 percent of all registration/plate renewals are being completed online, by mail or by phone. Using the new online renewal option, 30 percent of driver's licenses are being renewed through the myBMV.com website.

The Indiana BMV completes more than 13 million transactions each year including the registration of 7.2 million vehicles and watercraft. The agency also licenses and maintains the records of more than 4.6 million drivers. Almost 4 million customers annually visit the BMV's 138 license branches, and the myBMV.com website has 4.8 million visitors each year.

ISDH microbiologist wins national award

Brent Barrett, a microbiologist from the Indiana State Department of Health, is the 2012 Scherago-Rubin Award laureate. This award, presented for more than 20 years, recognizes an outstanding bench-level clinical microbiologist. Barrett received the award at the American Society of Microbiology's (ASM) General Meeting in San Francisco in June.

"Barrett personifies the best of clinical microbiology," states his nominator, Judith Lovchik,



Indiana State Department of Health Laboratory and and Diplomate of the American Board of Medical Microbiology (ABMM). "His intense focus on clinical microbiology has no parallel."

Barrett received his B.S. in microbiology from Purdue University in 1976 and his American Society for Clinical Pathology (ASCP) certification in 1980. His full-time position is a microbiologist at the State Health Department and he also works

part-time at Mid America Clinical Laboratories.

"Barrett is first and foremost a medical technologist, who for many years has worked in the enteric and parasitic diagnostic laboratory at the Indiana State Department of Health," explains James Snyder, University of Louisville Hospital, and ABMM Diplomate. "With his leadership, this laboratory gained national recognition as one of the few public health laboratories that practices state of the art diagnostics and serves as a major source of information regarding epidemiology and continuing education."

New smoking prohibitions take effect

As of July 1, 2012, a new law prohibiting smoking in public places, places of employment, and State vehicles takes effect. IC 7.1-5-12-4 states that a person who smokes where smoking is prohibited can be cited for a Class B infraction (i.e., fined up to \$1,000).



All Indiana Government Center buildings and grounds have been designated smoke-free by the Department of Administration. Violation of the Indiana Government Center’s smoke-free policy is a legitimate basis to conduct “reasonable suspicion nicotine testing” (under the State employee health plan Non-Tobacco Use Agreement), causing forfeiture and recovery of the \$25 bi-weekly tobacco free health care premium incentive.

Violation of the Indiana Government Center smoking ban and/or the Non-Tobacco Use Agreement can also lead to termination of State employment.

If you use tobacco, you are expected to

adhere to applicable smoking restrictions. Assistance to help quit smoking is available from the Indiana’s Tobacco Quitline 1-800-QUIT NOW (1-800-784-8669) www.in.gov/quitline/. It’s free, it’s confidential and it can save your life.

As a reminder:

It is the policy of the Indiana Department of Administration, as custodian of State buildings and grounds under Indiana Code 4-20.5-6-5, that all parts of the buildings and grounds of the Indiana Government Center Campus in Indianapolis be designated smoke-free effective January 1, 2006.

The Indiana Government Center Campus includes:

- The 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.
- The State-owned and maintained Washington Street Parking Facility, the Senate Avenue Parking Facility, and their respective grounds.

Click [here](#) to read the full policy.

Generic prescription pricing

Question: A State employee has just gone to the pharmacy to fill a prescription for an antibiotic. The employee is being told by the pharmacist that they aren’t going to run it through Medco because it is part of the \$4 generic prescription program. What should the employee do?



Answer: All prescriptions should be run through Medco! If the prescription is part of the \$4 generic program, then the cost from Medco should be \$4, regardless of whether or not the employee has met the deductible. Having the prescription run through Medco ensures that this amount is applied to the deductible and/or out of pocket maximum.

Note: If the pharmacy gives this reason for not running the prescription through the plan, please call Medco at 877-841-5241 to report this information.

The SPD hot line is in your corner

Do you have an HR question and you are unsure who to ask? Current state employees may dial 1-855-SPD-INHR (1-855-773-4647) toll-free and have their Family Medical Leave, benefits, workers compensation and disability, employee data/verification of employment or employee relations questions answered by a HR specialist. In the last month, Talent Acquisition has also been added to the hot line to answer recruiting questions.

The toll-free number allows callers to select from a menu of options and is subject to change.

As always, employees can find additional information on the SPD website:

- [Family Medical Leave](#)
- [Benefits home](#)
- [Employee Relations home](#)

If you have a benefits specific question and would like to call that department directly, you may also call 887-248-0007 (toll-free) or 317-232-1167 (Indianapolis). This hotline is staffed by 12 benefits specialist at the central office in Indianapolis. This group answers questions about medical, dental, vision and life insurance, as well as health savings accounts (HSA), flexible spending accounts (FSA), short term disability (STD), long term disability (LTD) and worker’s compensation. They assist with family status changes, HSA contribution changes and questions about plan coverage. The benefits specialists can also investigate coverage or claims concerns.

The average wait time for a caller is seven seconds during most of the year. Wait times may be slightly longer during Open Enrollment.

Food Protection Program wins prestigious award

Hard work and diligence once again pays off for the Indiana Stated Department of Health's (ISDH) Food Protection Program as they were awarded the Elliot O. Grosvenor Food Safety Award from the Association of Food and Drug Officials (AFDO) at the 116th AFDO Annual Education Conference on June 5.



The award recognizes outstanding achievement by a food safety program within a state department of Agriculture, Natural Resource agencies, Public Health or Environmental Health in the United States or Canada. The award was created to recognize leaders who best showcase improvement, innovation or sustained high performance within a food safety program. A qualified program could include responsibilities for food safety, protection, defense or sanitation.

"It is great to be recognized for our hard work to protect public health in Indiana," said Scott Gilliam, Director of Food Protection at ISDH. "It's a prestigious organization and the Food Protection Program is honored to be recognized. This could not have happened without the quality and drive of my staff and the initiative of the Indiana State Police."

In 2005, Congress passed the Sanitary Food Transportation Act. A year later, the ISDH Food Protection Program embarked on a project to determine the current state of food safety and defense of food in transit in interstate commerce. As a result,

ISDH has continued to collaborate with the Indiana State Police (ISP) and other food safety partners to monitor and conduct food transportation

assessment projects across the state. "These efforts are rarely recognized, but the Food Protection Program deserves it for reducing potential foodborne illness in Indiana resulting from unscrupulous truck companies not following food safety regulations," said Sarah Popovich, Enteric Epidemiologist at the ISDH.

Since the Indiana Food Transportation Assessment Projects inception, the ISDH and ISP have collaborated on inspecting roughly 400 trucks. Of these, 32 were cited for food safety violations resulting in nearly 25,000 pounds of food disposed due to improper temperature, cross contamination, mislabeling and other various food safety violations. These violations caught local and national media attention sharing Indiana's concern with the safety of food in transit.

"I believe it is through the dedication of the ISDH and the strong relationships with ISP over the last few years that we have closed a significant gap in consumer safety," ISP Capt. L. Wayne Andrews said.

Food trucks can cross state lines and have required the ISDH to rely heavily

on our neighboring states. Kentucky Cabinet for Health and Family Services, Food Safety Branch Manager, Mark Reed said that efforts targeting what has often been termed the 'weak link' in Kentucky's farm-to-table supply chain are to be commended.

"The regional and national media attention has undoubtedly resulted in a heightened awareness among federal, state and local regulatory agencies, as well as the food

transportation industry, as to the potential problems of temperature abuse and cross-contamination during highway transit," said Reed.



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War Memorials Commission is a small agency with a great task

With 14 year round and five intermittent employees, the Indiana War Memorials Commission is one of the smallest agencies within Indiana State Government, but it is tasked with the great responsibility of overseeing preservation and operations of Indiana's War Memorials. The Indiana War Memorial Plaza Historic District contains two museums, three parks, 24 acres of monuments, statues, sculptures and three fountains in the heart of downtown Indianapolis, making the state's capital second only to Washington D.C. in the number of

monuments dedicated to veterans and Indianapolis has dedicated more acreage to Veterans than any other city in the nation. It is also home to the National and State Headquarters of the American Legion.

"No other state we know has anything like this," said General J. Stewart Goodwin, Executive Director of the Indiana War Memorials Commission. "Hoosiers have always stepped up to serve their state and country."

The War Memorial Commission operates these facilities in pursuit of its primary mission: to commemorate the valor and sacrifice of the United States Armed Forces and especially to honor Hoosier veterans and Indiana's role in the nation's conflicts.

The War Memorial, with its neoclassical design and pyramidal dome, houses three levels dedicated to honoring veterans. The Shrine Room, on the upper level, is the centerpiece

of the building. It features 24 blood red pillars made from Vermont marble, a large American flag and the Altar of Consecration which is there to remind us to be good citizens every day, all lit by the Star of Destiny.

The main floor has exhibit space, administrative offices, meeting rooms and the Pershing Auditorium. The meeting rooms and auditorium are available to rent for a nominal fee and host approximately 450 events a year. The Auditorium is a popular place for weddings and every weekend from



The Shrine Room at the Indiana War Memorial includes the Star of Destiny made of Swedish crystal.

April through November is routinely busy. The auditorium is also available for veterans' funerals at no charge. Rental revenue is used to maintain and refresh the museum.

The lower level of the Memorial features a free military museum that is open 9 a.m. to 5 p.m. Wednesday through Sunday. Exhibits portray veterans from each conflict from the Battle of Tippecanoe in 1811 through the present. Interesting displays include a bronze bust of Adolf Hitler found in his office after the war, numerous military firearms, an AH-1 Cobra Attack Helicopter and hundreds of other artifacts, photos and documents.

"I assure you that you will not be disappointed," said General Goodwin. "Please stop by and see the best kept secret in Indiana, and learn something about the heroes and heritage of our state and country."

For more information, visit www.in.gov/iwm/2346.htm or call 317 232 7615.



Valuable resource for new parents

If you are expecting a new addition to your family, whether a biological, adoptive or foster child, you may need time away from work to welcome him or her to your family. There are several things to do prior to and after your new child's arrival and your return to work.

The State Personnel Department's website has a new timeline to assist you with this process every step of the way! The website also includes answers to your critical questions about how Family-Medical Leave, the State's Disability program and benefits may play a role in your leave.

Check out this new valuable resource at www.in.gov/spd/2738.htm where you can also find other information about Family Medical Leave, including eligibility requirements, forms to be submitted, policies, and FAQs.

If you have additional questions, please call the FML helpline at 317-234-7955, or toll free at State Personnel's Call Center: 1-855-SPD-INHR (1-855-773-4647), and choose the FML option. Also, keep a lookout for more Torch articles on FML related topics.

Training

Do you need help locating the best talent or managing your time and schedule?

State Personnel has developed web-based trainings available in time management and successful hiring. Each course is self-paced and lasts approximately one hour.

Selection & Interviewing for Managers & Supervisors

Hiring the best candidate for the job often depends on the quality of the selection tools. The purpose of this course is to give you the tools you need to interview and select quality employees.



Time Management

As a manager, customer service representative, administrative assistant or a director, time is your most valuable asset. Through our time management training, participants learn how to plan and organize time for their personal success.

This course provides a variety of tips and tools to improve personal and business time management strategies. Participants learn how to cluster and prioritize tasks, identify the best time of day to perform simple and complex tasks, and identify the time of day in which they are most effective.

Instructions on how to register are posted online at in.gov/spd/2391.htm. Locate the “self enroll into training” section of the employee self service quick step guide.

Leave

Voluntary unpaid leave program extended

The state’s voluntary unpaid leave program, which is scheduled to end June 30, 2012, is being extended another year.

The extension is effective July 1, 2012, and applies to all employees subject to the jurisdiction of the State Personnel Department. Participation in the program is limited and ends on June 30, 2013, unless the policy is again extended. The policy and form for requesting such leave can be found on SPD’s website at www.in.gov/spd/2396.htm.

If you have questions, contact your agency HR representative.

Anthem

NurseLine to the rescue

Need medical advice? What can you do when you or a loved one is sick outside of your doctor’s office hours? Should you go to the Emergency Room or an Urgent Care Facility? Can you wait and see the doctor on the next business day? The Anthem 24/7 NurseLine can help you determine the appropriate level of care, which may also save you time and money.

What if you just need more information about a health concern? The NurseLine has confidential, recorded messages on hundreds of health topics. Call the NurseLine at 888-279-5449.



Policy change

Changes to nepotism law coming July 1

Significant changes to the law governing nepotism for the executive branch of state government take effect on July 1, 2012.

You may access the House Enrolled Act to view the full text of the law. Agencies may have policies containing greater restrictions than the general law. Please request informal advice from the Office of Inspector General or submit a request for formal advice from the State Ethics Commission if you have any questions about the application of IC 4-2-6-16, the new law governing nepotism, or any other rule in the Code of Ethics.

For more information go to www.in.gov/ig/files/FINAL-June12Newsletter.pdf





June 12 – Governor Daniels gives remarks at the 50th anniversary of the Purdue Research Park in West Lafayette.

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The **Cincinnati Reds** are offering a special discount for state employees to four remaining games this season at Great American Ball Park



Remaining games:
 Sunday, July 22 vs. Brewers 1:10 p.m.
 Sunday, Aug. 19 vs. Cubs 1:10 p.m.

Sunday, Aug. 26 vs. Cardinals 1:10 p.m.
 Saturday, Sept. 22 vs. Dodgers 7:10 p.m.

All state employees can purchase tickets in select non-premium seating locations for special discount prices. Tickets are priced from \$10 to \$30 with five different seating section choices available.

- Tickets must be purchased in advance of game date in order to receive this discount.
- Discount tickets will not be available at the box office on the day of the game.

How to purchase discounted tickets online

Visit www.reds.com/stateofin
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Artwork by Jerry Williams



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