



The Torch

The official newsletter for Indiana state employees

Do you know all there is to know about the H1N1 flu?

In June, the World Health Organization told its member nations it was raising the pandemic alert level from phase 5 to 6, meaning a global outbreak of the Novel H1N1 influenza A has begun.

Since this is the first global flu epidemic in 41 years, we at The Torch thought we'd get some assistance from the professionals at the Indiana State Department of Health. We talked recently with Shawn Richards, a respiratory epidemiologist in Indianapolis about the H1N1 outbreak.

Torch: New confirmed cases of Novel H1N1 Flu are being reported every day. How many cases are there in Indiana and is the outbreak slowing as we hit summer?

Richards: *As of June 10, 2009, there have been 201 confirmed cases of Novel H1N1 influenza statewide. However, there are likely many more unreported/unconfirmed persons with H1N1. It has been identified in many counties throughout the state. As of June 10, 13 people have*



been hospitalized with Novel H1N1 influenza A virus in Indiana, and no deaths have been reported.

Torch: People die from influenza and related symptoms every year in the US. How many in Indiana do?

Richards: *The Centers for Disease Control and Prevention (CDC) estimates that 36,000 people die from influenza and its complications every year. It is difficult to say how many people actually die from influenza. ISDH death certificate data from the past 10 years document that approximately 1,500 Indiana residents die from influenza and its complications in any given year. The ISDH gathers information from*

death certificates and if the physician documents influenza as the primary or secondary cause of death.

Torch: What's so different about this strain of flu than others?

Richards: *This new H1N1 strain is different than the other seasonal influenza strain because it is a new human influenza virus. The new H1N1 virus is part bird, part swine and part human. Therefore, the human population has no immunity to the virus.*

Torch: How can I protect myself from getting sick?

Richards: *Novel influenza A (H1N1) virus is thought to be spreading in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their eyes, mouth or nose. There is no vaccine available right now to protect against this novel H1N1 influenza*

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Governor Daniels met recently with the Indiana Boys and Girl's High School Basketball All-Stars in Indianapolis. The governor congratulated them on their accomplishments and stressed the importance of serving as positive role models for young Hoosiers.

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



Printed on Recycled Paper

Behind the scenes at the horse track They really do whistle while they work

The official job title is “Laborer 3.” However, Indiana Horse Racing Commission state employees at Hoosier Park have adopted their own job titles that they believe more accurately reflects the nature of their business.

Regardless of the title, they all do it every evening – collect urine from horses who race around the Hoosier Park track. And they know just what to do to be successful.

Esta Earlywine, a state employee for three years, says she likes to think of herself as a “urinologist” or a “test barn technician.” Others prefer the title of “urine collection specialist.” But they all agree that they are best known as “pee catchers.” Rather than repeat that um, uh, title, we’ll refer to them as “PCs” for the rest of the article.

Paperwork for the PC starts at a table in the barn’s hallway. On top of the table sits a card file. Each horse that races has a card with information specific to



Esta Earlywine prepares a PC stick before entering the stall to complete her mission.

that horse. Information includes the horse’s name, owner, trainer, some stats about it and at least two other items – its preferred surface for urinating (straw, sawdust or combination) and a comments area that details the success of

PC’ing, dated and signed by the PC.

When a horse finishes a race, that animal is almost always in an excited state. According to Earlywine, that’s when she and her colleagues are most likely to be successful at collecting what they set out to get. There’s an art to collecting and most of the PCs agree that it’s an accepted practice across Indiana (and generally nationwide). Employees at the Indiana Downs racetrack follow the same procedure.

A selected horse is led from the racetrack to the Commission test barn and while a PC checks the card file for the horse’s preferences, the trainer quickly showers the horse and attempts to calm it down. The animal, however, is still in an excited state, just not as much as it was immediately following the race.

The PC then leads the horse into a stall where the bedding (flooring) is to the animal’s liking. That can mean a floor covered with straw, and the depth of the straw depends upon the previous success rate of the PC. Some horses prefer thick covering, some just a thin layer on the floor. Other floor coverings might be sawdust or a combination of sawdust and straw.

The doors are closed, the lights are dimmed and the PC, alone in a very dimly lit closet-sized space with this 1,000 lb. animal, begins a low, bird-like whistle. Many of these racehorses are trained to urinate at the sound of the whistle. Some animals are quicker to respond than others. It does not matter how long it takes, the PC must stay with the horse until the urine is collected.

“The crazy ones go fast,” explained Becky Thompson, who’s collected for two years. “They are not shy about



Vet Tech Kiyoko Robertson works with PC Michelle Rolfsen to complete the collection process.

anything.” A school bus driver for the Madison-Grant United School Corporation, she answered an ad in the local newspaper for help.

Fellow PC, Danny Rockhill, also a two-year PC veteran, said the two worst things about PC’ing are “if you get a horse that won’t go” and when you are “stuck in a small stall with a crazy horse.” If the horse is deemed crazy or in a highly excited stage, the trainer will tie the horse in a stall, rather than allow it to wander loose in the stall. Although it has seldom happened, on occasion PCs have suffered bruises because of spooked horses.

To collect the urine, the PC has a stick about four feet long, complete with a hole at one end where a plastic container sits. Once in the stall and whistling, when the stream starts flowing, the PC deftly maneuvers the PC stick to catch the urine into the container.

Finished with the collection process, the PC then takes the container across the barn hallway into the vet’s office. There Veterinary Technician Kiyoko Robertson completes the paperwork, witnesses the transfer of the liquid from the collection cup to a laboratory-provided cup and places a seal on the cup.

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What can health coaching do for you?

Let's face it, life isn't easy and changing things about ourselves, like losing weight and exercising more, can be tough. A One Care Street® health coach is available to:

- Help you evaluate options.
- Develop a plan that fits your lifestyle and needs.
- Provide support and motivation.
- Offer guidance.
- Help you set and achieve your goals.

State of Indiana employees who are covered under the state's medical insurance are eligible to take advantage of this program. There is no charge to speak to a health coach. There is also no limit to how many times you talk with a health coach.

Call One Care Street® today to set up a confidential, one-on-one appointment with your health coach.

One Care Street® Support Line:

1-866-245-2453 (toll-free)

or 317-489-5886

8 a.m. to 10 p.m. EST Monday through Thursday and 8 a.m. to 8 p.m. Fridays



One Care Street Web site
www.onecarestreet.com

Graduations at Indiana's School for the Deaf and School for the Blind and Visually Impaired

Jay Wilson, principal of the Indiana School for the Blind and Visually Impaired, calls a member of the 2009 graduating class to return to the stage for recognition. Wilson reminded the class that "our blindness does not define us." James Durst, school superintendent, is in the far right of the photo.



Members of the 2009 graduating class of the Indiana School for the Deaf break the somberness of the ceremony by sharing silly string amongst those on stage. The school's superintendent, Dr. David Geeslin, offered one last lesson to the graduates: "Throw out the word 'can't,' he admonished. "Because whether you think you can or you can't, you're right."

Found @IN.gov

At DNR, the Young Hoosier Conservation Corps program is underway. DNR hired about 1,200 young people to help with project at about 100 DNR sites. The project include restoring natural habitat areas, building new trails, rehabilitating existing trails and restoring about 40 historic structures, like a historic log cabin at Patoka Lake.

Spanning the state from Elkhart to Evansville in June, IDEM employees visited communities to discuss air quality issues and answer questions during the Clean Air Indiana Action Challenge. As always, IDEM urges Hoosiers to reduce



activities which contribute to the formation of ground-level ozone. On the IDEM homepage, find out what going on in your community by viewing public notices.

Are you traveling to Chicago this summer? Keep up to date on the construction of the 80/94 Expressway on INDOT's homepage. View real-time traffic cameras, information for truckers and sign up for e-mail updates. For more information about some of the rest of the state's traffic, use TrafficWise at the INDOT site.

Do you have a MyBMV account yet? Why not? Sign up for one at the BMV Web site. Renew vehicle registrations

online and receive a \$5 discount for each vehicle. Also register new vehicles online and update your insurance information or mailing address. These are just a few of the options you have using MyBMV.

Honorees wanted

Did an employee in your agency receive an award or an honor for their work? We want to hear about it. E-mail spdcommunications@spd.in.gov and let us know a few details. We'll mention it in The Torch.

Calendar

July 3: State employee holiday observed
Aug. 25: Governor's Long-Term Employee Reception, Statehouse Rotunda, 3 p.m.
Aug. 31: SECC Charity Fair and Kickoff, Indiana Govt. Center South, 11:30 a.m.

Do you know all there is to know about the H1N1 flu? (continued from pg. 1)

virus. However, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for seven days after your symptoms

begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Other important actions that you can take are following public health advice regarding school closures, avoiding crowds and other social distancing measures. Be prepared in

case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

Torch: Who is more susceptible to contracting the H1N1 virus?

Richards: Preliminary data from confirmed cases in Indiana show that children are more susceptible to becoming ill from the H1N1.

Torch: Anything else we should know about H1N1?

Richards: For further information, go to www.cdc.gov

The Indiana State Department of Health will report any new confirmed cases of H1N1 once per week after noon every Thursday. The public can visit the www.IN.gov/flu for more information about the novel H1N1 outbreak.



ENJOY A SPECIAL RATE ONLY FOR STATE EMPLOYEES!

STATE EMPLOYEE NIGHT SATURDAY, JULY 25TH VS. BUFFALO BISONS 7 PM

TICKETS TO THE GAME INCLUDE:

- The Famous Chicken performs between innings for fans of all ages!
- Arrive at Victory Field early for Autograph Night with all the Indians players and coaches. The team will sign autographs on the concourse from 5:45 p.m. to 6:30 p.m. Gates open at 5:30 p.m.

To order your tickets or for more information, contact Matt Guay at 317.532.6784 or at mguay@IndyIndians.com.



BASEBALL Up Close

Contact Name: _____	Phone: _____
Address: _____	
City, State: _____	Zip: _____
E-mail: _____	

To receive discount, tickets must be ordered in advance. Tickets ordered within ten days of event will be placed in will call.

_____ at \$6 per Reserved Seat or Lawn

_____ at \$10 per Box Seat

of tickets: _____ Total \$ _____

Payment Options for July 25:

Check _____ MC _____ Visa _____ Discover _____

Credit Card #: _____ Exp. Date: _____

Name on card: _____ SEC CODE: _____

Signature: _____

Please send order forms to: Victory Field, Attn: Matt Guay, 501 W. Maryland Street, Indianapolis, IN 46225 or fax to 317-269-3541.

Classifieds

Please respect the following rules when submitting items:

- Ads are limited to state employees only.
- Contact information must include either a phone number with area code (home or cell, no state numbers) or a home e-mail address.
- Submit ads via e-mail to spdccommunications@spd.in.gov, information must be included in the body of the e-mail, no photos or attachments. No bold or italic type, no ALL CAPS.
- Limit 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.
- No weapons, no animals, no food items.
- No real estate, for sale or rent, including mobile homes, manufactured housing, timeshares, etc.
- No Avon, Mary Kay, vitamins, etc.
- No memberships, businesses or professional services (i.e., tax preparation, car repair, etc.).
- Ads will run for one issue only.
- State Personnel Department staff reserves the right to edit and/or refuse any ads.

'93 Ford Ranger Pickup Truck, \$700 obo, call 317-902-0672

'03 Triumph Bonneville Speedmaster 800cc motorcycle. Like new only 5200 miles. \$5000. Contact Sam, at 317-834-0829 or jake1057@hotmail.com

LG Dare Verizon Wireless cell phone. Excellent condition, features touch screen, vz navigator, music player, Bluetooth, 3.2 megapixel camera; can be converted to another service provider. \$100. 56" Toshiba DLP HDTV. Excellent condition w/ stand. \$850. Call Jackee 317-691-8913

Westinghouse window AC unit, 5,000 BTU, Works great. \$60. Handmade wooden flying witch on broom - wraps around tree. Excellent condition \$40. Call 317-375-1891 or e-mail pg2032@sbcglobal.net

8.5 HP Craftsman gas powered Chipper shredder mulcher. Excellent to very good condition. \$300. Call 317-910-4523. Leave message/phone #.

Today's Bedroom One black wrought iron full size Z-Bed Loft. Only used 6 months.

\$125. Contact Natalie, nataliejholt@yahoo.com

Memory foam mattress & box springs, queen size, excellent condition. \$150. Phone 812-405-2149 after 6 p.m.

Slot Wall - 20 plus sheets (4x8) - excellent for small business, beauty shop, antique store or garage. Very nice looking birch finished. \$30 per sheet, cash only. Can deliver for reasonable charge. Call 317-850-6095.

Queen size Sleep Number mattress. \$700 obo. Call 812-249-9641

Century fiberglass light brown camper shell. Fits 2001-06 Dodge Ram short wheel base. \$300. Swiss fiberglass grey camper shell. Fits full size 2000-07 Chevy long bed. \$500. Call Mike, 812-354-7695

Magic Chef deep freezer, 5x5 cu ft. 3 yrs old, like new. \$50. Contact Teri, 812-944-1649 after 5 p.m.

Tiffany-style leaded glass table & floor lamps. 6 diff. kinds of lamps (Wisteria, Tulips, Classic Dale Tiffany). \$225-450 each. Brand new stainless steel chaffing dishes. \$50 each. Call Alex, 404-275-1687 or e-mail gatorkoos@gmail.com

'05 Honda Metropolitan scooter & helmet. Blue/cream vintage style, 49cc w/no restrictor plate, over 100 mpg, motorcycle license/plates not required, 2K mi. Helmet included. \$1150. Contact Jay, 317-916-0204.

Exercise weights. 7' bar (40 lbs.), 265 lbs. total weight distributed over 16 plates. \$50 for everything. Call 317-254-1525.

'06 Trail Cruiser travel trailer. 19 ft. hybrid, sleeps 8, excellent cond. Includes gas oven/stove, microwave, dual sinks, bathroom w/ shower, fridge/freezer, stereo/CD, TV antenna, awning, storage in/out, ext. shower, propane tanks, 30 gal water holding tank, portable sewage tank, etc. Small truck/SUV can tow. \$13,000. Call Mary Beth or Rhonda, 317-445-8611.

'94 Honda CB1000 "The Big One". 998cc, inline 4-cyl, liquid cooled, chain drive, all factory original. Runs great/garage

kept/serviced regularly. 18K mi. Black w/chrome. \$2,700. E-mail abblinn@juno.com.

Metallic dark gray fitted formal dress; gorgeous slinky material, great for a wedding/formal event. Juniors size large, \$40. Prom dress, 2 pc. lt. blue w/glitter covered top & open backed tank top, bottom is shiny. Size 13/14, \$55. E-mail abblinn@juno.com

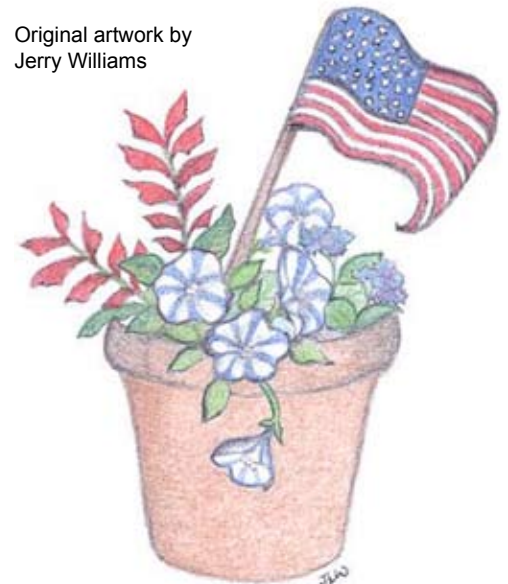
Ladies Dunlop Theory 442 golf clubs and bag; 3 metal woods, 7 irons, PW, putter. Clubs and grips in very good condition. \$75. Contact musicnotes71-golf@yahoo.com or call 317-783-7624.

Engagement ring, 3/4 carat princess cut diamond. 14K white gold, size 6, wide band w/ diamond accents. \$2,000 obo. Antique white Magic Chef gas cooking stove 1950's good condition, \$400 obo. Very nice dark oak dinette set, glass top table w/6 high back chairs & matching hutch, \$500 obo. Contact 765-473-4285.

Make one stop here

The Employee Data Division of State Personnel now offers a one-stop solution to requests for state employee data. Requests for state employee years of service, personnel file copies and/or any state employee records, are handled by the Employee Data hotline. The number for calling from the Indianapolis area remains the same: (317) 232-3108. Callers outside the Indianapolis area can dial, toll-free, 877-221-0019.

Original artwork by Jerry Williams



Looking for something free for the family?

Mark your calendars in July and August for The Family Arts Series. The series features music, theater and dance. And remember this – it's free!

Bring the whole family, your blankets and picnic baskets to the outdoor Celebration Amphitheater at White River State Park in downtown Indianapolis. The first event is Sat., July 11 featuring



Check out the Family Arts Series this summer at the White River State Park. It's free!

Grammy Award-winning storyteller Bill Harley and Bob Sander and the Indianapolis Chamber Orchestra. The series continues through Aug. 29.

Food and drinks will be available for purchase on site.

For more information on the free Family Arts Series, visit www.inwhiteriver.com or call 317-233-2434.

2009 Free Family Arts Series

July 11, 6 p.m. *

Grammy Award-winning storyteller, Bill Harley & a FUNtastic Classic featuring Bob Sander and the Indianapolis Chamber Orchestra.

July 25, 6 p.m.

Dance Kaleidoscope will interact with the audience during two educational activities, followed by two full dance performances. Come early and join Bongo Boy Music School at 5:15 P.M. for a community drumming circle. No experience necessary. Drums will be provided.

July 31* & Aug. 1, 8 p.m.

Heartland Actors' Repertory Theatre presents two full performances of Shakespeare's romantic comedy, *Much Ado About Nothing*.

Aug. 15, 6 p.m.

Orkestra Projekt incorporates the best of their rock-based string and percussion arrangements, along with some contemporary classics.

Aug. 29, 7 p.m.

Jazz in the Park featuring local musician, Cathy Morris and Friends.

* An American Sign Language interpreter will be at the show.

(Continued from pg. 2)

Whistle while they work

From there the sealed cup is placed in a cooler to be sent to the laboratory for testing. Robertson is an oncology nurse for the Veterinary Specialty Center in Indianapolis during the day. She says working part-time at Hoosier Park "gets me my horse fix."

The PCs at Hoosier Park are part-time state employees. Most are either retired or have kept their day jobs elsewhere, PC'ing simply because they like horses. And each of them admitted that they'd rather catch the liquid than clean the stalls, which is an ongoing task that takes place between every race. That and update their card files, making sure to note the success of their latest 'catch.' And to think, all it takes is a little whistling.

Historic Sites offer July fun

Corydon Capitol - July 7-9, Camp Corydon: Three-day event designed for campers (3rd-5th grades). Includes a variety of history lessons, arts, crafts, games and other hands-on activities that focus on the U.S. during the early 1800s.

T.C. Steele - Fridays in July: Spend a day in the life of T.C. Steele, hiking and creating art projects. Grades 3 through 7. Bring a sack lunch but snacks and beverages will be provided. July 12: Get-together in Selma's Garden. Gardeners of all ages are invited to join the staff to help us keep ahead of the weeds, learn about historic gardening trends and get all the 'dirt' on Selma's garden.

Vincennes - July 13-17, Summer Day Camp

Lanier Mansion - July 15-16, Lanier ArchiCamp: A two-day camp where children discover the fascinating history of Madison and its architecture. The second day of the camp will conclude with a swim at the historic Crystal Beach pool.

Limberlost - July 18: Monarch Larva Monitoring Program: Adults can learn the process of surveying for Monarch caterpillars and butterflies in your area and become a registered volunteer. July 19: Blue Grass Jamborees. July 25: Soaring with Butterflies

Whitewater - July 4: Music by Papa Joe. Listen to "Papa" Joe Kretschmer play folk music for free on the Metamora Mill's porch.

For more information and to contact a site, visit www.in.gov/ism/StateHistoricSites.

Dig this from DNR

If you are interested in archaeology, keep September in mind for attending exciting events related to the prehistoric and historic cultures in Indiana. Indiana Archaeology Month is organized every year by the Indiana Department of Natural Resources (DNR), Division of Historic Preservation and Archaeology.

For those who might have missed getting an Archaeology Month t-shirt last fall, please note that these commemorative items are still available and are now on sale for only \$5 each. To see the shirts, feel free to go www.in.gov/dnr/historic/4289.htm. If you are interested in purchasing, you may visit or contact the DNR Customer Service Center (Indiana Government Center South, Room W160, Indianapolis) at 317-232-4200.