



# The Torch

The official newsletter for Indiana state employees

## It's never too late or too early to save for college

Whether it's college for your child, yourself, a loved one or a friend, you can contribute to making that a possibility. And as a state employee, you can do so through payroll deduction.

### CollegeChoice 529<sup>★</sup> DIRECT SAVINGS PLAN

underwent several new changes, including selection of a new program administrator and payroll deduction changes. CollegeChoice 529 is a popular plan for several reasons. The plan helps you help your children afford college while providing the following benefits:

- Parents, grandparents and other relatives can save for their loved one's higher education expenses.
- The state provides a generous state tax credit of 20 percent of your contribution (maximum credit of \$1,000). If an employee invests \$1,000 with CollegeChoice, they

would receive a state tax credit of \$200.

- Account earnings grow tax-deferred from both federal and state taxes.
- When the child is ready for college, money can be withdrawn from the CollegeChoice 529 account free from state and federal taxes (if the money is used to pay for qualified higher education expenses).
- There are a range of investment options.

The CollegeChoice 529 Direct Savings Plan is a tax-advantaged program designed to help save for college. With the monies you deposit into the plan, you can pay for tuition, books, fees and certain room and board expenses at eligible schools across the United States. Eligible schools include colleges, universities, community colleges, trade and technical institutes and graduate schools.

In late 2008, CollegeChoice

Accounts can be opened for as little as \$25, with additional contributions of \$25. The maximum contribution per beneficiary is \$298,770.

Through the Ugift<sup>SM</sup> program, family and friends can contribute to the college savings plan. This is an easy-to-use online service that allows others to send gift contributions towards a college education.

Another program, Upromise<sup>®</sup> rewards, allows the 529 savings plan to grow by making everyday purchases. You

(Continued on pg. 5)

## DNR forester receives national recognition

A 37-year employee with the Indiana Department of Natural Resources, Don Stump, has been awarded the National Field Leadership Award for 2009. Stump was honored through the American Tree Farm System (ATFS), a program of the American Forest Foundation.

ATFS district chair in Indiana. As district chair, Stump works with other volunteers to manage property inspections and re-inspections. Additionally, he is an active member of the Indiana Forestry and Woodland Owners Association.

This national award recognizes a volunteer who has been instrumental in accomplishing the vision and goals of ATFS. Those goals include sustaining forests, watersheds and healthy habitats through the power of private stewardship.

Stump, a dedicated ATFS volunteer forester serves as the ATFS state administrator and secretary and the



Pictured above is Don Stump, ATFS National Field Leadership recipient and Bob Simpson, SVP, Forestry, American Forest Foundation.

### In this issue

The dirty job of a meat inspector .....	2
IDOL focuses on better health.....	3
Classifieds .....	4

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)



Printed on Recycled Paper

## Portrait of a state meat inspector

# Getting it off the hoof and onto the table



Weekdays, he dons a white coat, hardhat and an apron. Weekends, he's in another sort of apron. And still yet, in his other free time, his attire is often the standard issue for firefighter/EMT.

Kenny Himebrook is not without something to do. As if his job as a meat inspector for the Indiana State Board of Animal Health (BOAH) isn't enough, weekends find him frying fish at local fish fries and then there's the fire and/or emergency calls he responds to as a volunteer firefighter with the Hymera Fire Department.

Himebrook has been a state inspector for about 5½ years, but has been in the meat processing business for some 25 years. Spring is a slow time



*Himebrook takes a quick glance at hogs being unloaded, before returning inside the processing plant.*

for most meat processing plants. As summer nears, business picks up. It starts steamrolling around county fair time and continues on into the holidays.

On this particular spring day, Himebrook is overseeing work done at Rice's Quality Farm Meats, a meat processing plant in southern Indiana. He starts by inspecting the animals dropped off to be processed. The variety of animals processed here range from cattle to hogs to sheep, goats, buffalo and elk. Buffalo and elk are only seen about once every three to four weeks. But the other animals are regulars.

Himebrook, like all other state meat inspectors, first checks the animals on hoof. Once each animal passes that inspection, it's onto the next process. At any point if an animal presents with irregularities, Himebrook puts in a call to the Meat and Poultry Division's Central Office and explains the issue. The veterinarian then determines how to proceed. If further on-site evaluation is



*Last stop before shipping out. Himebrook inspects the reports, checks for the appropriate stamp and then approves the meat to leave the premises.*

necessary, a BOAH field veterinarian is sent to the plant to examine all parts of the suspect animal.

Himebrook inspects the head and glands for any abnormalities. Finding none, he watches as the procedure continues, checking for anything that might be cause for concern. Once the internal organs are removed from the animal, he then inspects each organ for disease. The process now complete, his approval of the carcass allows it to be stamped and sent to the cooler. At this particular plant, cattle are kept in the cooler for two weeks. Cooler time is determined by weight – an average of one day per 100 lbs. Himebrook and his fellow meat inspectors also check the coolers to verify temperatures are maintained according to the facility's Hazard Analysis and Critical Control Points Plan (HACCP).

HACCP is a risk management tool to assure food safety. BOAH inspectors must have HACCP training. The state also requires that meat processing plants meet HACCP regulatory requirements.

Once butchering is complete, Himebrook moves to inspecting the

## Hoosiers consume tons of meat

Kenny Himebrook is one of 48 inspectors employed by the Meat and Poultry Inspection Division (MPI) of the Indiana State Board of Animal Health. Spread out over six areas of the state, they are responsible for assuring that meat and poultry to be consumed adhere to federal and state guidelines.

MPI boasts a low turnover rate. A majority of the inspectors have been on the job for at least 20 years. A few have logged more than 30 years with MPI.

Indiana has 100 meat processing plants. Those establishments require daily inspections because the product is released to the general public for consumption. There are 34 other

meat processing plants which process meat and poultry, but return it to the owner. Those plants do not sell to the general public and therefore are subject to monthly inspections. However, according to Dr. David Bough, deputy director of the MPI, if critical findings occur, inspections are bumped up to weekly.

In a year's time, MPI inspectors oversee the processing of 83,000 head of livestock and 34,000 poultry. That translates into nearly 33 million pounds of meat processed annually, inspected daily and consumed by Hoosiers, according to Dr. Bough. That 33 million pounds? That weight is equivalent to the weight of 8,250 SUVs.

**(Continued on pg. 3)**

## Healthy choices make for a healthy life

At a recent Indiana Department of Labor (IDOL) quarterly staff meeting, the focus was on better health for state employees. As IDOL Commissioner Lori Torres told her employees, “the healthier we are, the better our lives and the better the cost for healthcare.” She informed employees that the state’s cost to insure its employees is \$300 plus million annually and admonished her staff to focus on getting and staying healthy.

Commissioner Torres then introduced Indiana’s First Lady Cheri Daniels who added to Torres’ message by encouraging employees to get annual physicals and make sure to check their blood pressure and cholesterol. “Heart disease is the number one killer,” said Daniels. She encouraged IDOL employees to make a lifestyle of healthy choices and “not just until you get rid of the excess weight. Incorporate diet, exercise and good choices into your life.”

The First Lady acknowledged that state employees will not receive pay raises this year, adding “We all deserve a raise. The next best gift is the gift of a healthy life. You can give yourself that just by making simple changes.” She encouraged IDOL-ers to start an exercise program, but do so slowly and to schedule exercise as part of one’s day. “We all have to become more proactive about our health,” she added. “(Being) sedentary and overeating

### **(Continued from pg. 2) Dirty Jobs Getting it off the hoof and onto the table**

next step – the meat is removed from the cooler and sent to the processing room. There the meat is divided into particular cuts of meat, such as ribs, chops, steaks, etc. Then it is arranged in packages, shrink wrapped, labeled and boxed, ready to leave the premises. But first, Himebrook inspects the packages. The State of Indiana inspected stamp of approval sends it on its way.

makes our health costs soar. We all pay the price for unhealthy lifestyles.”

Nutritionist Denise Ferguson continued the focus on health when she compared today’s meals with the meals of yesterday. She said that a cheeseburger from 20 years ago contained 333 calories. Today’s cheeseburger is the size of an entire Happy Meal®, and has about 590 calories.

She then compared an entire day’s food intake for one 20 years ago, as well as one for today. The total calorie count for the 20-year old menu was 1,459. Today’s food totaled 3,975 calories. The bagel in the 20th century was about three inches in size, with 140 calories. Today’s bagel bloats to twice the size and 350 calories. Same foods, but the difference was the portion.

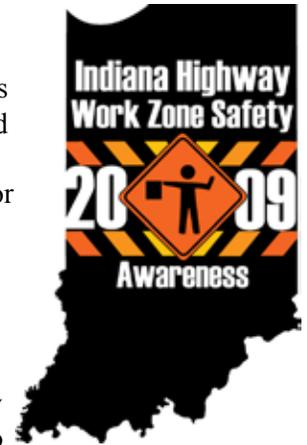
Ferguson cautioned everyone to watch portion sizes. “Portions count,” she said, adding that most of us do not realize we are not always hungry when we eat, but have been trained to eat until the food is gone, regardless of the portion size. “Twenty years ago, the standard serving for spaghetti was one cup of sauce with three meatballs, for a calorie count of 500. Today, the standard portion is two cups with three large meatballs. Total calorie count: 1,025.” She said that the standard serving size for spaghetti at the Olive Garden is three cups, making the calories creep up that much more.

On days when the processing includes smoking meat, he must inspect the smokers to verify that the correct temperatures are maintained. Again, HACCP regulations are followed.

Surrounded by all the sights, sounds and smells of butchering, when asked to name the worst part of his job, Himebrook didn’t hesitate: “the paperwork,” he said.

## Work Zone safety - it’s everyone’s job

Too many workers, both our employees and contracted workers, have been injured or killed on the job. Far too many of these deaths are in work zones and caused by motorists who were speeding, distracted or careless. The bottom line – highway work can be a dangerous job – and it’s up to us to help make it a safer job for all.



Please join the effort to make Indiana’s work zones safer by abiding by these important tips while driving through work zones on the highways and on local roads:

- Stay alert! Look for reduced speed limits, narrow driving lanes and highway workers.
- Pay attention. Work zone signs will tell you exactly what to expect ahead.
- Merge early. If drivers merge as soon as they see the signs, traffic will flow more smoothly.
- Slow down. If you’re speeding, you may encounter slowed or stopped traffic within seconds.
- Don’t tailgate. Maintain a safe distance on all sides of your vehicle.
- Minimize distractions. The three C’s – cell phones, CDs and coffee – are the primary causes of driver inattention.
- Plan ahead. Expect delays and allow extra travel time. Select an alternate route if you are running late.

For more information on work zone safety, visit [www.WorkZoneSafety.IN.gov](http://www.WorkZoneSafety.IN.gov)

Explore Employee Discounts

### Be the first to know

Sign up to receive e-mail alerts for new state employee discounts! Visit [www.in.gov/spd/2439.htm](http://www.in.gov/spd/2439.htm) and click the button "Subscribe for e-mail updates" at the top of the page.

When SPD posts a new discount, like an Indianapolis Indians game, we'll notify you via e-mail.

**ENJOY A SPECIAL RATE ONLY FOR STATE EMPLOYEES!**

# STATE EMPLOYEE NIGHT

**SATURDAY, MAY 16<sup>TH</sup> VS. SYRACUSE CHIEFS 7 PM**

### TICKETS TO THE GAME INCLUDE:

- Spectacular Saturday: Enjoy performances between innings from Quick Change!

**To order your tickets or for more information, contact Matt Guay at 317.532.6784 or at [mguay@IndyIndians.com](mailto: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 May 16:

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](mailto: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.

Whirlpool side-by-side refrigerator/freezer; black, excellent condition \$250. Call Talmeaka, 317-654-0736.

Dell PC; Windows ME installed, manuals, keyboard, mouse & speakers, good condition. \$100 obo. Call Judy, 317-513-9476.

Yamaha C-3 Grand piano (1979); black glossy finish, great condition. \$11000 obo. Soloflex; all weights/parts. \$250 obo. Yamaha WX7 electronic wind controller. \$300 obo. Call Dawn, 765-420-9349.

Flat top desk; Asian Mindy solid wood construction, pull-out writing shelf, 3 drawers ea side, center drawer mounted on ball-bearing extension guides, 67w X 32½d X 31h, access for wiring. \$800. Call Tim, 317-254-1525. Heavy 20" 7mm yellow gold Figaro necklace; like new, storage case & box. \$1150 obo. Contact Alex, 404-275-1687 or [gatorkoos@gmail.com](mailto:gatorkoos@gmail.com)

Dining room set; cherry table w/ 4 chairs & leaf. \$450 obo. Stanley Furniture china cabinet. \$900 obo. Or make offer for both. Contact Jay, 317-918-3998 or [jdkenworthy@gmail.com](mailto:jdkenworthy@gmail.com)

Barbie collectible dolls; 1994 Happy Holidays 2nd in series, 1995 Holiday Memories, 1996 Yuletide Romance 3rd in series, 1995 Be My Valentine; all in original box; never out of box,

excellent condition. \$50 ea or \$180 for all. Contact [auntlaruble@yahoo.com](mailto:auntlaruble@yahoo.com)

2003 Triumph Bonneville Speedmaster 800cc motorcycle; like new, many extras, 5200 mi. \$5000. Contact Sam, 317-834-0829 or [jake1057@hotmail.com](mailto:jake1057@hotmail.com)

2 Frigidaire casement/slider A/C units; 8K BTU ea, used 1 summer, like new condition. \$250 ea. Contact Joy, 765-717-0777 or [joy.grow@gmail.com](mailto:joy.grow@gmail.com)

18K gold cartouche from Iraq w/ 18K gold chain; adorned w/ flowers & "Kelly" in Arabic. \$350. Contact Gary, 317-881-0952 or [garybahrain1@hotmail.com](mailto:garybahrain1@hotmail.com)

Hand-crocheted baby blanket; pink, yellow & variegated colors, never been used. \$20. Highlander TV series w/ Adrian Paul; 6 seasons, each season has own box, viewed once. \$150 for all. Contact Lynne, 317-727-7847.

Whirlpool side-by-side refrigerator/freezer; black, excellent condition. \$250. Call Talmeaka, 317-654-0736.

2mm 14K white gold wedding band; size 6, excellent condition. \$50. ½ carat diamond platinum ring; size 6, excellent condition, colorless/nearly colorless (E-H) quality, very slightly included/slightly included (VS2-SI1) clarity. \$750. E-mail [lw1157@me.com](mailto:lw1157@me.com)

Wanted: good used wheelbarrow. Call 317-375-1891.

Wedding gown; "Juliet" style, size 14, worn once. \$125 obo. Pale green prom/bridesmaid dress w/ sheer wrap, size 12. \$50 obo. Dr. Marten's oxford shoes; men's size 8, black. \$15 obo. Contact Rachael, 812-344-3657 or [rhfctr@gmail.com](mailto:rhfctr@gmail.com)

Indy 500 tickets w/ Lot 2 parking pass; Paddock, section 20, row CC, seats 1-6. 6 tickets for \$600. Contact Brian, 317-797-1872 or [bgwoods@bluebottle.com](mailto:bgwoods@bluebottle.com)

2007 Dodge Ram 1500 SLT; Quad cab, 4.7 L V-8, power windows & door locks, bed liner, very nice, 38K mi. \$16,000 obo. Call 317-796-3492.

Snapper zero turn mower; less than 100 hrs, 52" cut, like new. \$3500 obo. Ludwig drums, full set, all hardware. \$2500. 1929 Ford Model A; 2 dr sedan, all original, runs & drives, \$11,500. Call 812-755-5343 after 6 pm.

2006 Hyundai Elantra; silver, 5 spd manual, new tires, clean, power windows & locks, 4 cyl. 2003 John Deere 790 utility tractor 4x4; 72" finish mower, 300 series heavy duty front loader, tooth bar, JD canopy, 5' rear tiller, 200 hrs. \$15,500. Generac generator; new, 3500 watts/max 4375

watts, 6.5 hp motor. \$500. Contact Nelson or Clara [halfbarrell@yahoo.com](mailto:halfbarrell@yahoo.com), 812-623-4670.

2000 Wellcraft Excalibur; 20 ft, blue/white, 350 V8 Alpha 1, drive on trailmaster trailer, \$20,000 obo. Call 317-272-1787 after 6 pm or e-mail [spinkert@msn.com](mailto:spinkert@msn.com)

1 pr Elton John/Billy Joel tickets; Sect 8, Row 8. \$405. 2 pr Elton John/Billy Joel tickets; Sect 16, Row 19; May 19 @ Consec. \$500/pr or \$900 for all. Call 317-670-9593.

### (Continued from pg. 1) It's never too late

can get money back for college when you buy groceries, fill the gas tank, shop online and more. Family and friends can also sign up and direct their earnings to a particular rewards account. When you sign up for Upromise® rewards, you can link your account with your CollegeChoice 529 account and your rewards earnings will be periodically transferred (minimum of \$25).

Want to know more about enrolling in a CollegeChoice 529 savings plan or the Ugift<sup>SM</sup> or Upromise® rewards programs? If so, start by reading more about the opportunities at [www.indianas529.com](http://www.indianas529.com)

Original artwork by  
Jerry Williams



## Log on to learn about family medical leave

Family-Medical Leave (FML) is an important benefit for employees whose serious health conditions prevent them from performing the essential functions of their jobs. FML also provides help for those who need to miss work to care for family members with similar serious health situations. Some of the other uses for FML include, but are not limited to: spending time with newborns, newly-adopted or newly-placed foster children, certain circumstances related to military duty in the National Guard or Reserves or injury of an employee's spouse, child or parent in the line of duty while on active military duty.

However, only those events that meet the requirements of the law and regulations can be covered by FML, and the many definitions and details can be very confusing. Therefore, State Personnel has developed some resources to assist supervisors and employees in navigating this complex federal benefit.

Online resources are available to explain the basics of FML. From the State Personnel Department's Web site, [www.in.gov/spd/2397.htm](http://www.in.gov/spd/2397.htm), download FML certification and request forms, claim forms for Short/Long Term Disability Plan and review the policy and frequently asked questions.

A new feature enables you to view a training program that is linked to your employment training record. Completing the program and clicking the "submit" button will give you credit on your official PeopleSoft® training record for the class "Basic Information on Family-Medical Leave."

To access FML online training and record your participation, hit the link at [www.in.gov/spd/2397.htm](http://www.in.gov/spd/2397.htm).

## Five days to learn new ways to get about town

High school students seeking exposures to new frontiers and adventures in transportation should look into the Indiana Summer Transportation Institute (ISTI). This five-day enrichment program is designed to create awareness and stimulate interest in the opportunities that exist in the transportation industries.

ISTI participants will be introduced to transportation concepts such as highway design, modes of transportation, laws, regulations, safety, environmentalism and career preparation/opportunities. In addition, students will learn the basics of completing the college application process, including applying for financial assistance.

The program will be held on the IUPUI campus from June 8 to 12. For more information and to download application information, go to [www.engr.iupui.edu/isti/](http://www.engr.iupui.edu/isti/). The deadline for submission of applications is May 11. The program is sponsored by IUPUI, with support from the Federal Highway Administration and the Indiana Department of Transportation.



*Governor Mitch Daniels signed Senate Enrolled Act 27 renaming Indiana's educational technology after the late State Senator David Ford, a former Blackford County legislator. Sen. Ford died March 5, 2008, after suffering from pancreatic cancer.*

## Coaching to continue

One Care Street, a health management program that provides tools to help employees improve their health and healthcare costs, is still available to eligible employees for coaching.

In addition, eligible employees will receive the final 2009 incentive in October. However, there will not be any surveys from One Care Street this year.

One Care Street will continue to provide services through the end of 2009.

## Hoosiers get help buying foreclosed houses

The Indiana Housing and Community Development Authority (IHCDA) has made available up to \$25,000 in zero-interest, non-amortizing loans for prospective homebuyers to purchase foreclosed houses. Hoosiers who buy foreclosed homes must use them as their primary residence and, in doing so, can qualify for a \$15,000 loan from IHCDA. The Federal Home Loan Bank of Indianapolis has committed to supply matching loans of up to \$10,000.

More information is available on IHCDA's Web site: [www.ihcda.in.gov](http://www.ihcda.in.gov)