



The Torch

The official newsletter for Indiana state employees

Have you completed the three steps to upgrade your plan?

The Upgrade program information applies to employees covered by a medical plan and employed by the State of Indiana by May 1, 2014, and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.



The deadline to complete Steps One, Two and Three of upgrading to the new Wellness CDHP is Aug. 31. Although the Steps Challenge is over, you can still finish Step Three by earning 2,500 points in Healthy Lifestyles (not including the points earned from your

Well-Being Assessment) by Aug. 31. There is also still time to complete Step Two, your biometric screening. You can make an appointment at one of our free screening events through August, or you can make an appointment with your doctor. If you go to your personal doctor, please bring them the Physician Option Form to fax in. Here are ways to check to see if you have completed the three steps:

- To see if you have completed Step 1 (Well-Being Assessment), begin by logging into Healthy Lifestyles and click on the Resources & Tools. Then click Assessments & Reports. This screen should show when you last completed/updated your Well-Being Assessment. As long as that has been completed between Feb. 26 and Aug. 31, your Step One is complete.
- If you completed Step 2 (biometric screening) at one of the State's free screening events, those results were automatically given to IU Health and your Step Two is finished. If you did it with your own personal doctor and had them fax in the Physician Option Form, please email Jessica Powers at JPowers5@iuhealth.org to see if it has been received.
- Step 3 is either completing 200,000 steps in the Healthy Lifestyles Steps Challenge between July 1 and July 31 or earning 2,500 points in Healthy Lifestyles between June 1 and Aug.31 (not including the 2,500 points received for completing your Well-Being Assessment). To check your step count for the Steps Challenge, click on the Groups & Challenges tab then click on the Steps Challenge link. You can then View Individual Standings or Team Standings to see how many steps you have taken. You can also check your Steps Tracker to see how many steps you have taken. If you are choosing the points option instead of the Steps Challenge, please click the Rewards Center tab, then in the middle of the screen, click Rewards History. Then check the points you have earned between June 1 and August 31. If you have accumulated 2,500 points during this time period (excluding the points received for completing your Well-Being Assessment), then you are finished with Step Three.

In this issue

2 • Bicentennial events



3 • Ensure Step 2 is completed
• FitBit Winners

4 • Children's health
• Join FSSA's team

5 • Immunizations are needed at any age

8 • New State Maps
• New discount

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Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

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Summer fun

Indiana Bicentennial Commission: Celebrate Indiana's Cultural Heritage

All across our state, exciting things are in the works to celebrate Indiana's 2016 bicentennial. Communities are having their unique celebrations now and all through 2016.

New Harmony's Bicentennial Commission has planned a Capstone Week, August 1 -- 10, 2014 that

New Harmony's Legacy Time Capsule
New Harmony Bicentennial Co-chair Connie Weinzapfel, who directs the University of Southern Indiana's Historic New Harmony program, stands in front of Murphy Auditorium with Patricia Gosh, who is leading the town's Legacy Time Capsule project as part of the 2014 festivities.



Pictured on Main Street in New Harmony during the town's 1914 Centennial Celebration is an original Harmonie Society wagon, built sometime around 1820. The people in the wagon are wearing clothing that belonged to the communal Harmonists.

includes fun and celebrations of all kinds, in the same spirit sought a hundred years ago.

For a complete list of New Harmony 2014 activities go to www.newharmony-in.gov.

After Harmonists left Indiana in 1824, having built the entire town in ten years, they relocated near Pittsburgh in what is now called Ambridge, PA. Just as in the 1914 Centennial, a delegation from Pennsylvania will join the New Harmony festivities August 1-10.

All residents of and visitors to New Harmony are invited to contribute their own history to the vault which will be buried at the end of the

bicentennial celebration between the Working Men's

Institute and Murphy Auditorium, which was built for the town's 1914 Centennial.

The New Harmony, Indiana – New Lanark, Scotland Connection

Jim Arnold and Lorna Davidson of New Lanark, Scotland, are delighted to have been invited to attend New Harmony's 2014 Bicentennial celebrations.

"It will truly be a privilege to be present in New Harmony at such an historic moment in time.

"The stories of our two communities have been closely entwined for almost 200 years," says Lorna. "Although very different in many ways – not least climatically! – the two communities of New Lanark and New Harmony share an incredible heritage of enterprise, education and culture."

To learn more the Indiana Bicentennial and our rich Hoosier heritage read this [IBC News story](#). Submit community events [online here](#).



Artwork by Jerry Williams

FitBit A Day winners

SPD gave away a FitBit Flex for each working day (Monday-Friday) of July. A FitBit Flex is a small wireless activity band that tracks steps, distance, and calories burned and helps you achieve your daily goals. An employee who participated in the Mile with Mike Challenge on July 28 was also chosen for a FitBit. Help us congratulate all of our winners:



July 1: Laura Northrup Poland, FSSA

July 2: Padmaja Ayodhyala, Commission for Higher Education

July 3: Tiffany King, Allen County DCS

July 7: Lisa A Kohl, FSSA – Evansville State Hospital

July 8: J. Thomas Parker, Prosecuting Attorneys Council

July 9: Tabitha Butts, Indiana Department of Financial Institutions

July 10: Rosalind Peggins, Allen County DCS

July 11: Angela Cobb, Bureau of Motor Vehicles Commission

July 14: Teresa Hamrik, DOC – Miami Correctional Facility

July 15: Kraig Parson, FSSA – Marion County DFR

July 16: Lloyd Douglas Griffin, IDEM

Continued on page 7

Ensure you complete Step 2 before August 31 to upgrade your health

The Upgrade program information applies to employees covered by a medical plan and employed by the State of Indiana by May 1, 2014, and does not apply to conservation officers, excise officers, Indiana State Police plan participants, part-time, temporary employees or contractors.

Don't forget to complete Step 2 of the Wellness CDHP. Additional screenings have been added to the schedule and we want to remind everyone of the process.

Additional free screenings have been scheduled for the following locations from 7 a.m. to 11 a.m.:

- Aug. 1: Evansville DCS
- Aug. 6: Howard County DFR (Kokomo)
- Aug. 7 & 8: IGC-South Conf. Rm C
- Aug. 11: Clark County DCS (Jeffersonville)
- Aug. 14: Vigo County DCS (Terre Haute)
- Aug. 19 & 20: IGC-South Conf. Rm A
- Aug. 21: LaPorte INDOT
- Aug. 22: Madison County DFR (Anderson)

To schedule your biometric screening appointment, please visit www.investinyourhealthindiana.com/upgrade, scroll to the middle of the page and click the yellow Schedule Your Biometric Screening box. On the scheduling tool, sites are designated as open or closed. Closed site screenings are available only to employees working at those locations, but any eligible employee may schedule a screening at an open location. If a biometric screening event is at your location, you are allowed up to 30 minutes paid time to complete the test, but the actual screening should only take 15-20 minutes. Please bring your Anthem

medical card and a photo ID to the screening, and make sure you have fasted for 9-12 hours prior to your appointment—water, black coffee and tea are fine.



If you are unable to attend one of our free screening events, the second option to complete Step Two of the Wellness CDHP is to schedule a biometric screening with your doctor. After completing your screening, please have your doctor fill out the Physician Option Form for State Employees and fax it in using the instructions on the form. If your doctor has already completed these tests between January 1 and August 31, 2014, those results will be accepted on the form.

Many employees have completed Step 2 of the Upgrade qualification process by visiting their physician and submitting the [Physician Option Form](#). If you have asked your physician to submit the form but have not yet received confirmation from IU Health, please e-mail jpowers5@iuhealth.org to ensure that the form was received.

If you have questions regarding your biometric screening, please check out our Biometric Screening FAQ's, How to Schedule a Biometric Screening, or How to Prepare for a Biometric Screening pages online. If you have additional questions, please contact the Benefits Hotline toll-free at (877) 248-0007 or locally at (317) 232-1167. Details and more information about the new Wellness CDHP can also be found at [our website](#).

Childhood preventive care includes immunizations and healthy habits

Much like adults, it's important for children to take steps and precautions from getting ill. Immunizations or vaccinations are key ways for children to avoid various illnesses throughout their lives. On top of that, a healthy lifestyle, like eating nutritious meals, exercising, sleeping well and reducing stress can help avoid sickness in children and adolescents.

Thanks to immunizations, some diseases and illnesses are almost eradicated from the U.S., but that doesn't mean your child still shouldn't be vaccinated. According to the Center for Disease Control and Prevention (CDC), vaccines are very safe. Millions of U.S. children are safely vaccinated each year and common side effects are typically mild and go away in a few days. For more information on childhood or adult vaccines and immunizations, please visit www.cdc.gov/vaccines.

A healthy diet is also vital to a child's well-being. If children are not given the proper amount of vitamins and nutrients, their health, growth and development could be negatively affected. Eating well can fight off potential illnesses to maintain a healthy and happy child.

Children require 1 to 1.5 cups of fruit each, 2.5 cups of vegetables, about 3 ounce equivalents of grains (at least half should be whole grains), 2 to 5 ounce equivalents of protein, and 2 to 3 cups of milk every day. Visit www.ChooseMyPlate.gov for more information on nutrition guidelines.

Exercise can help children stay healthy, fit and can also help reduce

stress. Children should do at least 1 hour of physical activity every day. Most of your child's 60 minutes should be moderate or vigorous aerobic activity including running or brisk walking. These high intensity aerobic activities should be done at least three days per week.

Muscle- and bone-strengthening activities are also important to help maintain a child's health and well-being. Activities such as push-ups, gymnastics or jumping are a great for a child's muscle and bone development. These should be done at least 3 days a week.



Adequate sleep is important to people of all ages, but especially children. Not getting enough sleep has been associated with the onset of certain diseases and an increase of stress or anxiety. The CDC recommends newborns get 16-18 hours of sleep a day, preschool-aged children need 11-12 hours a day, and school-aged children should get at least 10 hours of sleep every day.

Practicing these good health habits can help prevent your child from getting ill throughout the year. If your child is covered under your State medical insurance plan, children's immunizations are covered at no cost.

Join the FSSA team in raising suicide awareness

A life is lost every 14 minutes to suicide in the United States. Suicide is the third leading cause of death among 15 to 20 year olds and the second leading cause among college students. However, most Americans remain unaware that suicide is a national health problem. On **Saturday, Sept. 13**, FSSA's Division of Mental Health and Addiction is sponsoring the Out of the Darkness (OOTD) Community Walk for suicide prevention. The hope for this event is that through education and awareness those suffering with a mental illness will be prompted to seek help.

Please consider joining Team FSSA in supporting this important cause. There is **no cost** to participate. Support of the community walk helps to raise funds for suicide prevention research and educational programs, erase the stigma surrounding suicide and its causes, and encourage those who are suffering from mental illness to seek treatment. Walkers who raise \$150 or more by the day of the Walk will receive an OOTD t-shirt at check-in. Any contributions made will help the work of the American Foundation for Suicide Prevention (AFSP), and all donations are 100 percent tax deductible. Go online for more information and to join Team FSSA!



Date: Sat. Sept. 13, 2014, at 2:30 p.m.

Registration: <http://bit.ly/1kmAliD>

Location: White River State Park Canal

Check-in time: 1:30 p.m. to 2:30 p.m.

Register by Sept. 12 at noon!

Immunizations are important at any age so be sure you are up to date on all your vaccinations

Many people believe that immunizations are only for children but vaccines are important at any age. In the United States, adult vaccination levels are very low for all recommended vaccines and below the Healthy People 2020 targets (DHHS, 2014). Although there are many reasons for this including fear of infection and lack of regular health care, many are simply unaware of the vaccinations they need.

There are a few quick factors to consider when determining what vaccinations are needed, such as: age, lifestyle, medical conditions, type and locations of travel, and previous immunizations. Four vaccines are recommended

Volunteer for the Outdoor Experience

The Ford Hoosier Outdoor Experience – the Midwest’s largest outdoor recreational event – is searching for volunteers. The event is at Fort Harrison State Park in Indianapolis, Sept. 20-21. This free, family-friendly event offers more than 50 different outdoor activities and runs from 10 a.m.-6 p.m. each day.

Volunteers are assigned to help in five-hour shifts with one of the many on-site activities. These include fishing, mountain biking, canoeing, an archaeological dig and more. [Sign up online!](#) For more information, contact volunteer coordinator Cheryl Hampton, (317) 233-1002, champton@dnr.in.gov or [check out the website](#) or [Facebook](#).

by the Centers for Disease Control and Prevention (CDC) for all adults, though. Those are the influenza (flu), pneumococcal (pneumonia), shingles, and Tdap (tetanus, diphtheria, pertussis) vaccines.

- Influenza (flu) is recommended for all persons 6 months of age and older. One dose is needed each year.
- Pneumococcal is for all adults 65 years of age and older, as well as, adults ages 19-64 with certain chronic medical conditions and smokers. They should receive at least 1 dose of PPSV23, with doses separated 5 years apart.
- Shingles vaccinations are recommended for adults ages 60 years and older. It reduces the risk of shingles by 51 percent and the risk of a painful condition called post-herpetic neuralgia by 66 percent (CDC, 2014).
- Tdap is recommended for all adults 19 years and older, especially for adults who will be providing care to young infants. Pregnant women should receive a dose of Tdap during each pregnancy between 27-36 weeks of gestation. Administering the Tdap vaccine during each pregnancy protects the baby at birth from pertussis. Td vaccine should be given as a booster dose for adults to offer continued protection against tetanus and diphtheria. A single dose is needed as our nation has seen a significant rise in cases of pertussis, also known as whooping cough in recent years.

It is important for people with certain medical conditions and chronic

conditions, suppressed immune systems, or other occupational or lifestyle risk factors to check with their healthcare provider as they may need additional vaccines, as well. These vaccines may include the Hepatitis A, Hepatitis B, pneumococcal conjugate (PCV13), meningococcal (meningitis) and the Haemophilus Influenzae, type b (Hib) vaccines. Other adults may need to check and see if they need “catch-up” vaccines based on their age and immune status (i.e. disease history or vaccination records).

To learn more about what immunizations you might need, view the 2014 Adult Immunization Schedule. To determine what immunizations your family may need, view the 2014 Children (Birth through 6 years) Immunization Schedule and the 2014 Preteen and Teen Immunization Schedule. Also, if you are planning a trip, determine what vaccines you should consider at International Travel Recommendations.

References

Centers for Disease Control & Prevention (2014, May 1). Shingles (Herpes Zoster). Retrieved from <http://www.cdc.gov/shingles/index.html>.

U.S. Department of Health and Human Services. (2014, May 22). Immunization and infectious diseases. In Healthy People 2020 (Topics & Objectives). Retrieved from <http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=23>



Indiana State
Department of Health

Thanks to the Indiana State Department of Health for this submission.

Talking to your child about weight from the Dietitians of Hendricks Regional Health

When your child is overweight beginning a discussion about healthy body weight and body image can be a difficult task. In this situation it is important to begin the discussion in a positive way and one that reinforces your love and respect for your child.

Pediatricians and dietitians prefer the parents to serve as role models by being physically active and choosing and eating healthy foods. Children often learn more by watching our actions than by listening to our parental words of wisdom. Parental role modeling speaks more than a thousand lectures. Children that are overweight should be encouraged to become more active and praised for making healthy food choices. We prefer children “grow into” their weight and do not encourage the use of the word “diet”.

It is important to consider why your child is eating more than is healthy or choosing foods that have empty calories. Are your cabinets and refrigerator filled with empty calorie foods or healthy choices? Do you have a bowl of fruit on the kitchen table? When your child asks for a snack ask them if they are hungry. Children do need snacks but sometimes children may eat out of boredom, frustration, or anxiety. If you suspect your child is an emotional eater it is important to ask “why” occasionally to try and help your child develop healthy coping strategies that can last a lifetime. It is good to remember that often children gain weight before a growth spurt so they may be a little heavier and hungrier at this time.

Research shows as TV and computer time increase so does the weight of

children. As parents it is our job to define limits and determine the rules for acceptable television and screen time per day. By limiting everyone’s screen time the whole family will find it has more time for family dinners, bicycle rides, and family games. Parents might also consider the types of gifts their children receive and the possible impact upon a child’s health. A video game will likely guarantee more screen time whereas a jump rope, bicycle, a tennis racket, or new ball will encourage physical activity.

Monitoring how many empty calories your child eats is important. If you have soda in your house you can assume your children will be drinking it regularly. But soda isn’t the only beverage that needs caution. Lemonade, sweet tea, fruit drinks and punches, fruit juices, and energy drinks also contain sugar and empty calories. By not consuming these products as an adult and not keeping them in your fridge you set the example by drinking healthy, low calorie or no calorie drinks, especially water.

Children learn by watching their parents and what parents eat and how active parents are in part determine the weight of their children.

If weight issues seem larger than you can manage, it is recommended you speak to your pediatrician and consider family counseling to help the family develop healthier habits. Beginning a discussion with your child about their weight should focus on the health of the child and the family. By making healthy choices, enjoying family dinners, and being active together your family can enjoy years of healthful living.

Reducing childhood obesity

From the Dietitians of IU
Health - Goshen

As a parent, you play an important role in preventing or reversing childhood obesity. Promoting family meals and placing limits on television viewing are two simple strategies which have been shown to be effective in the fight against childhood obesity.

SCREEN TIME

- Increased TV viewing and computer use have been linked to pediatric overweight.
- Experts recommend limiting “screen time” (TV/movies, video games, computer) to 2 hours per day.
- Moving TVs & computers out of bedrooms into family space is one strategy that can reduce screen time.
- Parents can sit down with each child to help them plan how they will use their screen time.
- Be prepared with enjoyable activities to do when the TV is turned off.
- Remember to set an example!

FAMILY MEALS

- Research has shown that family meals can decrease the risk of pediatric overweight.
- Family meals have also been linked to improved school performance, increased self-esteem, and strengthened family bonds.
- Family meals can be quick & easy to assemble with everyone helping, can be eaten off paper plates, can happen at any time of the day, and should focus on sharing & caring.
- Aiming for several family meals per week is ideal but once is better than none at all. Don’t forget—TV off!

Thanks to the [Indiana Academy of Nutrition and Dietetics](#) for this submission.

Continued from page 3

FitBit A Day winners

July 17: John Eagan, Indiana Gaming Commission

July 18: Beth Kelly, State Board of Accounts

July 21: Peter Pickering, Indiana School for the Deaf

July 22: Leighe Disbro, Indiana State Department of Health

July 23: Allen Kildow, DOC – Indiana State Prison

July 24: Jonathan Ballard, Indiana Court of Appeals

July 25: Corey Rieman, Department of Natural Resources

July 28: Victor Oberhausen, DWD – New Albany WorkOne

July 28 – Mile with Mike
Cassie Bailey, BMV

July 29: Rick Newton, INDOT - LaPorte District

July 30: Tracy Berry, DOC

July 31: Tyler Dalton, DOC - Correctional Industrial Facility

You can find this list on our website as well: <http://bit.ly/1uL8fSm>. We had more than 4500 employees register to win! Thank you to all who entered and participated in Health & Wellness Month.

Edinburgh Correctional Facility participates in fitness run/walk event

Edinburgh Correctional Facility staff, Indiana Department of Correction (IDOC), successfully participated in a Camp Atterbury Fitness Run/Walk event on July 1. The event was a partnership with Camp Atterbury, Indiana Army National Guard, and the IDOC in-support of new state government health and wellness initiatives. Such initiatives include voluntary efforts on behalf of state employees to increase their personal fitness. Seven members of the Edinburgh Correctional Facility alone participated in the run/walk alongside numerous other military and non-military members of Camp Atterbury. The camp's Lieutenant Commander helped host the event and spoke as an introduction to activities.



Edinburgh Correctional Facility leadership is comprised of Frances Osburn, Superintendent, and Mr. Bryan Dobbs, Administrative Assistant. And these events of Edinburgh employees were overseen by Superintendent Osburn as she also participated. Caitlin Dickman, Health and Wellness Monitor, Edinburgh Correctional Facility, organized co-workers and also participated.

Send us your pictures and stories of how you celebrated Health & Wellness month to spdcommunications@spd.in.gov.

Health & Wellness Month

July 2014

Send us your photos



IOTD releases Official 2015 Indiana Roadway Map, available free online

On July 30, Lt. Governor Sue Ellspermann and the Indiana Office of Tourism Development (IOTD) announced the release of the Official 2015 Indiana Roadway Map presented by Indiana Farm Bureau and Indiana Farm Bureau Insurance. This year's map is the first of a two-year partnership with Indiana Farm Bureau and Indiana Farm Bureau Insurance for production and distribution of the roadway map. One million maps were produced in the first printing of this year's map.

"Indiana Farm Bureau and Indiana Farm Bureau Insurance are two great Hoosier businesses; each with a long legacy of protecting the family farm, assisting Hoosiers by offering a wide-range of insurance products and promoting our rich agricultural heritage," said Ellspermann. "They are great partners with our team at Visit Indiana."

The 2015 Indiana Official Roadway Map will be available in the Indiana Farm Bureau building at the Indiana State Fair. Following the fair, maps will be available at state legislative offices, highway rest stops, state welcome centers and Indiana Farm Bureau offices throughout the state. Individuals may also request a new map by visiting IndianasMap.com. The 2015 Indiana Official Roadway Map is free of charge.

"Response to last year's map was overwhelmingly positive, so much so that we had to order second and third printings," said Mark Newman, executive director of IOTD. "Our recently-launched Honest-to-Goodness Indiana campaign is enhancing the image and profile of our lovely state. We hope this map educates both Hoosiers and out-of-

state visitors on Indiana's accessibility and motivates them to explore the beautiful destinations and attractions that exist here."

The cover of this year's map captures the spirit of the road trip and features Bonneyville Mill County Park in Elkhart County. Bonneyville Mill is one of Indiana's oldest continuously operating grist mills and remains one of northern Indiana's premiere historic attractions. A [downloadable version of the cover is available here.](#)

This year completes a two-year transition to move all production, administrative and sales oversight of the official state map to IOTD. Last year, IOTD guided the consolidation of the two official state map programs. Prior to this effort, the Indiana Department of Transportation produced the official transportation map on a biannual basis and IOTD produced a yearly Indiana travel map. Under IOTD's leadership, those efforts were consolidated into one product that retains all the functionality of a traditional roadmap while also highlighting many of Indiana's tourism destinations. Advertising opportunities were made available to Indiana's travel, tourism and hospitality industry and sold out in short order. The roadway map is now produced by IOTD on an annual basis.

Tourism is big business in Indiana. An economic impact report released in December 2013 shows the travel, tourism and hospitality industry is the sixth largest industry in the state (excluding government), is directly responsible for nearly 140,000 jobs, generates over \$2.1 billion in tax receipts and contributes \$10 billion in revenue to Indiana businesses.

60th annual Chevrolet Performance U.S. Nationals discount

Each Labor Day weekend, NHRA racers and fans descend on Lucas Oil Raceway at Indianapolis for the biggest, oldest, richest, and most prestigious drag race in the world. They say that no career is truly complete without a win at this, drag racing's grandest event. The stakes are high with this event being the final race of the regular season and -setting the 10-driver fields for the upcoming six-race Countdown to the Championship. The Traxxas Nitro Shootout special events take place in Top Fuel and Funny Car.



Click on the link below to get up to 30 percent off NHRA Drag Racing tickets, Waive All Service Fees and a NHRA PIT PASS for the NHRA U.S. Nationals August 27 – September 1, 2014

Please note if you click on link directly you do not have to enter promo code, discount is already applied: <http://bit.ly/1o49uHf>

For group tickets, please contact Andrew Zamarripa, 626-250-2220; azamarripa@nhra.com

Summer cookout menus can still be healthy and tasty

Don't let summer get away without enjoying some delicious seasonal cookouts. Grilled foods are very easy to prepare, and they can contribute to good nutrition. Some healthy foods that can be grilled include peppers, onions, tomatoes, potatoes, summer squash, eggplant, zucchini, pork burgers, asparagus and sweet corn. All of these foods may be found at your local grocery store or at the Statehouse Market every Thursday. Visit www.statehousemarket.com/vendor for more information. Items you will need for grilling are skewers, barbeque grill, charcoal, foil and utensils. Wrapping vegetables in a foil pouch will increase moisture and enhance flavor.

To grill vegetables, clean and cut them, skewer smaller items and cut larger items in small pieces. Next, marinate the vegetables for 15 minutes in oil, citrus fruits and favorite spices like garlic, pepper and thyme. For corn on the cob,

leave the husks on, but remove the silks. Prepare the grill and ensure the temperature is medium hot. First grill the vegetables that will take the longest time to cook, i.e., put the peppers and onions on before the tomatoes and eggplant.

To grill meat, turn on gas cooker or ignite coals in the bottom of your grill. Tenderize meat with a tenderizing hammer, and season using any type of seasoning that suits your taste. A favorite rub is to first pat the meat dry, season with salt and pepper and then rub a light coat of olive oil on top. Next, cook the meat until grill lines with brown caramelization are apparent on the surface. Turn the meat over using a spatula; do not use a fork as the meat will lose juice. Remove meat from the heat when it is nearly cooked to your liking, as it will continue to cook even when heat is removed. It's recommended that pork be cooked to at least medium, not rare or medium rare. When

using a thermometer, insert it into the thickest part of the meat. The guidelines below should help you cook meat to your preference:

- Rare = 120-125 degrees F (center is red)
- Medium rare = 130-135 degrees F (center is pink)
- Medium = 140-145 degrees F (center is light pink)
- Medium well = 150-155 degrees F (grey-brown throughout)
- Well done = 160 degrees F and above (uniformly brown or grey throughout)

Have a wonderful time grilling and enjoy the many healthy tastes of summer! To read more, check out our [Invest In Your Health Blog](#).



On July 25, Governor Mike Pence gives the crowd of hundreds of motorcyclists at the Statehouse a thumbs-up, signaling the kickoff of the Governor's 10th Annual Ride to benefit the Indiana National Guard Relief Fund. Stops along the route included Columbus, Seymour and Madison. To see more pictures of the Governor visit www.in.gov/gov/2387.htm.

ISBVI is collecting plastic bottle caps

The Indiana School for the Blind and Visually Impaired is collecting plastic bottles caps from water, pop, etc. to raise money for Riley Children's Hospital. If you can donate, kindly send the caps to:

Alan Roth, Science Teacher
Indiana School for the Blind and Visually Impaired
7725 N. College Ave
Indianapolis, IN 46204

If you work on the IGC Campus, you may place the plastic bottle caps marked to the attention of Alan Roth and leave in the ISBVI mail basket near the W-161 front desk. These will to be picked up weekly by the ISBVI courier.