



# The Torch

The official newsletter for Indiana state employees

## New Homeland Security Director takes office

On November 24, the new Executive Director of the Indiana Department of Homeland Security, David Kane took office. He was appointed by Governor Pence on October 30.

“With nearly 30 years of experience in emergency response and management positions, David Kane has demonstrated his public safety expertise and epitomized what it means to be a true public servant,” said Governor Pence. “I am confident that he is the right man at the right time to lead Indiana’s efforts to ensure the preparedness of the state and the safety of Hoosiers as Executive Director of the Indiana Department of Homeland Security.”

Since 2005, Kane has served as Federal Security Director for the U.S. Department of Homeland Security Transportation Security Administration where he set the direction and oversaw policy implementation of the national transportation security program. Prior to this role, he served as an Assistant Federal Security Director for the department. From 1985 to 2002, he served as an air marshal within the U.S. Department of Transportation’s Federal Aviation Administration.

Kane has experience working at the county, state and federal level in public safety. His ability to coordinate among numerous emergency response agencies was recognized when the U.S. Department of Homeland Security Secretary appointed him as the Federal Coordinating Official for the 2012 Super Bowl in Indianapolis.

Kane serves on the Executive Policy Board for the Indiana Intelligence Fusion Center, the FBI Joint Terrorism Task Force Executive Board, the U.S. Attorney’s Anti-terrorism Advisory Council, and the Indiana Counter-Terrorism and Security Advisory Committee. He is a graduate of the Indiana Law Enforcement Academy and has certification from the Federal Law Enforcement Training Center.

Kane replaces John Hill, who serves as Deputy Chief of Staff of Public Safety in the Office of the Governor.

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## Family applications are now being accepted for On My Way Pre-K

Indiana's Office of Early Education and Out-of-School Learning (OECOSL) is now accepting applications from families in the first four pilot counties who may be eligible for grants for their children to receive high-quality, prekindergarten education through the On My Way Pre-K program starting in January of 2015. Children eligible for the first phase of the pilot will include 4-year-olds living in Allen, Lake, Marion or Vanderburgh Counties who start kindergarten in the fall of 2015. Jackson County is also part of the pilot and will become operational later in 2015.



3 or level 4 on Paths to QUALITY or are accredited by an approved national or regional accrediting body ([Click here for details](#) on provider eligibility).

Families must meet the following eligibility criteria to apply:

- The family must have an income below 127 percent of the federal poverty level ([See income eligibility guide here](#)),
- The family must reside in Allen, Lake, Marion or Vanderburgh Counties, and
- The child must be four (4) years old and starting kindergarten in August 2015.

Applications are being accepted until December 15, 2014. If more families qualify than there are grants available, awards will be made through a randomized lottery process. This lottery will be held on or around December 17, 2014, and families will be notified if they receive a grant.

Once a child has received a grant, parents may choose from any of the eligible, enrolled On My Way Pre-K programs. OECOSL is currently enrolling high-quality programs which are either top-ranked at level

Approved pre-K programs may be located in a public or private school, licensed child care center, licensed home or registered ministry as long as that program meets the quality requirements and is registered as an On My Way Pre-K Provider. Families may choose from a program that is full-day or part-day, as well as from programs that end with the school year or continue through the summer. A list of approved pre-K providers will be made available in December and posted online. Families who need help finding an approved pre-K program can also call 1-800-299-1627 for assistance from an early learning referral specialist.

- To apply in Allen County [click here](#).
- To apply in Lake County [click here](#).
- To apply in Marion County [click here](#).
- To apply in Vanderburgh County [click here](#).
- For instructions on how to complete the application [click here](#).

On My Way Pre-K is the name of Indiana's first state-funded prekindergarten program, which was approved as a five-county pilot by the Indiana General Assembly in 2014. In addition to Allen, Lake, Marion and Vanderburgh Counties, which are making a limited program available for about 400 children beginning in January, Jackson County will join the others and be fully-operational by the fall of 2015. The pilot program is expected to ultimately serve approximately 2,000 students in the five counties.

Governor Pence and the Indiana Family and Social Services Administration are committed to asking the 2015 General Assembly to set aside funds in the next state budget to help ensure the ongoing success of On My Way Pre-K. The Office of Early Childhood and Out-of-School Learning is a division of the Indiana Family and Social Services Administration (FSSA).



Artwork by Jerry Williams

## Top ten tips to make a healthy holiday feast your family will love

Food is a key ingredient in our holiday celebrations. Many of our traditions include food, and it can often seem overwhelming and impossible to make healthy choices and not gain weight. We're surrounded by tasty temptations during the holiday season. To stay on track this holiday season, try these 10 healthy eating tips:

### **Don't arrive at the table over-hungry:**

Avoid skipping meals. Getting over-hungry is a recipe for disaster. It will lead to over-eating and being stuffed is a good idea only if you are a turkey! Instead, try to choose smaller, healthier meals and snacks before the big meal such as an egg with a slice of whole-wheat toast, or a bowl of whole-grain cereal with low-fat milk for breakfast.

**Substitution solution:** Consider what foods you can pass over and those that you really want. You might opt to skip the appetizers in favor of dessert, or go light on the stuffing to make room for mashed potatoes. Make a few trade-offs so you can enjoy what you want most.

**Scan the line up:** There are so many options to choose from, it can be overwhelming. Peruse the food layout without a plate first to methodically pick and choose what you want to eat and consider balance and variety. This way, when you serve your food you will still have room on your plate (and in your belly) when you get to the end of the line.

**Saddle up to the sides:** Identify high fat Thanksgiving favorites, which can be found in fried and creamy dishes, items with full-fat gravy, as well as cheese-filled casseroles. If you cannot control the ingredients that go into a dish (or



your desire to eat them), simply limit yourself to a smaller helping.

**Fill 'er up:** Fill half your plate with fruit and/or vegetables to fill your belly up with high fiber, lower calorie options. Save one quarter of your plate for a lean meat and another quarter for a starch or whole grain option. Plain vegetables without added sauces, roasted sweet potatoes, salads, and mashed potatoes with low-fat gravy tend to be the best bets because they are lower in fat and calories.

**Go skinless:** choose a 3-4-oz (size of the deck of cards) skinless, white turkey meat for a lower fat serving. Ham is a saltier option, but can be enjoyed in the same portion.

**Table manners:** Choose small first-helpings so you won't feel guilty about going back for seconds. It takes about 20 minutes for the body's fullness factor to kick in, so slow down your eating by putting your fork down and drinking water in between bites, and join in the conversation.

**Quench your thirst:** The body often confuses thirst for hunger. Stay

hydrated throughout the day choosing water or other calorie-free beverages. Alcohol, flavored coffees, apple cider, hot chocolate, and other holiday beverages can be loaded with calories and added sugar, so enjoy them in moderation.

**Focus on everything but the food:** The true spirit of the holidays is not the food, but connecting with family and friends. Position yourself away from the food. Take a walk outside to enjoy the fall weather or play a game instead of hanging around the food all night.

**Kiss the cook:** Substitute a few high fat, high sugar, and high salt ingredients with healthier options. For instance, use fat-free chicken broth to baste the turkey and make gravy. Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods. Reduce oil and butter wherever you can. Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles. Try 98 percent fat-free cream soup and low-fat milk. Avoid using the salt shaker and instead opt for salt-free herbs and spices.

## Shake up your holiday menu with healthy traditional favorites

Below are tips and recipes to how to make your favorite holiday dishes healthier without missing out on the flavor:

<p><b>Sweet Potato Casserole</b> This delightful dish can quickly become a dessert rather than a side dish.</p>	<ul style="list-style-type: none"> <li>• Replace the sugar with a small amount of honey (minimum 1 Tablespoon to maximum 1/3 cup) or sugar-free sweetener.</li> <li>• Topping: Top with pecans or oats rather than marshmallows</li> </ul>
<p><b>Mashed Potatoes</b> This homemade classic is often high in fat and calories.</p>	<ul style="list-style-type: none"> <li>• Use low-fat or fat-free milk (or evaporated milk) instead of cream</li> <li>• Replace butter with low-sodium chicken broth</li> </ul>
<p><b>Green Bean Casserole</b> Rather than using high-sodium canned products, impress your guests by making this favorite from scratch!</p>	<ul style="list-style-type: none"> <li>• Make your own cream of mushroom soup</li> <li>• Use frozen green beans instead of canned topping</li> <li>• Top with almonds instead of French-fried onions</li> </ul>
<p><b>Tamales</b> This traditional dish can contain a variety of fillings, but a main ingredient is often lard.</p>	<ul style="list-style-type: none"> <li>• Try using canola oil for some, or all, of the lard</li> <li>• Try substituting Greek yogurt or ricotta cheese for partial amounts, or in place of, lard</li> </ul>
<p><b>Pumpkin Pie</b> Commonplace in holiday kitchens, this sweet treat can be modified without sacrificing flavor.</p>	<ul style="list-style-type: none"> <li>• Use whole wheat crust</li> <li>• Choose pure pumpkin instead of pumpkin pie filling</li> <li>• Use low-fat or fat-free milk (or evaporated milk), rather than sweetened condensed milk or heavy cream</li> </ul>
<p><b>Macaroni and Cheese</b> This family-friendly dish is a perfect opportunity to incorporate vegetables--and reduce fat.</p>	<ul style="list-style-type: none"> <li>• Add cauliflower, broccoli, greens, or other vegetables to the dish before baking</li> <li>• Use whole wheat pasta</li> <li>• Choose low-fat dairy</li> </ul>

### Basic Tamales

- 1 bag corn husks
- 4 cups hot broth, chicken or beef
- 1 1/4 cup canola oil
- 1 Tablespoon baking powder
- 7 cups instant corn masa mix
- \*Salt and pepper to taste
- \*Choose your favorite holiday filling

#### Directions

1. Soak corn husks in hot water for 30 minutes. Drain and place in bowl.
2. Combine broth, oil, and baking powder with masa mix in electric mixer bowl. Mix for 2 to 3 minutes to thicken; add salt and pepper to taste. Set aside.
3. Combine filling ingredients in bowl. Set aside.

4. Assembly: Spread 2 to 3 Tablespoons masa on smooth side of corn husk. Place 1 to 2 Tablespoons of filling along the masa center and roll tamale like a jelly roll. Fold tail over and place tamale tail-side down on a sheet pan. Refrigerate or freeze raw tamales in zipper bags until ready to steam.
5. Steaming tamales: Place 2 inches of water in steamer pot. Place tamales (folded tails down) in basket. Don't overcrowd tamales. Cover, bring to a boil, reduce heat to low, and cook for two hours or until corn shuck pulls away from masa.

### Healthy, Easy Green Bean Casserole

- 2, 8-ounce packages of mushrooms, chopped
- 1 onion, diced
- 1 teaspoon canola oil
- 3 Tablespoons flour
- 1/2 cup vegetable broth
- 1 cup low-fat milk (can use UHT milk)
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 2, 12-ounce packages of frozen green beans
- 1 cup almonds, divided

#### Directions:

1. Preheat oven to 375°F.
2. Place mushrooms, onion, and canola oil in medium saucepan on medium heat; saute about 5-7 minutes.
3. Stir in flour and evenly coat the vegetables.
4. Add vegetable broth, milk, pepper, and garlic powder. Heat to boiling, stirring regularly. Once boiling, simmer for 10-12 minutes, or until thickened to a gravy-like consistency. Continue to stir regularly.
5. Stir green beans and 1/2 cup almonds into the saucepan.
6. Pour green bean mixture into a 9x9 casserole dish and bake for 30-35 minutes.
7. Meanwhile, toast 1/2 cup almonds in a pan on the stove on low heat for about 5 minutes. Top casserole with toasted almonds.



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

## Steps Challenge winners receive FitBits for excelling in challenge

As part of Employee Health and Wellness, the State Personnel Department (SPD) launched the Steps Challenge and encouraged all that participated to complete 200,000 steps during July. Approximately 8,100 employees participated with more than 6,350 logging 200,000 steps. Total steps logged in the challenge were 2.4 billion. Thank you to all who participated!

On Oct. 8, the Steps Challenge Team winner was awarded FitBits for each participant. Out of 137 teams, the Office of Utility Consumer Counselor (OUCC) team beat all the rest. Their average steps per person added up to 499,387 or 250 miles. Their team consisted of: Duane Jasheway, Takia Bland, Scott Franson, Randall Helman, Edward Rutter, Jeffrey Reed, Susann Brown, Cheryl Williams, Daniel LeVay, Theresa Davis, Stacie Gruca, Edward Kaufman, Michael Eckert, Robert Mork, Alex Stippler, Ray Snyder, Abby Gray, Anthony Swinger, Scott Bell, Barbara Smith, Pradeep Sircar, Charles Patrick and Lorraine Hitzbradley.

On Oct. 29, the individual winner from the Steps Challenge was named Joseph Bell, from INDOT Seymour District, is an active marathon runner and averages between 10 to 20 miles per day.



(Left to right) Joseph Bell, SPD Director Denny Darrow, John McCrary, SPD Wellness Director Cameron Troxell.



The OUCC Steps challenge team along with Cameron Troxell and former SPD Director Anita Samuel.

## Redeem your Healthy Lifestyles points before it's too late!

Your access to [MyHealthyLifestyles.com](http://MyHealthyLifestyles.com) ends December 31. The redemption center has been updated with 19 new rewards! Check out the new options like fitness gloves, a hydration pack, a blender and a heart rate monitor. It is a "use it or lose it" policy for your points. So be sure to redeem them by December 31, or you will lose them.

Log in to [MyHealthyLifestyles.com](http://MyHealthyLifestyles.com) and go to the Rewards Center to select your prizes.



## 18th Street Brewery, Brown County State Park and the Children's Museum of Indianapolis named "Best of Indiana"

With thousands of votes cast, the public has selected the winners of the annual Best of Indiana Fall awards. The awards, a component of the Indiana Office of Tourism Development's (IOTD) popular fall travel site VisitIndianaFall.com, asked Hoosiers to select Indiana's Best Fall Beer, Best Fall Camping adventure and Best Haunted Attraction. The winners are:

- **Best Fall Beer:** Sinister Double IPA- 18th Street Brewery, Gary.
- **Best Fall Camping Adventure:** Brown County State Park
- **Best Haunted Attraction:** Creepy Carnival Haunted House - The Children's Museum of Indianapolis

"These winners truly represent the Best of Indiana. The Children's Museum of Indianapolis is a world-class destination, Indiana's robust micro brewing industry embodies the entrepreneurial spirit of Hoosiers and the Indiana parks system is the envy of other states," said Mark Newman, IOTD's executive director. "It is a point of pride to have these winners, as well as the diverse set of nominees that made up the categories, in our state."

With nearly 100 microbreweries throughout Indiana, the Hoosier State is in the midst of a beer boom. Twenty-two fall-themed brews were nominated in this category. Indiana's Best Fall Beer is Sinister Double IPA from 18th Street Brewery in Gary. The Best Fall Beer category was the most competitive of the three and



*Best Fall Beer: Sinister Double IPA- 18th Street Brewery, Gary.*

saw the highest voter participation, showing Hoosiers love Indiana-brewed beer. 18th Street Brewery only bottles Sinister Double IPA once a year, giving Hoosiers yet another reason to look forward to fall. 3 Floyds' (Munster) Munsterfest and Iechyd Da Brewing Company's (Elkhart) Breakfast Cookies Milk Stout rounded out the top three vote getters.

Indiana abounds with natural beauty and offers camping opportunities diverse enough to accommodate all experiences; from "glamping" to reliving the rustic days of the pioneers. Voters selected the camping options at



*Best Fall Camping Adventure: Brown County State Park.*

Brown County State Park as Indiana's Best Fall Camping Adventure. Home to some of the most challenging bike trails in North America, Brown County State Park is nationally-known for its fall beauty. There are few better locations in the Hoosier state to experience autumn's brilliant displays of color than this southern Indiana destination. Also finishing in the top three were Lake Rudolph Campground and RV Resort in Santa Claus and Turkey Run State Park in Parke County.

Creepy Carnival Haunted House at the Children's Museum of Indianapolis takes the prize as Indiana's Best Haunted Attraction. In its 51<sup>st</sup> year, the Creepy Carnival offers varying levels of fright for children of all ages, from a "lights on" option for younger kids to the "extreme scream" for older kids and adults. The Creepy Carnival attracts over 50,000 visitors annually and is now Indiana's Best Haunted Attraction. Seymour's Fear Fair and Halloween Weekends at Lake Rudolph Campground and RV Resort were also in the top three.

Nominees for Best Fall Beer, Best Fall Camping Adventure and Best Haunted Attraction were recommended by members of Indiana's travel, tourism and hospitality industry with final selections made by IOTD. The competition began in early September and the public could vote for up to five nominees in each category. Public participation in this year's competition far exceeded last year's. [VisitIndianaFall.com](http://VisitIndianaFall.com) is a companion site to the recently-redesigned [VisitIndiana.com](http://VisitIndiana.com), the official state travel website where discounts, trip ideas and helpful tips are easily accessible.

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 over \$10 billion in revenue to Indiana businesses. The recently-launched Honest-to-Goodness Indiana brand campaign aims to further elevate the untold stories of Indiana's destinations, assets and attractions.

## Use caution when driving this winter

INDOT wants you and your family to stay safe on the roads this winter. By following these tips, you'll be ready for winter driving. And don't forget: Ice and Snow, Take it Slow!

### Winter Driving Safety

- **Knowledge:** Before leaving home, find out about the driving conditions throughout Indiana at [indot.carsprogram.org](http://indot.carsprogram.org). Safe drivers know the weather, and their limits. If the weather is bad, remember: Ice and Snow, Take it Slow... or just don't go.
- **Clear:** Remove any snow on your vehicle's windows, lights, brake lights and signals. Make sure you can see and be seen.
- **Inspect:** Check your vehicle's tires, wiper blades, fluids, lights, belts and hoses. A breakdown is bad on a good day and dangerous on a bad-weather day.
- **Time:** Leave plenty of time to reach your destination safely. It's not worth putting yourself and others in a dangerous situation just to be on time.

### Caution: Slippery When Wet!

- **First Snow or Ice:** Drivers often aren't prepared for winter driving and forget to take it slow. Remember to drive well below the posted speed limit and leave plenty of room between cars.
- **Black Ice:** Roads that seem dry may actually be slippery and dangerous. Take it slow when approaching intersections, off-ramps, bridges or shady areas these all are hot spots for black ice.
- **Limited Visibility:** Stay attentive and reduce speed. Know what's going on around you.
- **Four-Wheel Drive:** On snow and ice, go slowly, no matter what type of vehicle you drive. Even if you have an SUV with four-wheel

drive you may not be able to stop any faster, or maintain control any better, once you lose traction. Four-wheel drive may get you going faster, but it won't help you stop sooner.

- **Give INDOT plow crews room to work.** It's a difficult job and they're on the road 24 hours a day to keep you safe. Stay back, slow down and watch for plows making sudden stops or turns.



Tips for safe winter driving can be found at [WinterDrivingSafety.in.gov](http://WinterDrivingSafety.in.gov)  
Winter Driving Kit For Emergencies:

- Ice scraper & brush
- Tools & flashlight with batteries
- Sand or cat litter for tire traction
- Boots, gloves & hat
- Shovel
- Jumper cables
- Food, water & blanket
- Flares or reflective triangle
- Coffee can, candle & matches to create a "furnace"
- First aid kit
- Cell phone
- Prescription medicines you take regularly

Drivers in Indiana can monitor road conditions and traffic alerts across the state at any time by going to [TrafficWise.in.gov](http://TrafficWise.in.gov). Roadway information is also available by calling 1-800-261-ROAD (7623) or 5-1-1 from a mobile phone.

### Giving back

## 2014-2015 SECC met the 1.3M goal

On Sept. 3 the 2014-2015 State Employees' Community Campaign (SECC) officially began with the theme "Heart of Public Service." Chairman DOR Commissioner Mike Alley, led the way to reach the state's goal of \$1.3M.



"Thank you fellow state employees for showing once again that we share The Heart of Public Service!" said Alley. "I'm very proud of our state employee team for surpassing our SECC campaign goal of \$1.3 million! The impact of your generosity will be felt across the hundreds of non-profit organizations selected by you as beneficiaries. Your investments will touch thousands and improve lives and communities all across Indiana and beyond. Thank you for opening your mind, opening your heart, and generously opening your pocketbook!"

Employees can still participate in the campaign by completing a pledge form. Payroll deductions made during the campaign will take effect with the first payroll in 2015. If you have other questions about the campaign, please visit the [FAQ page](#) or visit [www.insecc.org](http://www.insecc.org) for additional information.



## 10 reasons not to miss 'Celebration Crossing' at the State Museum

During December, the Indiana State Museum hosts its annual Celebration Crossing exhibit through Wednesday, December 31. The popular event brings back old memories and creates new ones as visitors enjoy holiday food, fun, sights and sounds. Below are the top 10 reasons not to miss Celebration Crossing this year:

### 1. Celebration Crossing Opening Day

On Friday, Nov. 28 the celebration opened with holiday merriment from the sounds of bands and choirs to the arrival of Santa and Mrs. Claus on the front lawn by helicopter. Children of all ages are invited to ride the Santa Claus Express, make crafts and rekindle memories of holidays past as they gaze into the recreated L.S. Ayres store windows.

### 2. Santa's new house

Delight in the magic of the holiday season by joining Santa and Mrs. Claus in their newly constructed home filled with the smell of gingerbread and pine, while twinkle lights in the window all aglow. Children will take photos with Santa and whisper Christmas wishes in his ear.

### 3. L.S. Ayres Tea Room

This year the historic L.S. Ayres Tea Room will be converted into the perfect holiday place to have the perfect holiday meal. Through Wednesday, Dec. 31, walk-in diners will be invited to celebrate the season with friends and family and select from a menu of amazing appetizers to devilish desserts, all while enjoying the festive decorations, music and scheduled entertainment. Reservations required.

### 4. Santa's Holiday Breakfast

During the last week in November and the first 3 weeks in December, guests will get to start their mornings off with delicious holiday breakfast as Mrs. Claus, Raggedy Ann and other holiday

characters entertain the young ones before they visit Santa Claus and ride the Santa Claus Express. Reservations required.

### 5. Santa's Holiday Brunch

On Sunday, Dec. 21 adults and kids alike will join in the fun during this holiday brunch featuring traditional brunch dishes and festive holiday mimosas. Brunch also includes a visit with Santa and access to the rest of the Celebration Crossing activities. Reservations required.

### 6. Santa's Playground

Throughout the month of December, guests will be treated to Santa's (Imagination) playground in the Earl Goode Education Center on Level 2. In addition to the science, technology, engineering and math (STEM)-based activity area, there will also be crafts and a place for caregivers to sit and relax while their children play.

### 7. Hoosier Radio Hour: A 1920s Christmas

On Tuesday, Dec. 9 and Sunday, Dec. 21 guests will be transported back to the 1920s as members of the museum's Legacy Theater present Hoosier Radio Hour: A 1920s Christmas. Situated in a 1920s' radio studio, the cast broadcasts a live retelling of the Charles Dickens classic A Christmas Carol. Period music, an audience sing-along and period slang will engage audience members of all ages. The production is also available by reservation to groups on other dates.

### 8. Holiday Sounds

School and community choirs, bands, ensembles and soloists perform holiday



Visitors wait to ride the Santa Claus express.

music in the museum's Governor Frank O'Bannon Great Hall each day. Enjoy holiday sounds in a spectacular atmosphere.

### 9. Celebration Crossing: A Family New Year's Eve

End the year with a bang with a family-friendly, alcohol-free celebration in the Governor Frank O'Bannon Great Hall on Wednesday, Dec. 31 from 6 to 9 p.m. Activities include face-painting, arts and craft, games, door prizes and a special musical performance by Indianapolis band The Tides. A balloon drop at 8 p.m. allows little ones to celebrate the New Year in style. Reservations recommended.

### 10. Tea with Dolly

On Sunday, Dec. 28 doll enthusiasts are invited to bring their favorite doll to the museum and enjoy the serenity of teatime at Tea with Dolly, a new holiday affair in the historic L.S. Ayres Tea Room. Members of the museum's curatorial team will be on hand to examine each doll and provide information on popular dolls of the past 100 years. Reservation required.

For specific dates, times and costs associated with programming, or to make reservations, please call 317.232.1637 or visit [www.indianamuseum.org](http://www.indianamuseum.org).





After speaking at the Indiana War Memorial's Veterans Day ceremony on Nov. 11, Governor Mike Pence joins Hoosiers in a standing ovation for Indiana National Guard Adjutant General Umbarger, who is retiring in May after nearly 50 years of military service. To see more pictures of the Governor, visit [www.in.gov/gov/2387.htm](http://www.in.gov/gov/2387.htm).

## Get your holiday pack early!

Annual entrance, boating and horseback riding permits for Indiana State Parks for 2015 are available online at [Innsgifts.com](http://Innsgifts.com) and at state parks property offices.

State Parks annual entrance permits cost \$40 for Indiana residents and \$60 for out-of-state residents. Golden Hoosier Permits, which are annual entrance permits for Hoosiers age 65 or older, cost \$20.

Annual entrance permits allow entry into all Indiana state parks, lakes and gated state forest recreation areas. Camping gift cards for 2015 can be purchased online at [Innsgifts.com](http://Innsgifts.com), at any state park or lake office, or by calling 1-866-622-6746.

## Maintain not gain over the holiday season and new year

Maintain not gain over the Holidays  
For many Hoosiers, having a happy holiday means putting healthy nutrition and physical activity on hold resulting in weight gain. Some gain five or more pounds and don't lose it the following years. Excess weight or an unhealthy lifestyle contributes to several chronic diseases including heart disease, diabetes, hypertension and cancer. Maintaining a weight that's appropriate for one's height and age is an easy way to stay healthy and save money on health care costs. So, make a commitment to yourself and to your health to remain at your current weight throughout the holiday season this year!

Some tips for staying healthy over the holidays include:

- Plan ahead to add more physical activity into your week. Take a long walk with the family first thing in the morning, and then

### Invest In Your Health

again after the meal instead of heading straight for the couch.

- Instead of piling your plate sky-high this holiday, try focusing on right-sizing your portions.
- If you decide to go shopping, plan to get in some activity while there. When you first arrive, park far away and then take some laps around the mall. Pack your own snacks and water to avoid the temptation of the food court. Wear comfortable walking shoes and remember to take the stairs instead of the escalator or elevator.
- Fill half of your plate with fruits and vegetables, and then correctly portion out your other items.
- Consider making substitutions in some of your favorite recipes. For example, mashed potatoes

typically include lots of butter and whole milk. All of that extra fat can make it harder to maintain your weight over the holidays. Consider using mascarpone cheese instead of butter and low-fat milk instead of whole milk. You won't even notice the difference!

A great way to keep on track is to write down your daily physical activity, how many fruits and vegetables you eat each day, and how much water you drink. It can really help! Happy Holidays!



**Indiana State  
Department of Health**

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