



The Torch

The official newsletter for Indiana state employees

It is finally time to answer the question on everyone's mind, "what is the incentive for the new Wellness CDHP?"

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.

As healthcare costs continue to increase each year, you can expect plan rates to rise in 2015. By qualifying for and electing the new Wellness CDHP at Open Enrollment, you can minimize the cost impact of the increases.



For those who select the new Wellness CDHP, the total benefit is at least \$1,000 for family coverage and \$425 for single coverage when compared to the projected rates of other 2015 plans. These estimates are based on plan holders enrolled in CDHP1 with an HSA and are broken down as follows:

- An individual that enrolls in the new single wellness CDHP rather than the 2015 CDHP1 will see a difference of approximately \$175 in premium and \$250 in state's HSA contribution.
- An individual that enrolls in the new family wellness CDHP rather than the 2015 CDHP1 will see a difference of approximately \$500 in premium and \$500 in the state's HSA contribution.

Those plan holders comparing the 2015 CDHP2 or the PPO with the new wellness CDHP will see a greater total benefit, as those premiums are already higher and HSA contributions are lower than CDHP1.

To reiterate, these are the savings based on projected 2015 rates. The state is currently evaluating proposals from health care administrators and we are unable to finalize all the new rates until later this fall, as we do each year leading up to Open Enrollment.

We are pleased to offer our employees this new wellness plan option and encourage everyone to take steps today to upgrade their health.

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A time to celebrate the Indiana State Fair

Indulging on deep-fried treats; watching horse shows; riding the Ferris Wheel on the Midway; swaying along with the music at a concert; taking a peak at a pig as big as a cow; going back in time at the Pioneer Village. There's so much to do at the Indiana State Fair!

The fair always has something to celebrate, and this year's celebration has reached historic proportions. After an 18 month, \$53 million renovation, the Fairgrounds Coliseum is back in use and better than ever! With 12 of the original ticket windows, 96 restored original seats and a beautiful new terrazzo lobby floor that matches the original, the Coliseum still has much of its 75 year history preserved. However, its spacious two-tiered seating bowl, overhead LED scoreboard and fantastic acoustics will let you know you're in a brand new atmosphere unlike any other. It's also why this is the "Year of the Coliseum."

The Coliseum Concert Series boasts seven great acts, including Lynyrd Skynyrd (July 31), Hunter Hayes (Aug. 9) and Jim Gaffigan (Aug. 17) that will help launch this new chapter in the Coliseum's history. And in between all the performances will be draft horse shows, livestock competitions, the Celebration of Champions and a number of other activities that will keep fairgoers thoroughly entertained.

Hoosier native and "The Voice" Season 6 champion Josh Kaufman will be singing on the Free Stage August 7, one of a number of national acts scheduled for this scenic outdoor venue. Fans can also enjoy Charles Esten & Clare Bowen from TV's "Nashville" (Aug.2), the Barenaked Ladies (Aug. 11) and the Happy Together Tour featuring Flo & Eddie (Aug. 12). All these shows and more will be under the stars and free!



When they're not taking in a show, many fairgoers love the enormous midway that leaves kids of all ages (that means parents, too) squealing with delight as they venture from ride to ride. Smaller kids and their families can find their own adventures at the acclaimed "Kiddie Midway" designed for the younger ones.

Of course, no trip to the fair is complete without enjoying the amazing smells and tastes from the many corndog stands, funnel cake booths and deep-fried candy concessionaires. Everybody has a favorite fair food (or two) and there's no better time to get your fix than on \$2 Tuesdays when two bucks gets you through the gate and all vendors offer something for just \$2.

There's plenty more: tractor pulls, monster trucks, an alligator show, a life-sized dinosaur, cheerleaders, marching bands, motorcycles, rodeos, elephants and the list goes on and on. Someone could even leave the fair a millionaire should they hit the jackpot during the Hoosier Lottery 25th Anniversary Show on August 16. Did we mention barn animals? We have those, too!

Honoring old traditions and creating new memories is what the fair is all about. It all takes place Aug. 1-17. To get more details and plan your trip, please visit the State Fair website, www.indianastatefair.com.

State Fair deals and discounts

Here is a list of the special days and discounts at this year's fair:

Tuesday, Aug. 5: \$2 Taste of the State Fair - \$2 food specials all around the Fairgrounds

Golden Hoosiers Day - Seniors (55+) ride shuttles around the Fairgrounds FREE all day!

Thursday, Aug. 7: State Employees Day - State Employees get in FREE with ID!

Armed Forces & Veterans Day - All Military personnel, Veterans and their families are admitted FREE with military ID card, DD Form 214 or other recognized Veteran's organization membership card.

Monday, Aug. 11: IPL Carload Day: Admission only \$15 for up to 10 people with an IPL Carload Day Voucher! Visit www.IPLpower.com to download the voucher (*coming soon*).

Tuesday, Aug. 12: \$2 Taste of the State Fair - \$2 food specials all around the Fairgrounds

Wednesday, Aug. 13: myBMV.com Discount Day - Admission only \$5 with voucher from myBMV.com (*coming soon*). One voucher per person.

Thursday, Aug. 14: AAA Day - FREE admission for AAA members with valid AAA membership card! One valid AAA card per person.

Friday, Aug. 15: \$5 Friday with Foodie Fair Specials

Sunday, Aug. 17: Pepsi Wild Cherry Day - Bring any Pepsi brand can and receive \$2 off gate admission!

- [Click here for more information.](#)

Its not too late 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.

On June 1, employees could begin completing the three steps needed to upgrade their health plan to the new Wellness CDHP. Along with encouraging a healthy lifestyle, the Wellness CDHP offers the lowest premiums and highest HSA contributions of all other State offered medical plans. In order to qualify for the upgrade, all three steps must be finished by Aug. 31. This means you still have plenty of time to complete all three steps to upgrade your plan.

1 Step One of upgrading to the new Wellness CDHP is completing your Healthy Lifestyles Well-Being Assessment at MyHealthyLifestyles.com. This confidential assessment helps you identify health risks and gives you the opportunity to create a personalized well-being plan to address potential problems. It takes about 15-20 minutes to complete and asks general well-being questions. If you do not have the answers to some of the questions, just leave them blank and you can still finish Step One. If you receive these numbers or answers at a later date, you may then go back and update your Well-Being Assessment.

2 Step Two is completing a biometric screening with your primary care physician or attending one of the many free screening events happening around the state in July. A biometric screening is similar to tests ordered during an annual physical and includes body measurements and a simple finger stick to obtain a small blood sample. If you cannot attend one of the State's free screening events, you may make an appointment with your doctor and have them fill out and fax in the [Physician Option Form](#). This can also be found at www.InvestInYourHealthIndiana.com/Upgrade. These numbers are reported directly to IU Health and are not shared with your employer.


3 Step Three is completing the Healthy Lifestyles Steps Challenge or earning 2,500 points in www.MyHealthyLifestyles.com. If you choose to compete in the Steps Challenge, you must take 200,000 steps in the month of July. This is the only part of the Wellness CDHP qualifications that must be completed before Aug. 31. If you choose to earn 2,500 points in Healthy Lifestyles instead of competing in the Steps Challenge, you have until Aug. 31. The 2,500 points earned in Healthy Lifestyles does not include points earned for completing your Well-Being Assessment and must be earned between June 1 and Aug. 31. Points can be earned in a variety of ways including tracking your exercise, logging food, meeting goals, and writing journal entries.

The three steps do not need to be completed in numerical order. If you cannot get an appointment for your biometric screening until August, but have already competed in the Healthy Lifestyles Steps Challenge, this is perfectly fine and does not disqualify you from the Wellness CDHP. As long as all of the steps are completed by Aug. 31 (unless you are competing in the July Steps Challenge), you will be eligible to elect the new Wellness CDHP during Open Enrollment this fall.

A few answers to your Upgrade FAQs

The State Personnel Department (SPD) has received lots of feedback and questions concerning the Upgrade qualification process. We would like to highlight a few commonly asked questions:

I am having trouble logging in or need a username or password reset for Healthy Lifestyles. Who do I contact?

 Click on the live chat link at the bottom of the Healthy Lifestyles home page. A Healthy Lifestyles representative can assist you with the log in.

Do I need to complete all three Steps in numerical order? No, you can complete the steps in any order as long as all are completed by August 31.

I have registered for the Steps Challenge. How do I obtain the free pedometer? Within 24-48 hours after you've signed up, you will receive an email with a link to request a pedometer to wear every day and count your steps. Can't wait that long? Just click on the link in the banner at the top of the Healthy Lifestyles website to order one. It is recommended that you complete this process immediately after registering for the challenge. Delivery can take up to one week.

Here are other great FAQ documents that also have great information:

- [Biometric Screenings](#)
- [Upgrade Program](#)
- [Steps Challenge](#)

If you have questions about the new Wellness CDHP, please contact the Benefits Hotline toll-free at (877) 248-0007 or locally at (317) 232-1167. More details can also be [found on our website](#).

Employee Health and Wellness Month has arrived! Let's celebrate

The State Personnel Department (SPD) has declared July [Health and Wellness Month \(HAWM\)](#)! To celebrate, SPD has packed the month with various activities and promotions to get you moving and involved. Here are just a few of the events and activities to look forward to:

Family Fitness Weekend

Enjoy a weekend at a YMCA with your family for free! SPD has joined forces with several YMCA's around the state of Indiana to offer State employees and their family's free admission into select YMCA facilities on July 18 -20. Participating YMCA's include the YMCA's of Greater Indianapolis, Cass County Family YMCA, Tri County YMCA, Lafayette Family YMCA, LaPorte County YMCA, YMCA's of Greater Fort Wayne, YMCA's of Southwestern IN and YMCA's of Southern Indiana. Just take provide proof of employment (state issued ID or a copy of state pay stub) and a photo ID to any participating YMCA and you and your family can enjoy a weekend of health, fitness and recreation. Hours of operation vary by location, [click here for more information](#). All State Employees are eligible to participate.



Steps Challenge

The Healthy Lifestyles Steps Challenge is a friendly competition that's fun and good for your waistline. Compete to see which team can track the most

steps in this race to the top. Use the Steps Tracker to report steps right from a pedometer or convert activities to steps - both will add steps to your step's total. Or if you have a FitBit or personal tracker you can set it up to automatically upload your steps into Healthy Lifestyles. You'll also be able to post messages to teammates, share your tracker updates and keep tabs on the competition. Join the challenge and get moving!



It's easy to join the fun. Start by logging in or registering for Healthy Lifestyles on the [Healthy Lifestyles website](#). Then select the Groups & Challenges tab at the top of your homepage. Scroll down to Steps Challenge and click Join. You may either join as an individual or as a team based on your agency. Don't forget to order your free pedometer after you join by following the link emailed to you. The Steps Challenge runs from July 1 to July 31 but you only have until Thursday July 3 to join so don't delay! If you join late, you can add your activity from days past to catch yourself up! As a reminder, if you want to qualify for the Wellness CDHP option, you must walk 200,000 steps during July. Take more steps this July towards better health! All State Employees who are covered under the

state of Indiana health insurance plan are eligible to participate.

FitBit-A-Day Giveaway

SPD is giving away one FitBit Flex each working day (Monday-Friday) for the month of July. A FitBit Flex is a small wireless activity that tracks steps, distance, and calories burned and helps you achieve your daily goals. At night, it tracks your sleep cycle, helps you learn how to sleep better, and wakes you silently in the morning. Access your stats anytime on your computer, tablet, or from smartphones – both iPhone and Android. Don't miss your chance to win by registering on the [Invest in Your Health website](#). All State Employees are eligible to win.



There are also other events happening on the Statehouse Campus. Also, thanks to the hard work of our wellness champions, various events are happening around the state. If you would like to promote an event at your work location, please e-mail spdcommunications@spd.in.gov. Be sure to check out InvestInYourHealthIndiana.com for more information.



- [Statewide HAWM calendar](#)
- [Indianapolis HAWM calendar](#)

Working to improve employee's health while at work

The Indiana State Department of Health (ISDH) is dedicated to their vision of making Indiana healthier and safer for all Hoosiers. Several years ago, ISDH realized their efforts should start at home with their employees though and created the Health and Wellness Committee.

Over the years, the Health and Wellness Committee has accomplished many of their goals from including healthier options in the vending machines to providing Healthy Lunch n' Learn sessions. The committee's efforts to provide physical activity opportunities, such as onsite classes, a fitness center and special events, have helped many employees make their fitness goals possible.

Mary Ann Hurrle was one of the many ISDH employees excited to be in an onsite Yoga class that met during the fall and winter months at noon. It was a great way to get a little physical activity and relaxation in during a lunch hour. Sometimes we all need a break in our day and it is easier to get motivated to move more with a group of co-workers and a great instructor.

Classes are not for everyone, though, and ISDH has a small onsite Fitness Center for those employees dedicated to their routine. Keylee Wright found that the convenient location made it possible for her to get her cardiovascular activity in by using the elliptical, maintaining her strength training with the weight equipment, and cross-training by doing workout DVDs after having a baby. Keylee had so many more demands on her schedule with a new baby and returning to work – that the fitness



Lindsey Bouza (ISDH) poses next to the State flag during a Bike to Work Day event. (Photo by Ken Severson)

center in the building saved her time and an extra commute to the gym allowing her to remain active.

Special events, such as Bike to Work Day, have challenged ISDH employees to look at fitness in a new way. Each year, several employees take part in the event – but for Lindsey Bouza it was the catalyst she needed to start biking to work on a regular basis. For many, it is a little daunting to think of commuting on bike to work the first time. The event made it possible for people to meet and ride in with others to see how it would go. Now Lindsey has someone she rides in with a couple of times a week.

Recently, ISDH learned that their hard work had not gone unnoticed. The American Heart Association is soon presenting ISDH with the Gold Level

Fit-Friendly Worksite award. The Health and Wellness Committee is excited to obtain this standard but still hopes more and more employees continue to take the opportunity to improve their health at work.

Learn more about how you can become physically active by visiting [INShape Indiana](#). Find all of the new ways you can [Invest in Your Health](#) as a State Employee.



Take this survey for a chance to win!

Do you like free stuff? Take a quick survey for a chance to win an Indiana State Museum general admission pass or a 2014 annual state park pass! The survey takes about five minutes to collect information on how Indiana state residents perceive the Indiana Department of Correction. Thanks for your participation!

 **CLICK HERE**

Dental checkups linked with overall well-being

People who go to the dentist at least once a year are more likely to feel better about their life overall, according to a recent Delta Dental Oral Health and Well-Being Survey.

In fact, Americans who visit the dentist at least annually are 22 percent more likely to report their overall well-being—their physical and emotional health—as good or better compared with those who seldom visit the dentist.



Not surprisingly, people who go to the dentist more often also tend to report better oral health. Americans who visit the dentist at least once a year are 37 percent more likely to report their oral health as good or better versus those who infrequently find themselves in a dentist's chair.

Delta Dental's survey of 1,003 American adults found that dental coverage is also a significant factor in dental visits and overall well-being. Nearly eight of 10 Americans (78 percent) with dental coverage visit the dentist at least once a year versus only about half (52 percent) who don't have coverage.

In addition, Americans who have dental coverage are 14 percent more

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Wellness Champions are here to help you achieve personal health goals

There's no magic remedy or quick solution for improved health. However, in [2013 data collected](#) by the American Heart Association shows friends and family members may be more successful in improving their health by working as a team. The study's results indicate that strong social networks, such as those among friends and relatives, helped people adopt healthy routines that improved their overall health. The data showed that participants collectively with friends and family completed more health goals and were more successful at achieving permanent results. Taking the first step towards being healthy can be the most challenging. It can be tricky to know where to start or who could help. The State Personnel Department (SPD) is in the process of building a network of individuals who can be the good influence you may need to become healthier. These individuals are called Wellness Champions. A Wellness Champion serves as an ambassador of wellness for their agency and/or work location by:

- Leading the wellness initiative by example through practicing healthy behaviors
- Enthusiastically promoting new and ongoing wellness programs and events to co-workers
- Assisting in wellness program improvement and development by providing constructive feedback

It is the goal to have an expansive Wellness Champions network to



promote a culture of wellness throughout all State agencies and work locations. Currently, 124 Champions have been selected in more than 35 counties. Find a Wellness Champion near you! [Click here](#) to view the 2014-2015 Wellness Champions Directory. If your location does not currently have a Champion and this interests you, we are still accepting applications. Please review the Wellness Champion Duties and submit the [Wellness Champion Request Form](#) to be considered for the Wellness Champion program (supervisor approval is required).

Cameron Troxell is leading the champions as SPD's Health & Wellness Program Manager. "Our social interaction is largely shaped by our work environment and by our co-workers. That's why wellness champions in the workplace play an important role in generating employee support for healthy routines," said Troxell. "Wellness champions are more than cheerleaders for the program. They are individuals that have been selected for their personal desire to live a healthy lifestyle and are interested in helping others."

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Dental checkups linked with overall well-being

likely to say their overall well-being is good or better compared to those without dental coverage.

Half of Americans rate their oral health as very good or excellent, according to the Delta Dental study. Only 19 percent of Americans consider their oral health to be fair or poor.

Despite the relatively strong oral health findings, several oral health challenges remain:

- More than one of five Americans (21 percent) say they have been advised by a dentist that they have gum disease.
- About one of six Americans (16 percent) say they have missed work due to oral health issues beyond regular treatments and cleanings.

“Delta Dental sponsored the Oral Health and Well-Being Survey to shine a spotlight on the importance of oral health in America,” said Dr. Bill Kohn, DDS, Delta Dental Plans Association’s vice president of dental science and policy. “As leaders in dental benefits, we know the importance of oral health for basic daily activities involving the mouth and the link between oral health and overall health.”

For employees covered by a State of Indiana medical plan, preventive cleanings are covered 100 percent twice a year.

Source: Morpace, Inc. conducted the Delta Dental 2014 Oral Health and Well-Being Survey on behalf of Delta Dental with 1,003 consumers across the United States.

Brown bagging lunch doesn't have to be boring

Packing a lunch can be a daunting task in and of itself; but making it healthy, is easier than you think. Follow a few quick tips on how to create a lunch worthy of office envy:

- **Think about leftovers.** When preparing your weeknight dinners, plan to make a little (or a lot) extra for lunches. This cuts down on prep and cooking time, saves money by buying in bulk; and you can pack it up during clean-up the night before, which saves precious time in the mornings.
- **Don't brown bag it alone.** Challenge your co-workers to bring their lunch too! If you know your lunch mate is bringing a lunch, you are motivated more to bring one as well.
- **Think outside the PB&J.** There is nothing wrong with PB&J, but it gets boring. Try swapping out grape jelly for fresh strawberries and adding crushed peanuts to top the peanut butter side with add a much needed crunch. Now an old tired sandwich is something you (and your office mate) will crave!
- **Prepare and plan.** The more you plan ahead to take your lunch the more success you will have. Make a separate plan for your lunches as you make your grocery list and shop according. Many foods can overlap with dinners, especially if you are taking leftovers. But make a point to have options on hand, so in the rush of the week you have a plan!
- **Make protein rich dips your lunch buddy.** Hummus and yogurt dips are great for lunches. The number of foods you can dip are endless, there is very little prep and they are rich in protein which will keep you from getting the 3 p.m. munchies. Pair with a sandwich, or make it a meal!
- **Make it a wrap.** Wraps and pitas are great ways to change up a traditional lunch and the possibilities are never-ending for what you can fill it with. Think Greek wrap with hummus, feta cheese, olives and spinach. Or a Southwest wrap with chicken, salsa, avocado and cheese! Wraps are usually lower in fat, carbs and calories than bread too. Just look for varieties that have “whole grain” as the first ingredient and are about 150 calories or less.
- **Chart your savings.** We all know eating out is expensive, but it is easy to “forget” until the costs are black and white. Make a daily log of how much money you spend on eating lunch out and then compare that to a week of groceries and how much you spend on the additional items for lunches. I guarantee you will see the savings.



Make lunch fun, easy and healthy and remember that it is okay to treat yourself to a lunch out every once in a while!

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



New leadership

Governor appoints new leadership for the Family & Social Services Administration

On June 25, Governor Mike Pence named Dr. John J. Wernert as Secretary of Indiana's Family & Social Services Administration (FSSA), the first medical doctor in the history of FSSA to serve in this role. In addition, Governor Pence named former FSSA Secretary Michael Gargano as Deputy Secretary for Operations and the Healthy Indiana Plan (HIP) 2.0.

"With more than two decades in the medical field serving some of our most vulnerable Hoosiers, Dr. John J. Wernert has the expertise, character, and history of service to lead Indiana's Family & Social Services Administration," said Governor Pence. "With his extensive background in medical practice and administration, Dr. Wernert is uniquely qualified to lead the Family & Social Services Administration during this time of opportunity and transition."

A practicing psychiatrist in central Indiana since 1989, Dr. John J. Wernert, of Carmel, currently serves as the Medical Director of Medical Management at Eskenazi Health in Indianapolis as well as the Medical Director for Behavioral Health Integration for the Franciscan Alliance system in Indiana. He is also the incoming President of the Indiana State Medical Association, a member of the Wisconsin Physician Services Federal Medicare Advisory Committee, and a member of the Drug Utilization Review Board for the Indiana Medicaid program. Dr. Wernert will resign from each of these positions before beginning his new role as Secretary of FSSA.

Dr. Wernert, who earned his undergraduate degree from Bellarmine University and his M.D. from the University of Louisville School of Medicine, also obtained

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postgraduate degrees in the fields of public management and health administration from the School of Public and Environmental Affairs at Indiana University Purdue University Indianapolis.

Former FSSA Secretary Michael Gargano will rejoin FSSA as Deputy Secretary for Operations and HIP 2.0. In this position, Gargano will lead preparations for the implementation of HIP 2.0, if approved by federal officials, at FSSA. As part of this effort, he will align agency priorities to ensure that HIP 2.0 is ready to accept enrollees in a timely and successful manner.

"Michael Gargano is a proven leader whose knowledge and firsthand experience within Indiana's Family & Social Services Administration will serve our new Secretary, the State, and some of our most vulnerable citizens with professionalism and integrity," said Governor Pence.

Gargano currently serves as Managing Director of CSpring, where he is responsible for the company's business development and service delivery initiatives. With more than 30 years in the private and public sectors, Gargano previously served as Secretary of FSSA from November 2010 to 2013. There, he led efforts to improve the efficiency and care provided to Hoosier clients of the agency. He is a graduate of Kent State University, where he earned his undergraduate degree in accounting and his MBA.

Current FSSA Secretary Debra Minott's departure is effective July 5, 2014. Deputy Secretary Gargano will serve as Secretary of FSSA in an interim capacity, from July 6 until July 21, when Dr. Wernert will assume the role of Secretary.

Summer

Bicentennial Commission needs your help

As school winds down and the thermometer winds up, the possibilities of summer beckon. Whether it is a day trip to an historic site, a weekend at one of our state park lodges, or a week spent wandering, be sure to fill your summer with made-in-Indiana memories.



In December 2011, former Governor Mitch Daniels appointed a fifteen member commission, chaired by former Lt. Governor Becky Skillman and former Congressman Lee Hamilton, to oversee the planning and execution of a statewide celebration for Indiana's 200th birthday. Indiana's 2016 bicentennial celebration aims to honor our state's 200 years of history, but do so in a modern way that engages all 6.5 million Hoosiers and leaves a lasting legacy for future generations. The [Indiana Bicentennial Commission](http://www.indiana2016.org) encourages each community in Indiana to take part in this unique celebration. First Lady Karen Pence serves as the official Bicentennial Ambassador.

While you are out, remember to take great pictures, and share them with us. We can all travel vicariously through your photos and Hoosier Insights. How about creating your own "bucket list" for this summer – where will your Indiana wanderings lead you?

[Sign up here](#) to receive our monthly Indiana Bicentennial Commission Newsletter and help a local team put together a project for endorsement as a [Bicentennial Legacy Project](#). Let us know you want to volunteer. So many things are happening – be part of the excitement!

Visit Indiana has a new Honest to Goodness video, including original song



Have you seen it yet? Indiana’s own Jon McLaughlin wrote a song called (fittingly) *Honest-to-Goodness Indiana*. [Visit Indiana](#) put this video together highlighting many of the wonderful attractions our state has to offer. After you watch the commercial, get trip ideas for each location—and many more—on [their website](#). Check them out on [Facebook](#) as well!



On June 6, Governor Mike Pence joined Hoosiers in Speedway for the first Mile with Mike walk of 2014. The walk followed the dedication of the Speedway Trail Corridor, a Bicentennial Nature Trust project. To see more pictures of the Governor visit www.in.gov/gov/2387.htm.

Remember these fireworks safety tips

The [Indiana Department of Homeland Security](#) wants to remind all Hoosiers of basic safety tips when using fireworks this summer:

- Never let children handle, play with, or light any fireworks without adult supervision.
- Use a clear, open area and keep the audience a safe distance from the shooting site.
- Do not attempt to make or alter any fireworks device.
- Only purchase and light 1.4G consumer fireworks. Examples include bottle rockets, roman candles and fire crackers.
- Only light one firework item at a time and never attempt to re-light or fix a “dud” firework.
- Have a fire extinguisher, water supply, hose, or bucket of water nearby.
- Use extreme caution when lighting fireworks in the wind. Keep spectators where the wind is blowing away from them.
- Never smoke or drink alcoholic beverages while handling fireworks.
- Never aim, point, or throw fireworks at another person.
- Sparklers burn at extremely hot temperatures from 1200 to 1800 degrees Fahrenheit. Glow sticks make an excellent, safer alternative to sparklers, especially for young children.



Artwork by Jerry Williams