Governor Pence announces new agency

On August 23, Governor Mike Pence announced the creation of the Center for Education and Career Innovation (CECI). Joined by Special Assistant for Career Innovation Jaclyn Dowd and Special Assistant for Education Innovation Claire Fiddian-Green, the Governor signed Executive Order 13-21 to establish the new agency.

CECI improves collaboration among Indiana’s public, private and non-profit education and workforce partners by aligning education and career and workforce training efforts. The center focuses on students, clients and results and work to ensure Indiana is providing quality education for children and preparing adults for new careers.

“Illinois has made great strides in the last eight years when it comes to improving education and workforce development opportunities for Hoosiers, but with unemployment stubbornly staying above eight percent, there is still work to be done,” said Governor Pence. “The Center for Education and Career Innovation will strive to improve coordination between pertinent agency partners and industry voices to ensure a world-class education for students and to better prepare adults to be successful in their chosen career pathway that also meets industry demands. By creating a focal point for bringing together and deploying critical resources, the agency will deliver real change in Indiana, benefitting Hoosier families, employers and taxpayers, and, ultimately, impacting every Hoosier across the state.”

The agency also fosters, identifies, and scales innovative education and workforce models, tools and resources and ensure Hoosier educators have the freedom, support and flexibility to succeed in the classroom. Through transparent accountability systems, CECI holds students, adult workers, educators, schools, higher education institutions and workforce programs accountable for their progress.

The agency proactively engages and collaborate with a number of valuable partners in state government including the Department of Education, the Indiana Charter School Board, the Department of Workforce Development, the Commission for Higher Education and the Office of State-Based Initiatives. The Indiana Career Council, the Indiana Works Councils, the Education Roundtable and the State Board of Education, though functioning independently, will exist as part of the new agency.

More information about the Center for Education and Career Innovation can be found at www.in.gov/ceci.
Governor Pence names Dwayne Sawyer new State Auditor

On August 15, Governor Mike Pence announced Dwayne Sawyer as Auditor of State for Indiana. He completes former Auditor Tim Berry’s term, which runs through 2014.

“Dwayne’s professional background, experience in public service, strong character, and involvement with the Republican Party make him the best choice to serve as Auditor for the people of Indiana,” said Governor Pence. “I am honored to appoint him, and I know Dwayne Sawyer will serve all the people of Indiana with professionalism and integrity as our new Auditor.”

The Auditor of the State has four primary duties: accounting for all of the state’s funds; overseeing and disbursing county, city, town and school tax distributions; paying the state’s bills; and paying the state’s employees.

Sawyer brings experience in financial systems, information technology and project management to this position.

He most recently worked in software development for Positron. Sawyer also worked on financial management solutions while employed by Roche Diagnostics, Dow AgroSciences and Eli Lilly and Company.

Sawyer has served with distinction in local government. Elected to the Brownsburg Town Council in 2009, Sawyer became president of the council in 2012. As town council president, Sawyer led his community through a period of unprecedented growth while managing a budget in excess of $40 million.

Active in local politics since 2005, Sawyer also serves as the Secretary of the 4th District Republican Committee. He is a member of the Executive Committee of the Hendricks County Republican Party and serves on the Board of Directors of the Indiana Leadership Forum and is a 2009 graduate of the program.

Sawyer also sits on the Board of Directors for the Hendricks County Regional Health YMCA. In 2013, he was appointed by Governor Pence to serve on the Indiana Commission on the Social Status of Black Males. Sawyer graduated from Purdue University.

Sawyer was sworn-in at a Statehouse ceremony on Monday, August 19.

SECC

Lt. Governor leads the 2013-2014 State Employee Community Campaign

The 2013/2014 State Employees’ Community Campaign (SECC) starts September 4.

This year’s campaign begins with a charity fair from 9:45 a.m. to 12:30 p.m. Wednesday, September 4 in the Indiana Government Center South Atrium. Several charities who have benefited from past SECC contributions are expected to be in attendance.

This year’s chair Lt. Governor Sue Ellspermann is scheduled to make remarks at the event. This year’s theme is “Indiana: A State that Gives.” As Lt. Governor, Sue manages six state agencies including the Indiana State Department of Agriculture, the Office of Energy Development, the Indiana Housing and Community Development Authority, the Office of Defense Development, the Office of Community and Rural Affairs and the Office of Tourism Development. She also serves as President of the Indiana Senate and chairs the Indiana Counter Terrorism and Security Council.

The only requirement for participating in the SECC is that the organization to which you want to donate must have a 501(c)(3) ruling. You can donate money with a one-time contribution or take advantage of payroll deductions. Whichever method works best for you, we hope you can help us to reach our goal of $1.3 million. Click here to read answers to a few common questions.

Visit www.insecc.org for additional information.
Create good eating habits now to prevent childhood obesity

According to the Centers for Disease Control, childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. In 2010, more than one third of children and adolescents were overweight or obese. This is the first generation of children that are predicted to have shorter life spans than their parents. Overweight and obese children are more likely to be obese adults, placing them at risk for adult health problems such as heart disease, type 2 diabetes, stroke and several types of cancer. They are also more likely to have stress, depression and low self-esteem.

So how did we get here? Thirty years ago, most people led active lifestyles that helped keep them at a healthy weight. Kids walked to and from school every day, ran around at recess, participated in gym class and played for hours after school. Meals were home-cooked with reasonable portion sizes and a vegetable was always included on the plate. Eating fast food was rare and snacking between meals was an occasional treat.

Today, children experience a very different lifestyle. The active lifestyle of walking to and from school has been replaced by car and bus rides. Gym class, recess and after-school sports programs have been cut. Afternoons are now spent in a sedentary state with TV, video games and the internet in front of our children. Parents are busier than ever and families eat fewer home-cooked meals. So that is the bad news; but the good news is that healthy lifestyle habits, such as healthy eating and physical activity, can lower the risk of becoming obese and developing obesity-related diseases.

There are a variety of things we can do as parents, caregivers and community members to improve the health of our children. Parents play a key role in making healthy choices and shaping lifelong healthy habits. Kids learn about healthy eating from their family and from what is served at home for meals and snack time. Visit myplate.gov and kidseatright.org for great resources for recipes and information on healthy meal planning.

Snacks afford a good opportunity to serve nutritious foods that help meet growing children’s nutrition needs.

Tips for healthy snacking include:

- Include protein and carbohydrate foods for snack, this will help with satiety. Serve low fat cheese and whole grain crackers, peanut butter on apple, yogurt and fruit, trail mix with whole grain cereal, nuts and dried fruit, raw veggies with hummus, and smoothies with skim milk, low-fat yogurt and fruit.
- Create a snacking area, such as only in the kitchen and not watching TV or playing video games while snacking.
- There are many ways to involve the entire family in healthy lifestyle habits, but increasing the family’s physical activity is especially important. Some ideas include:
  - Lead by example. If children see that you are physically active and having fun, they are more likely to be active and stay active for the rest of their lives.
  - Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
  - Reduce the amount of time you and your family spend in sedentary activities such as watching TV and playing video games.

It is vital for adults to set a good example by providing and making healthy food choices and engaging in physical activity themselves. Prevention is the best strategy to fight childhood obesity, as the lives of our children depend on it!

Thanks to the Indiana Dietetic Association for this submission.
What's for dinner? Well, the adults are having roasted chicken and lemon couscous with asparagus and tomato. Billy's having macaroni and cheese because that's literally all he'll eat this week or month. Maddie's having a pepperoni Hot Pocket, the only kind she'll eat; but, we have to remove the actual pepperoni or she freaks. We can slip a tiny bit of asparagus inside if we're really sneaky and disguise it really well. And for 2-year-old Timmy? Tater tots, with a side of ketchup.

Sound at all familiar? Many of us find ourselves playing the role of short-order cook to satisfy the picky eaters in our house. We’ve given up on healthy (forget about getting anything green into their little bodies) and cater to their demands out of desperation just to get them fed. Or maybe you have a good eater (lucky you), but food is a problem area for another reason. Like your kindergartener’s constant demand for snacks. Or your tendency to offer your screaming 3-year-old a cookie just because it’s the quickest pathway to peace.

Three keys to improving your kids’ eating habits include:

Don’t solve a crisis with a sweet
Not producing an Oreo whenever a child whines can have far-reaching benefits. First, you’re not rewarding her outbursts, so you’re not encouraging her to whine again. Second, you’re teaching her not to eat because she’s upset. She’ll thank you when she’s 30 and can still fit into her high school jeans.

Everyone eats the same thing
Children don’t decide what they’ll have for dinner. There are no choices or customizations. There’s just one meal, the same one for everyone. It’s safe to try this at home. If a child doesn’t eat something, or barely eats it, react neutrally. Do not offer something else instead. Ease her into it by making family meals that everyone likes, then gradually introducing new dishes. Above all, stay positive and calm. Give the new rules time to settle. Remember that you’re crediting your child with being able to eat the same foods as you. Accompany the new rules with some new freedoms, like letting her cut the quiche, or sprinkle the Parmesan cheese herself. When you eat in a restaurant, let her order what she wants, within reason.

You Just Have to Taste It
Most kids like ice cream instantly but many other foods take some warming up to. Their very newness puts kids off. It’s only through trying these foods lots of times that kids start to like them. Kids have to take at least one bite of every dish that’s on the table. Present the tasting rule to your child as if it’s a law of nature like gravity. Explain that our tastes are shaped by what we eat. If she’s nervous about tasting something for the first time, let her just pick up a piece and sniff it (often a little nibble will follow). One new food per meal is enough. Serve it alongside something you know she likes. Oversee this process without acting like a prison guard. Be calm and even playful about it. After she takes the requisite bite, acknowledge this. React neutrally if she says she doesn’t like it. Never offer a replacement food. Remember, you’re playing the long game. You don’t want her to eat an artichoke once, under duress. You want her to gradually learn to like artichokes.

Please take our Wellness Survey!
The State Personnel Department is asking for your feedback on our 2013 Wellness Survey. The goal of this survey is for us to gather information that will help us provide you with a wellness program that meets your needs and wants. This survey is completely confidential and takes just 5 – 10 minutes to complete. To complete the survey please visit the Invest In Your Health Indiana website or access the survey here. The deadline to complete the survey is Friday, September 13. All State Employees are eligible to participate.
Employee Health and Wellness Month has arrived! Let's celebrate

The State Personnel Department (SPD) has declared September Health and Wellness Month. 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 Day**
Enjoy a day at the 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 Saturday, September 28. Participating YMCA’s include the YMCA’s of Greater Indianapolis, Lafayette Family YMCA, LaPorte County YMCA, YMCA’s of Greater Fort Wayne, Vincennes YMCA, YMCA’s of Southwestern IN and YMCA’s of Southern Indiana. Just 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 day of health, fitness and recreation. Hours of operation vary by location, please visit the Invest In Your Health Indiana website for more information. All State Employees are eligible to participate. Be sure to visit the [Fitness discounts page](#) to see a list of gym membership discounts for state employees.

**Healthy Recipe Contest**
State Personnel has issued a State Employee Healthy Recipe Contest to celebrate Employee Health & Wellness Month. You have until September 13 to submit your recipe.

This contest is designed to provide state employees with an opportunity to share their favorite healthy recipe. The person who submits the winning recipe receives a FitBit Zip wireless activity tracker. Visit the [Invest In Your Health Indiana website](#) for more details about this great contest and other information about wellness. 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 rack 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 total. You’ll also be able to post messages to teammates, share your tracker updates and keep tabs on the competition.

It’s easy to join the fun! Start by logging in or registering for Healthy Lifestyles on the [Healthy Lifestyles website](#). Then simply join the challenge under the “Groups & Challenges” tab. Don’t forget to order your free pedometer after you join by following the pedometer ordering instructions. The Steps Challenge runs from September 3 to October 1. Don’t worry if you join late, you can add your activity from days past to catch yourself up! All state employees who are covered under the state of Indiana health insurance plan are eligible to participate. Join the challenge and get moving!

**FitBit-A-Day Giveaway**
SPD is giving away one FitBit Zip each working day (Monday-Friday) for the month of September. A FitBit Zip is a small wireless activity tracker that tracks steps, distance and calories burned throughout the day, then syncs those stats to your computer or smart phone. Don’t miss your chance to win by registering on the [Invest In Your Health Indiana website](#). All State Employees are eligible to win.

**National Public Lands Day**
On Sunday, September 29, Indiana Department of Natural Resources will celebrate National Public Lands Day with free admission to Indiana state parks, reservoirs and state forest recreation areas for State employees. Indiana’s state parks are great places for exercise, relaxation and “giving back” through volunteer service – three things that are all part of a healthy lifestyle. To take advantage of this special day, State employees must present either a pay stub and photo ID or a State ID badge at the entrance gate. Indiana state parks have more than 600 miles of hiking, biking and horseback riding trails that are great for running, walking or riding. Property maps with trail information are available at [www.stateparks.IN.gov](http://www.stateparks.IN.gov). Many of our organized runs, walks and triathlons are posted here.

The normal daily admission to Indiana state parks, reservoirs and state forest recreation areas is $5 a car. Veterans, members of the National Guard and active duty military personnel will be admitted free on Saturday, September 28 with the presentation of military ID. Wondering which property to visit? Download an Indiana Recreation Guide at [www.in.gov/dnr/5280.htm](http://www.in.gov/dnr/5280.htm).
Secretary of State teams up with the Lupus Foundation as honorary chairperson

Secretary of State Connie Lawson is inviting all state employees to participate in the 2013 Walk to End Lupus Now — a fun-filled day of activities, food and fitness — on October 12, 2013. Secretary Lawson has teamed up with the Lupus Foundation as the honorary chairperson for this event which will help raise money for Lupus research and help spread the word about this debilitating disease about which little is known.

“I’m participating to support my sister who was stricken with Lupus,” said Secretary Lawson. “But you don’t have to know someone with Lupus to join us — it’s going to be a great day for all.” Secretary Lawson and her office have put together a team to participate in the event. Her office is also challenging all other state offices to join her in supporting this cause. State employees from all state offices are invited to form their own team or join the Secretary of State’s team. New teams may register or people may join existing teams on the event’s webpage.

Registration begins at 9:30 a.m. followed by the 11 a.m. walk. This event is a half-day of fun, food and friendship with activities for the whole family to enjoy. Participants can walk the 1-mile or the 5K (3 mile) route through beautiful Ft. Harrison State Park. There are no registration fees; however, individuals and teams are encouraged to gather donations that may be made online.

Walk to End Lupus Now™ events are conducted nationwide by the Lupus Foundation of America (LFA) and its national network to raise money for lupus research, increase awareness of lupus and rally public support for those who suffer from its brutal impact.

The Lupus Foundation of America estimates that 1.5 million Americans have a form of lupus. Although lupus can strike men and women of all ages, 90 percent of individuals diagnosed with the disease are women. Most people develop lupus between the ages of 15 and 44. The Foundation reports that the average annual direct health care cost of patients with lupus was $12,643 according to a 2008 study. Two of three lupus patients reported a complete or partial loss of their income because they are unable to work full time due to complications of lupus.

For more information on Walk to End Lupus Now events, becoming a sponsor, joining a planning committee, or fundraising, visit www.lupusindiana.org.

September is Indiana Archaeology Month

Indiana observes the 18th annual statewide celebration of archaeology in September. Many archaeology related events for the public take place around the state. Click here to see a full list of events. Indiana Archaeology Month is coordinated by the Department of Natural Resources, Division of Historic Preservation and Archaeology (DHPA).

Each year, Indiana Archaeology Month features a “theme” or focus, and in 2013, the rich and varied French history, culture, and influence in what is now the state of Indiana is highlighted.

Commemorative shirts may be purchased ($6 each) in the DNR Customer Service Center in the Indiana Government Center South, Room W160A, Indianapolis. For mail orders, call 317-232-4200. DHPA archaeology staff will also be bringing shirts for sale, while supplies last, to events they’ll be attending during Indiana Archaeology Month.

To obtain a free poster, you may either visit the DHPA office (at 402 West Washington Street, Room W274, Indianapolis) or pick up a poster at an Indiana Archaeology Month event where the DHPA archaeology staff will be participating.

If you have any questions, don’t hesitate to contact Amy Johnson, Archaeology Outreach Coordinator, at ajohnson@dnr.IN.gov or 317/232-698. Go to www.in.gov/dnr/historic/3674.htm to learn more.
The Torch

South Split Project update: City prepares for 59-day I-65/I-70 closure

The South Split project begins today Sept. 3, and INDOT is taking measures to minimize the length of the closure of this busy highway.

The South Split project closes I-65 and I-70 between the north and south splits, on the east side of downtown Indianapolis, for 59 days starting today to reconstruct and lower pavement beneath seven bridges. The accelerated project is necessary to increase bridge clearances because unpermitted and off-route trucks with oversize loads have repeatedly struck these bridges.

The stretch of I-65/I-70 to be closed is used by approximately 100,000 vehicles on an average day. State Central Office workers and those INDOT workers coming to Central Office should plan to allow extra time for their commutes. Additionally, vendors and partners who are invited to meetings at the Indiana Government Center should be reminded to allow extra time for their commute.

The project has generated local, state and nationwide news because of the frequency and severity of the bridge strikes – as shown on video from INDOT and Joint Transportation Research Program cameras. Thanks to an innovative INDOT bidding technique, which required contractors to compete over construction cost and closure days, the South Split is closed only 59 days instead of the expected closure of 90 days. INDOT is offering $60,000 per day to the contractor to meet or beat its 59-day schedule.

For perspective, the Indianapolis Colts’ 16-game season will be less than half over when the rebuilt highway opens. The Colts’ eighth game isn’t until Nov. 3, or 61 days after the South Split closes.

The official detour is I-465, but INDOT has partnered with the city of Indianapolis to keep traffic flowing and access open to downtown cultural districts, businesses and neighborhoods. Modifications include:

- Temporary widening of Pine Street entrance ramp to eastbound I-70 to add a second lane
- Temporary on-street parking restrictions on Illinois, Delaware, Pennsylvania, College and New York streets in the downtown area
- Restriped sections of New York Street where parking is restricted to temporarily allow for an additional lane of traffic
- Readjusted traffic signal times
- Temporary rerouting of the Cultural Trail to across Virginia Street at the I-65 overpass
- Modified signage on the interstates to direct drivers to interstate ramps remaining open
- Dynamic Message Signs on the interstates and at downtown locations INDOT employees and the public may access more information on the project website.

Click here to see a map that details mainline interstate and ramp closures. Visit the South Split website for more information.

Health alert

Measles confirmed in Monroe County

State health officials have confirmed a case of measles in an individual in Monroe County. The individual, who was not vaccinated, became infected with measles while overseas. The Indiana State Department of Health and local health departments are working to prevent further transmission of the disease by identifying individuals who may have been exposed as well as potential additional cases.

The individual visited the Indianapolis International Airport on Aug. 22, while infectious. Those who visited the airport that day and develop symptoms of measles, such as rash, fever, cough, runny nose, and red eyes, should stay home and call their health care provider. Secondary cases would begin experiencing symptoms from Aug. 24 through Sept. 12.

Health care providers should consider measles in patients with rash and fever, particularly if the patient is unvaccinated, and visited the Indianapolis International Airport on Aug. 22, or has a history of travel to Texas (where a measles outbreak is currently occurring), international travel, or contact with international visitors or symptomatic cases. Health care providers are encouraged to ask these patients if they have been vaccinated against measles.

For more information about measles, please visit the Indiana State Department of Health at www.StateHealth.in.gov or the Centers for Disease Control and Prevention at www.cdc.gov/measles/

Follow the Indiana State Department of Health on Twitter at @StateHealthIN and on Facebook.
**Employee discounts**

**Get your Evansville Iceman tickets early!**

Are you ready for hockey season? Get your tickets to an upcoming Evansville Iceman hockey game. Below are games dates available for discount to state employees. Each game begins at 7:15 p.m.:

- Saturday, Oct. 19: vs. Kalamazoo
- Friday, Nov. 1: vs. Cincinnati
- Saturday, Nov. 16: vs. Orlando
- Saturday, Dec. 7: vs. Toledo
- Saturday, Dec. 28: vs. Ft. Wayne
- Tuesday, Dec. 31: vs. Gwinnett
- Friday, Jan. 3: vs. Ft. Wayne
- Saturday, Jan. 18: vs. South Carolina
- Saturday, Feb. 1: vs. Reading
- Saturday, March 15: vs. Orlando
- Saturday, March 22: vs. Reading

Ticket prices are as follows:
- Club section discounted rate: $20
- Center Ice discounted rate: $17
- Corners discounted rate: $14
- Goal zones discounted rate: $10

For additional regular games at the discounted rate please contact Matt Kiel, mkiel@evansvilleicemen.com or 812-463-6390. The rink is located in the Ford Center- Evansville, Indiana. Visit [www.evansvilleicemen.com](http://www.evansvilleicemen.com) for more information. Offer expires on March 22, 2014. Proof of employment not necessary for purchase. Offer is good for employees, families and friends.

**FML Questions?**

If you have FML questions or are using the electronic request system for the first time, please visit the Family Medical Leave website at [www.in.gov/spd/2397.htm](http://www.in.gov/spd/2397.htm), or call the FML line at 317-234-7955 or toll free at 1-855-SPD-INHR (1-855-773-4647) and choose the FML option.

**EMPLOYEE DISCOUNTS**

30% off limited time for Great Wolf Lodge

Clear your calendar, pack your swimsuits, and head to Great Wolf Lodge! Save 30% off of our best available room rates when you book by September 9th for your Sunday through Thursday night stay from August 12 to November 21, 2013. Use your exclusive code IND1462B when making your reservation. Call 800-905-WOLF (9653) or go to [www.greatwolf.com](http://www.greatwolf.com) to reserve your getaway today! Offer based on availability, only available at Sandusky and Cincinnati/Mason locations, restrictions apply, must present ID upon check in.

**“Gmisworkflow” are important emails**

“GMIWorkflow” is a function of PeopleSoft®, not a person. However, those messages contain important information about your employment. You’ll get messages from gmisworkflow@iot.in.gov in the following circumstances:

- If you or an employee who reports to you has applied for FML;
- If you’ve submitted an application for a job (promotion/transfer) in the eRecruit Job Bank;
- If you’re a hiring manager with a job posting/offer pending with the Strategic Hiring Committee, pending request for an above min salary, or other action related to the classification/compensation system;
- If you or an employee who reports to you registered for training in the PS/ELM system;
- If someone else has delegated to you receipt of workflows during a vacation or other absence;

These messages are sent automatically by the computer and if you hit “reply” your message will not be received by a person at that address, nor will anyone respond. So, if you have questions, you must contact the person mentioned in the body of the message or attachment concerning the actual activity you are pursuing.

Some Spam filters have been set to exclude messages like this, so if you are involved in one of those processes described above, you should check the Spam folder if you haven’t received a message you were expecting.

Therefore, if you receive an email from gmisworkflow@iot.in.gov then open and read it carefully. It contains important information for you.

**Technology help**

**Have a question about Family Medical Leave?**

Get your answers by dialing SPD’s FML central number: 317-234-7955 or toll-free at 1-855-SPD-INHR (1-855-773-4647)
On August 28, Governor Mike Pence honors 139 Hoosier Heroes who helped to rescue Nathan Woessner, age 6, who was buried under an Indiana dune for more than three hours on July 12. To see more pictures of Governor Pence, visit www.in.gov/gov/2387.htm.

Plan your Hoosier Outdoor Experience

The Ford Hoosier Outdoor Experience is presented by the Department of Natural Resources and the Indiana Natural Resources Foundation on September 21 and 22. The experience is Indiana’s largest, hands-on outdoor recreation event. Held on the grounds of Fort Harrison State Park, the free event features more than 50 activities and 120 grassroots partners. Activities range from fishing to riding in off-road vehicles.

A listing of activities, parking details, and registration can be found at www.in.gov/dnr/5009.htm.

Register to attend or volunteer.