

Governor's Internship Program Benefits Students and State

Contributed by Timothy Abraham, who is serving an internship for Administration Cabinet Secretary Robert W. Ferguson, Jr.

Each summer, some of West Virginia's best college students bustle around the Capitol as they work in various State agencies through the Governor's Internship Program. Coordinated between the Division of Personnel and the Department of the Education and the Arts, the program not only provides income for its participants, but also invaluable connections and work-related experiences for their future careers. This year's group of approximately 75 interns follows the path taken by the 1,300 young men and women who have participated in the program since its creation in 1989.

Interns are matched up with respective employers through a vigorous and competitive application process. Applicants must either be a West Virginia resident attending an accredited college or university elsewhere or be a student at a West Virginia college or university, and must maintain at least a 3.0 grade point average over an academic year. This year, interns are positioned in State government at many levels, ranging from the Governor's

Office, the Secretary of State's Office, and multiple Cabinet Secretar-



L-R: Interns Brock, Sarah, Michael, Tim, and Daniel all agree the internship experience is invaluable.

Start Here for Healthy Lifestyle Changes!

Capitol Market at the Capitol Now Open

On Wednesday, July 12, the Capitol Market at the Capitol opened on the grounds of the State Capitol Complex, marking its second summer appearance.

Each Wednesday through August 30, the market will be open from 11 AM to 1 PM, giving employees and visitors the opportunity to purchase and enjoy fresh West Virginia-grown fruits and vegetables. The open market is located around the fountain area of the Main Capitol Building.

The Capitol Market at the Capitol is an extension of Charleston's downtown Capitol Market. It's made possible through a partnership between the Capitol Market, the Department of Administration, the Department of Agriculture, the Department of Health and Human Resources, and the Division of Natural Resources.

Visit the market during your break or lunch time and take home some fresh tomatoes, corn, melons, beans, and other tasty – **AND HEALTHY!** – foods.



Employees browse through and choose from a vast variety of West Virginia-grown produce at the Capitol Market at the Capitol. Photo provided by Emily Hopta of the Department of Health and Human Resources.

ies Offices, down through the various executive departments. Internship opportunities are not limited to offices in the Capitol Complex, as many private sector businesses throughout the State host interns.

Ray Sanders, Office Manager for Cabinet Secretary Kay Goodwin, is serving as the program's director for the third consecutive year. To him, it is personally gratifying giving young people the opportunity to work in State government and helping them determine their career paths. The quality of interns encourages Sanders, as he remarked, "It

State's Smoking Restriction Policy Updated

State employees may want to review and familiarize themselves with the latest version of the State's *Smoking Restrictions in the Workplace* policy (Policy DOP-P1).

The policy was first implemented on December 1, 1990, and due to changing circumstances and regulations, has undergone two revisions, the latest of which takes effect August 1, 2006.

The latest issuance contains some important changes and amendments, which include (but aren't limited to):

- ✓ A clearer definition of what constitutes an entrance and exit.
- ✓ Specifying that indoor and outdoor work areas, employee break/lunch rooms, public waiting/reception rooms, and *receiving areas such as loading docks and delivery areas* are "places of employment."
- ✓ Clarification of enforcement responsibility and reporting procedures, including requiring appointing authorities to implement progressive, non-discriminatory discipline for employees found in violation of the policy.

- ✓ Permitting appointing authorities to restrict smoking for employees while engaged in outdoor activities.
- ✓ Including provisions which allow appointing authorities to impose additional/stricter guidelines.

Smoking at work boils down to respect for co-workers and the public, and for the provisions and requirements of the policy. Please take time to read the latest version so that you are familiar with it. You can view, print, and read it on the internet at www.state.wv.us/admin/personnel/emprel/policies/NoSmoke4.pdf or ask your supervisor for a printed copy. Any questions should be directed first to your supervisor. If after that, you need more information, call the Division of Personnel's Employee Relations Section at 558-3950, ext. 511.

Youth Smoking in West Virginia Declines

Information provided by Teresa Mace of the Dept. of Health & Human Resources.

Good news!! The youth smoking rate in West Virginia has declined 32% – down from 42.2% in 1999 to 28.5% in 2003. Although the numbers for 2005 haven't yet been released, the Department of Health and Human Resources (DHHR) is hopeful, and expects to see at least another small decrease in youth smoking prevalence.

In May 2002, West Virginia launched the Raze Program to create a statewide youth anti-tobacco movement. The program aims to get teens involved and reduce tobacco use using the premise of teens telling other teens that tobacco use is harmful.

Since its inception, DHHR has seen the youth-led, youth-empowered program reach every State county. Countless teens and their families have been influenced to both refrain from ever using tobacco and to quit. During the 2005-2006 school year, the Raze Program boasted more than 8,500 members statewide, with over 5,100 of those being new members this school year. This year, the 151 Raze crews (groups) conducted 2,300 commotions to spread the word out about the harms and pitfalls of tobacco in their schools and communities.

The West Virginia Division of Tobacco Prevention is also committed to helping smokers in the school quit with its support of the NOT Program (NOT stands for 'Not on Tobacco'). The NOT Program is a gender-specific smoking cessation program that was designed specifically for teens by researchers at West Virginia University. The program has been so impressive that the American Lung Association has adopted it for nationwide use, and results show that it works!

For more on the NOT Program, call your local American Lung Association Chapter or visit www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=39866



Did You Know ...

Did you know that West Virginia takes steps to insure the bottled water we purchase and drink is safe?

All bottlers and distributors of bottled water must obtain a permit from the West Virginia Department of Health and Human Resources' Division of Environmental Resources. Obtaining the permit ensures that the H₂O comes from an approved, properly protected source; that it's labeled properly; and that it's tested and inspected to make sure it's free from contaminants and bottled in a sanitary manner.

In West Virginia, there are more than 160 plants with permits that bottle water under 790+ labels. These plants are located in 31 U.S. states and nine foreign countries.

Check out your favorite brand or the plants that are permitted to do business in West Virginia. Visit www.wvdhhr.org/phs/bottledwater/index.asp.



Court Mediation Service Begins in Kanawha County

Edited from a press release issued by the West Virginia Supreme Court of Appeals.

The West Virginia State Bar's free Magistrate Court Mediation Program began July 27, 2006 in Kanawha County.

Some of Kanawha County's ten magistrates selected 16 civil cases in which litigants on both sides are representing themselves. Two cases have been continued, so 14 cases were scheduled for mediation. Lawyers who have been through the State Bar's mediation training volunteered to handle the cases that were scheduled for 90-minute periods (but ran longer if more time was needed). Although all the mediators on July

27 were attorneys, the Bar plans to train non-lawyers to conduct mediation sessions in addition to the lawyer mediators.

Mediation helps litigants reach a resolution without having to spend additional time and money. Mediators facilitate discussion but do not suggest outcomes or offer legal advice. Sessions are confidential; what is said during mediation cannot be used later in court.

Mediation is flexible. If all it takes to resolve a case is an apology, the case can end there.

"A lot of these magistrate cases involve family members, neighbors, or people who are going to have continuing relationships. It's beneficial for them to work out their problems on their own in order to maintain that relationship," said Teresa Dumire, a Morgantown attorney who is chairwoman of the Magistrate Court Mediation Subcommittee of the Bar's Alternate Dispute Resolution Committee.

Kanawha County court officials have not yet decided how often Magistrate Court mediation sessions will be held. They have been held monthly since 2002 in Monongalia County, the first county to offer Magistrate Court Mediation. Mediators there are usually students at West Virginia University's College of Law who have taken the Bar's mediation training.

Lawyers and law students also now offer Magistrate Court Mediation in Marion and Harrison counties, and there are plans to expand the program to Preston County. The Bar also oversees a mediation program in Wood County, operated by Ohio Valley University.

"West Virginia has been on the forefront of alternative dispute resolution," Dumire said. "For many years, mediation in West Virginia has been an accepted and, in most circuits, required practice for all circuit court civil cases.

"Our goal is eventually having cases in Magistrate Court mediated in all counties. However, in some counties, there just aren't that many cases filed. In those counties, there's not that much of a need to have the docket relieved," Dumire added.

For more on the Kanawha County Magistrate Court Mediation Program, call Kanawha County Court Manager Jimmy Thaxton at 357-0388 or Teresa Dumire at 296-1100.



DOP ADMINISTRATIVE RULE, WORKERS' COMP TTD RULE AMENDED

After a public hearing on June 15, the State Personnel Board, at its meeting on July 20, approved proposed amendments to the *Administrative Rule of the West Virginia Division of Personnel* and the *Workers' Compensation Temporary Total Disability Rule*. The agency-approved amendments to both rules were filed on July 21 with the Secretary of State's Office and the Legislative Rule-Making Review Committee, and each may be viewed on the Division of Personnel's website at www.state.wv.us/admin/personnel/rules/default.htm.

Why not go out on a limb? That's where the fruit is! Will Rogers



IS YOUR COLLEGE STUDENT STILL COVERED?

The term "Back to School" applies not only to children through high school, but also to those beginning or returning to college. Is your college-age child still covered as a dependent on your State health and life insurance plan?

Health and life insurance coverage for a child age 19-25, who is unmarried, enrolled as a full-time student, and dependent on you for support and maintenance, may be continued on a year-to-year basis – but continuation isn't automatic. Once your child turns 19 years old, verification of his or her full-time student status must be provided to PEIA by submitting a completed student verification form or letter from the school's registrar. **This verification must be provided each year.**

For complete details, please refer to first to Page 17 of your Plan Year 2006 Summary Plan Description (notated as the Employee Insurance Handbook). If you have questions after that, call the Public Employees Insurance Agency at 558-7850.

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gives me great hope in our society today to see the caliber of young people that come through this program.”

Sanders and Brock Stotts, the program’s assistant director, assembled an academic seminar/luncheon schedule where the interns are able to interact with one another and with public officials. The first of these occurred in the newly renovated Governor’s Mansion on June 14, where the interns enjoyed punch and cookies with First Lady Gayle Manchin. Other speakers included Chuck Kinder of the Auditor’s Office and Lisa DeFrank Cole, Executive Director of the PROMISE Scholarship. In addition to the seminars, the interns attended a West Virginia Power baseball game on July 20 and will end the summer with a picnic on the Capitol grounds on August 2.

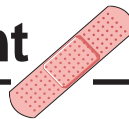
Most interns realize the value of the experiences and connections afforded to them through the program. Daniel Kanner, a Charleston native and junior Economics major at West Virginia University, returned for his second consecutive summer working in the Finance Division of the Department of Administration. When describing the personal benefits of participating in the program, Kanner echoed the thoughts of many interns saying, “It has given me a good chance to meet professionals in the financial field. It has also provided me with a good job which allows me to gain first-hand experience that I could not get anywhere else.”

Sanders also believes the State derives tremendous gains from the interns. “Some of the interns bring great talents and skills and provide a ‘new and fresh’ outlook on things that are needed on special projects that regular staff cannot accomplish. It’s such an encouragement for me to see the wonderful young men and women of today.”

These young men and women of today are tomorrow’s leaders. Sanders hopes that they finish their education and become the future leaders of West Virginia, enabling others to experience all the advantages the State has to offer. The Governor’s Internship Program is an important tool the State utilizes in an effort to see the hopes of today become the realities of tomorrow.

More information regarding the West Virginia Governor’s Internship Program can be found by visiting its website at www.wvgip.org.

News From the Medical Front



To Keep Depression Away, Eat Fish

If you think the health claims for fish oil are beginning to sound like “snake oil,” think again. Psychiatrists at the National Institutes of Health say the omega-3 fatty acids in fish oil are like neuronal fertilizer. They make brain cells grow more connections.

Researchers now say omega-3s benefit not only the heart but also a range of psychiatric and neurological problems including depression, bipolar disorder, and schizophrenia. The brain is 60% fat, they say, and it needs omega-3s for optimal function.

Studies suggest omega-3s also help build cell membranes and boost levels of the feel-good brain chemical serotonin. Food contains two varieties of omega-3s. Those found in walnuts, canola oil, and leafy greens are called ALA and aren’t quite as effective as those found in seafood and enriched eggs, which contain EPA and DHA omega-3s.

The American Heart Association recommends eating fatty fish such as salmon and cod at least twice a week.

Pencil In ...



Please give blood. The Red Cross has announced **critical shortages** in its blood supply. If you are eligible to give, please call your local Red Cross Chapter for a date and time to donate.

Effective July 26, 2006, the **mileage rate for business travel** is increased to 44.5¢ per mile.

mileage rate increased



It's time for the 82nd Annual WEST VIRGINIA STATE FAIR!

For an enjoyable family time of entertainment, competitions, concessions, and more, plan on making a trip to the State Fair Grounds in Lewisburg sometime during **August 11-20, 2006**. You'll find all the information you need regarding directions, events, dates, and times on the State Fair of West Virginia website: www.wvstatefair.com/sf/index.htm.