

1998 Celebrate Women Award Winners Announced

Contributed by Beth Marquart of the West Virginia Women's Commission

Thirteen women of distinction, including a Division of Natural Resources (DNR) biologist, have been named winners of the 1998 Celebrate Women Awards, recently announced



DNR's Janet Clayton is the 1998 Celebrate Women's Award Winner in the Science category.

by the West Virginia Women's Commission. The Commission sponsors the awards program annually to recognize the career and volunteer accomplishments of State women who are role models for tomorrow's female leaders.

Janet L. Clayton, the DNR's first and only female fisheries biologist, has been named the winner in the Science category. In addition to her role in monitoring water quality in our State's streams and rivers, Clayton participates in the DNR's Youth Conservation Camp and Youth Environmental Conference, and volunteers as a hunter safety instructor. Her achievements also include development and coordination of the State's "Becoming An Outdoorswoman" program.

Other winners are: Jean Battlo of McDowell County, Arts; Betty Jo

Moore of Mingo County, Business; Dr. Rosemary Hagggett of Monongalia County and Rose Lee Kraushaar of Mercer County, Education; Lin V. Humphries of Ohio County, Government; Elaine A. Harris of Kanawha County, Labor; Diane Reese and Sue Julian of Braxton County, Public Service; Pamela Games-Neely, Berkeley County, Professions; Dorothy E. Hicks, Ed.D. of Cabell County, Sports; Mildred S. Caldwell of Kanawha County, Volunteer Service; and Hazel Groves Brown of Kanawha County, Mountaineer Spirit.

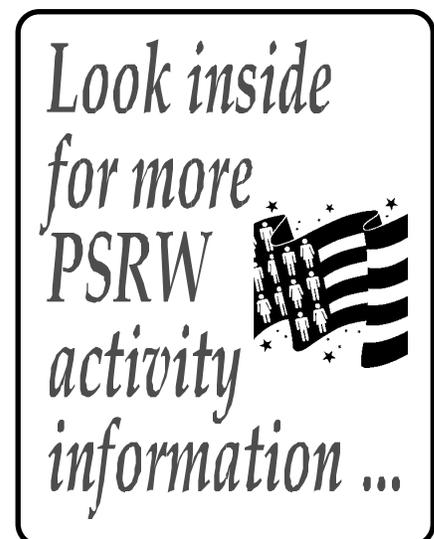
The winners will be honored during a recognition dinner to be held at the University of Charleston on Friday, May 1, at 7:00 P.M. Tickets are \$22 and reservations are required. Call the Women's Commission at 558-0070 for information.

PSRW Plans in the Works

Each year since 1986, a week in May has been set aside to pay tribute to the professions of public service. This year, the 13th Annual Public Service Recognition Week (PSRW) will be observed May 4-8.

The week is sponsored nationally by the Public Employees Roundtable and the President's Council on Management Improvement. West Virginia will join the celebration along with nearly every federal, state, and local government in the nation to honor public employees. Sponsorship for the State government celebration is the responsibility of the Division of Personnel.

The theme for 1998 is "**PUBLIC SERVICE: Working for You, Working for America.**" During PSR Week, Governor Cecil H. Underwood encour-



OTC Medications Require Care in Use

The following is edited and reprinted with permission from Well Informed, a publication of the Wellness Councils of America. It will be presented to you in 2 parts – one this month, and the second in the May issue.

If you're one of those people who looks in the medicine cabinets of homes you visit (*shame on you!*), you will no doubt find a variety of over-the-counter (OTC) medicines. Self-medication can ease the symptoms of many conditions from occasional insomnia to common colds to minor arthritis to, well, you name it. But in order for these medications to work, you have to be aware of how to use them properly.

Reading the label every time you open a new bottle or package is a must. Even if you've used the same medication for years, **THE LABELING INFORMATION CAN AND DOES CHANGE AS THE PRODUCT CHANGES OR WHEN NEW INFORMATION IS OBTAINED.** For instance, new warnings and precautions can be added, or the dosage instructions may change. Although most OTC medicine labels will indicate when new information is available about a particular product, it's important to read the label, not only the first time you use a medicine, but every time thereafter.

**Need Medical Advice?
Self-Care Information?**

Nurse Lines Offer Expert Advice

Contributed by Rina Foy of the PEIA Pathways to Wellness Program

Do you have medical questions? Several of the Public Employee Insurance Agency's (PEIA) health plans provide nurse line numbers. You can talk with a registered nurse 24 hours a day, 365 days a year!

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DRUG INTERACTIONS: Again, reading the label every time you use an OTC medicine is the best way to avoid potentially dangerous drug interactions. The **warnings** section will normally identify special interaction concerns. There are 3 primary types of drug interactions:



DRUG-DRUG interactions occur when 2 or more medicines – prescription and/or nonprescription – react with each other, causing unwanted side effects. Example: Mixing sedatives and antihistamines can slow reactions and make operating machinery dangerous.



DRUG-FOOD/BEVERAGE interactions result when medicines react with foods or beverages. Example: Mixing alcohol with certain drugs may cause drowsiness, slow reactions, or even induce coma.



DRUG-CONDITION interactions can occur when an existing medical condition makes some medicines potentially harmful. Example: People with diabetes or asthma can suffer serious reactions if they use some nasal decongestants.

PREGNANCY AND NURSING: Pregnant women and nursing mothers should be cautious when using medicines. Drugs can pass from a pregnant woman to her unborn child. A safe amount of medicine for the mother may be a high concentration for the baby. Expectant mothers should always talk to a doctor before taking any drugs – prescription or OTC.

Although most drugs pass into breast milk in concentrations too low to have any unwanted effects on the baby, nursing mothers still need to be careful. Doctors can adjust the timing and dosing of most medicines so the baby is exposed to a minimal amount of the drug, and there are a number of drugs that must be avoided completely when nursing.

If an illness or symptoms persist, don't increase the dose or try other medications without talking to your doctor.



A PRESCRIPTION FOR PRESCRIPTIONS ...

ALWAYS TELL YOUR DOCTOR, PHARMACIST, OR OTHER HEALTH CARE PROFESSIONAL ABOUT ALL MEDICINES YOU TAKE, INCLUDING OVER-THE-COUNTER MEDICINES, TO AVOID POTENTIAL INTERACTIONS.

Do you know anyone age 65 or older who has decided not to drive anymore? If so, you may want to share the following information with him or her ...

Instead of renewing his or her driver's license, a West Virginia citizen who is age 65 and older may want to consider a State of West Virginia Identification Card. While there is a fee for renewing a driver's license, there is **NO CHARGE** for the ID card to those age 65 and older. For more information, contact the WV Division of Motor Vehicles at 558-3900.

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ages all State agencies, colleges, and universities to hold an open house, give local tours, sponsor awareness fairs, and schedule awards programs to recognize and present special employees for outstanding work and service.

The purpose of PSRW is to help educate the American public regarding the value of public employees and the services they provide, to stimulate interest in public service careers, and to encourage excellence and enthusiasm within government.

This year, as in years past, food stands and live entertainment will be featured on the Capitol grounds in the courtyard area. In addition, the Awareness Fair in the East and

West Wings of the Main Capitol Building will be open to the public. Employees celebrating anniversaries of 30, 35, 40, 45, and 50 years of public service will receive an invitation to the Governor's Award Ceremony which will be held on Wednesday, May 6, from 1:00-2:30 P.M. in the Cultural Center Theater.

On Friday, May 8, special recognition programs sponsored by individual agencies will recognize employees for service and/or special accomplishments.

If you'd like to volunteer to help with the many, many details, or if you need more information, contact Carolyn Turner, PSRW Coordinator, at 558-3950.



State Auditor Glen B. Gainer, III was among those who addressed an audience of over 170 at the Division of Personnel's Statewide Personnel/Payroll Seminar. Gainer updated participants regarding the purchase of a new State payroll system. The seminar is held periodically to provide State government personnel/payroll employees with the most current information in payroll, human resources, and related fields. The latest seminar was held at the Capitol Complex on March 27, 1998.

Batter Up ...



And we ain't talkin' baseball!

We're talkin' about goodies – for the PSRW Goodies Bake-Off, that is.

Yessiree – get out your favorite recipe and whip it up on May 5, 1998. Take it to the East Wing Rotunda of the Main Capitol Building (outside the Attorney General's Office) at 8:00 A.M. Be sure to have a copy of the recipe handy.

Entry forms must be submitted by April 30. Contact Betty Dooley (558-2864) or Bobbie Easter (558-3570) for forms or details.



Take a Bite Out of Your Busy Day ...

Enjoy your lunch time outdoors as the food vendors will again be set up in the Capitol Complex fountain area!

Tee Time ...

Leave the crumpets at home!

Though not a specific PSRW activity, Twin Falls State Park invites all public employees and retirees to join in the 7th Annual Public Employees Golf Tournament.

Trophies and prizes are awarded for 1st, 2nd, and 3rd places for both low gross and low net using the Callaway scoring system. Cost is \$32/person and includes cart. Discount lodging available by calling 294-6000 or 1-800-CALL-WVA).

Tournament date is May 4; entry deadline is May 1. Call Rick Knotts (643-2831) or Ed Henderson (558-2764) for more details.

Budget OK'd, Includes Increase

One of the last acts of the 1998 West Virginia Legislature was approval of the Budget Bill.

The approved Budget Bill includes provisions for an across-the-board raise of \$756 to the annual salaries of State employees. The increase is effective July 1, 1998 for all eligible employees. Full-time employees will receive an increase of \$63 per month. Part time employees will receive a lesser amount in proportion to the amount of time they work. The salaries of eligible employees who are on approved leaves of absence without pay on July 1 will be adjusted to reflect the increase when they return to work.

Some employees are **not** eligible for the increase. Generally, ineligible employees include: individuals employed on a limited-term basis (such as 90-day exempt employees, 30-day emergency employees, 160-day temporary employees), and all categories of student employees, temporary employees hired from registers, intermittent employees hired from registers, contract staff, and seasonal employees. In addition, employees whose salaries are set by statute and employees whose actual last working day is on or before June 30, 1998 are not eligible for the increase.

If you have questions about this across-the-board increase, check with your agency payroll coordinator.

**THE FIRST RULE OF SAVING IS TO PAY YOURSELF FIRST.
CONSIDER SAVING ALL OR PART OF YOUR JULY 1 INCREASE!**

NURSE – Continued from Page 2

The nurses are there to help you answer many of your medical questions so that you can make better-informed health care decisions.

-  They'll help you learn more about your injury or illness.
-  They can give you advice on many common injuries and illnesses that can be treated at home.
-  They can help you decide if you need to see a physician or visit the emergency room.

When in doubt about a situation, take advantage of this valuable service. Not only might it save you some money when dealing with minor illnesses or injuries, it could help you effectively manage a serious situation.

The nurse line numbers are also located on the back of your medical card. Individuals at these numbers

cannot answer your claims questions, tell you if a service is covered, or pre-certify a procedure. You'll still need to call the appropriate customer service line for this information.



NURSE LINE

TELEPHONE NUMBERS

Advantage Health	1-800-567-4190
Carelink	1-888-348-1008
PEIA Indemnity	1-800-541-8586
PrimeOne and Anthem Health Plans	1-800-201-0919

Optimum Choice does not have a nurse line; however, it does have a Healthline. Call 301/208-6699 for answers to routine health care questions.

Pencil In ...

Springtime often means thoughts of new vehicles or vacation plans. If you're looking for financing, be sure to check out the **Public Employees Credit Union**.

NEW AUTO LOANS

6.75% 36 mos.
7.00% 48 mos.
7.50% 60 mos.



USED AUTO LOANS

8.75% 42 mos.
Yrs. '92-94
8.25% 48 mos.
Yrs. '95-96
8.00% 54 mos.
Yr. '97

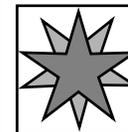
VACATION LOANS

May 1 - Aug. 1, 1998

\$1000 12 mos. @
\$88.85/mo.

Call 558-0566 for more.

Visit the summer-long **Quilts '98 Exhibit**. Handmade quilts by West Virginia residents will be displayed in the Great Hall at the Cultural Center from May 15 through October 19.



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