

# Stateline

A Newsletter For West Virginia State Government Employees

August 1998

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## Time for the IS&C Info Technology Conference/Expo

The 1998 West Virginia Information Technology Conference and Exposition, scheduled for September 1-3, promises to be bigger and better than ever.

This year's Expo will feature about 150 vendors from around the State of West Virginia with booths displaying their products. Also, several informational sessions focusing on issues for State government employees, private industry, and the vendor community will be available to attendees.

In addition to IS&C, the Expo is sponsored by the Governor's Office of Technology and West Virginia Network for Educational Telecom-

puting (WVNET). With these added partners, State agencies, higher education, and county and local government representatives will be participating. Because participation is no longer restricted to government entities, a track has been added to the program designed for State businesses and the public.

The Expo is in its fifth year and will again be held at the Charleston Civic Center.

Payroll staffers in the July 31 paycheck contained registration forms for vendors. If you missed that staffer and need one, or if you have any questions, call Sue Lore at 558-1067 or Helen Wilson at 558-1066.



*David Ellis, State Public Service Commission Director of Utilities, addresses translator Visoslav Sima Simic and a delegation of Bosnian electric utility executives who recently visited Charleston. The group was sponsored by the Bluefield State College Center for International Studies.*

*"A free market economy in Bosnia is giving rise to a great interest in economical regulation of electric utility systems," Ellis said, "so the delegation wanted to see how West Virginia handled the issue."*

*(Photo courtesy of the Public Service Commission)*

### SCHEDULE OF EVENTS

#### Tuesday, Sept. 1, 1998:

Welcome and Opening Remarks  
Guest Speaker: John Chambers,  
President, CISCO Corporation  
GIS User's Group Mtg. Partnerships  
Guest Speaker: Don Foshee,  
President, Innovative Interaction

#### Wednesday, Sept. 2, 1998:

Vendor Expo  
Partnerships  
WVFIMS User's Group  
Guest Speaker: Linda Bellflower,  
Consultant, "WV Strategic Plan"  
GIS Sessions  
Microsoft User's Group  
Guest Speaker: Mark Lowdermilk,  
CTO, "Information Technology &  
Economic Development"  
Informational Seminars for Employees

#### Thursday, Sept. 3, 1998:

Vendor Expo  
Partnerships  
Corel User's Group  
WVNET Hands-on Tutorial: "Using  
the Internet for E-Commerce"  
WVNET Hands-on Tutorial:  
"Designing a Web Page-Basic  
Intro"  
Governor's Information Technology  
Awards Banquet  
Informational Seminars for Employees

**CELEBRATE LABOR DAY!!**

**Enjoy your holiday on Sept. 7**

## Summer Fun Lies in Your Own Statewide Back Yard!

Undecided about where to go on this year's vacation? Considering some short but active long weekends instead of the traditional week-long vacation? If so, you need look no further than your own back yard for some great vacation options.

Within the Mountain State, you can enjoy everything from a leisurely stay at a State park to an exciting and breathtaking whitewater rafting or mountain biking adventure. And, in between, you'll find shopping, fairs and festivals, hiking, and even llama treks!

Start your trip with a quick call to 1-800-CALL-WVA. The travel counselors at the West Virginia Division of Tourism office can provide you with a travel guide, State maps, brochures on many travel opportunities, and, in some cases, connect you straight to a travel site to make reservations.

Our State parks and forests offer recreational activities for all ages. The cyclist may explore trails within a number of State parks or join a guided tour with an outfitter. Hikers can take the trails at their own pace

and join scheduled nature hikes or campfires. Don't forget, bird watching and fishing are popular, too.

To enjoy horseback riding, swimming, golf, and fishing, consider State parks such as Blackwater Falls, Cacapon Resort, Canaan Valley Resort Lodge, Hawks Nest, North Bend Pipestem, Twin Falls, and Tygart Lake. Other State parks have their own specialties as well. Those who'd like a day-trip can enjoy many other activities around the State. Cass Scenic Railroad offers the "Dinner Train" every Saturday through August. Visitors ride the rails and enjoy bluegrass music and a picnic at Whittaker Station. Pipestem Resort State Park presents the Summer Amphitheater Series that features plays, oldies rock, bluegrass, and gospel performances every Saturday through August.

West Virginia offers wonderful opportunities for vacationers who prefer to enjoy the cultural and historic features of the Appalachian Mountains. With more than 200 fairs and festivals, you can enjoy arts, crafts, music, and dancing.

In Elkins, the Augusta Heritage Festival offers classes and demonstrations on Appalachian music, dance, and arts to its visitors.

What more could you want? Information on any of the activities referred to above (and in most cases, reservations) can be attained by calling 1-800-CALL-WVA.



*Long known for beautiful places to see, West Virginia offers uncompered serenity. Pictured left: A breathtaking view of Black Water Falls, located in Tucker County, West Virginia. (Photograph courtesy of David Fattelah, Division of Tourism and Parks)*

## Read Up! It's Almost Time for The Foster Parent Book Sale!!

Do you love books? The 1998 Annual Foster Parent Book Sale is coming up in September.

So whether you donate your used books or buy books at the sale, you'll benefit the West Virginia Foster Parent's Association.

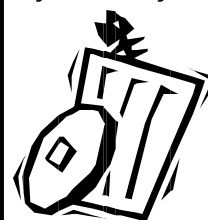
Christine Craig, coordinator of the event for the Office of Social Services said last year's sale netted around \$500 for the Association to use to cover some costs of their activities such as the annual conference and sending members to the national Foster Parent Conference.

State employees at the Capitol Complex can drop off books at the Office of Social Services in Building 6, Room 850. There are other drop off locations around the State. Just contact the Homefinding Staff in your local Department of Health and Human Resources Office to find out where.

Craig said all kinds of books are welcome. "Of course fiction sells real well, especially fairly recent novels, both hard and paperback," she said. "People have very interesting reading preferences, so we sell whatever comes along."

The Book Sale will be held in Building 6, Room 617 (the Commissioner's Conference Room). The date will be determined depending on how many books are turned in, and how long it will take to get them ready. Watch for notices in elevators and around the Capitol Complex for the date. For more information, contact Christine Craig at 558-7980.

*According to the Use Less Stuff (ULS) Report, you can reduce your trash by more than 3 pounds*



*annually if you cancel 10 of the 142 mail-order catalogues that the average family receives each year.*

**Even if you start late –  
Saving for College  
Can Be Done**

Most people, regardless of income level, put off saving for their children's college education until their children are in their teens.

Even worse, because many are not having kids until their 30s and 40s, they will also be trying to save for retirement at the same time.

It's tough, but it can be done, especially if you take advantage of new tax breaks for college financing and new ways to save for college using tax-sheltered retirement plans.



Consider saving in the child's name. Colleges expect a student to use 35% of his resources, while they expect a parent to pay 6%. Further, most aid is in the form of loans, not cash awards. Putting money in your name only may put your child further into debt because he or she can borrow more.

If money is in the child's name, it will be taxed at a lower rate (the first \$650 in earned income is tax-free. Kids over age 14 pay capital gains at low rates).



The best way for a teen to save: If the child has earnings of \$2,000 a year, she can contribute that much to a Roth IRA. The money grows tax-free, and the child can pull out all of the contributions for college.



You too can use a Roth IRA for college savings. If your yearly income is \$150,000 or less for a couple (for individuals \$95,000) you can contribute up to \$2,000. You can pull out the contributions for tuition and living or other related expenses.

See COLLEGE – Page 4

**If You've Always Wanted to  
Learn CPR ...**

FREE CPR training and Red Cross certification will be offered at the Charleston Civic Center on Saturday September 12 beginning at 8:00 A.M. The event is being coordinated by the Emergency Nurses Association (ENA) and is supported by the City of Charleston, Charleston Area Medical Center, and Thomas Memorial Hospital.

The training offered is basic American Heart Association CPR or Cardio-pulmonary Resuscitation.

According to Tina Enright, secretary of the State Chapter of ENA, the training will require from 3 to 4 hours and classes will be staggered so participants can begin at different times.


"We're going to be there all day," Enright said. "Our goal is to get as many people as possible trained in CPR."

Enright said that ENA works to train people to do CPR because "the more people who know how to do resuscitation the better those who need it have a chance of surviving."

During last year's ENA event, the Red Cross certified around 100 people in CPR and ENA is prepared to train up to 500 this year, Enright said.

Plans are underway to also do certification renewal classes if there are enough participants.

**Performing  
CPR is  
different for  
adults,  
children,  
and babies.**



**Do you  
know the  
differences?**

**In an emergency, could you  
properly perform the procedure ?**

Also, children's activities are planned, so parents can bring their children, as long as they're out of the diaper stage, Enright said.

"We're going to have children's activities like the Trauma Kangaroo and other animal characters and face painting. While mom or dad is busy working, the kids can get a chance to relax. Children will be identified by an arm band than matches one on the parent as well, so no one will get lost," she said.

Division of Personnel's Organization and Human Resource Development (OHRD) also offers CPR training. Call 558-3950, extension 508, for more information.

The Secretary of State's Office advises that County Clerks' offices across West Virginia will have extended hours on Friday, October 2, 1998 from 9 A.M. - 8 P.M.; Saturday, October 3 from 9 A.M. - 5 P.M.; and Monday, October 5 from 9 A.M. - 8 P.M. to accommodate persons who may want to register to vote or change information on their voter registration record.

If you have questions about registering to vote, contact the Secretary of State's Office at 304/558-6000 or your local County Clerk's Office.

**YOUR VOTE COUNTS - USE IT!!!**

### EVER WONDER ...

how you can reduce the cost of driving to work? The solution could be ridesharing.

Ridematch will not only save you money in your commute, but will help the economy and the environment by reducing the demand for foreign oil imports and decreasing air pollution. **Carpooling can save you between \$500 and \$1,500 annually.**

The Ridematch program simplifies carpooling by helping identify other people in your area to share the ride.

Call the Energy Efficiency Program at 558-4010 for further information on the program or general information on carpooling.

#### ADDITIONAL CARPOOLERS ARE NEEDED IN THE FOLLOWING AREAS:

Belle, Pinch, Beckley, Winfield, Eleanor, Alum Creek, Cabin Creek, Clay County, South Hills, Roane County, Boone County, Sissonville, Pt. Pleasant, Sutton/Gassaway, Campbells Creek, Big Chimney/Elkview, Eastern Kanawha County, Scott Depot/Teays Valley, and East/West/North Charleston.

### Pencil In ...

**WE'RE OVER HALF WAY THROUGH WITH 1998. HERE ARE SOME THINGS YOU MAY WANT TO BEGIN THINKING ABOUT:**

Are you enrolling in college courses this fall? You might want to check out the Division of Personnel's Education Expense Reimbursement/Leave Program. Contact your supervisor or agency payroll office for a copy.



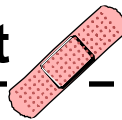
Open Enrollment for your insurance benefits is just around the corner. Begin assessing your needs now.



Are you an employee who often loses annual leave at the end of the year? You may want to consider donating some of that unused leave under the State's Leave Donation Program. Again, contact your supervisor or agency payroll office for more information, or call the Division of Personnel at 558-3950, extension 504.



## News From the Medical Front



### TOMATOES PACK A WHALLOP AGAINST CANCER AND HEART ATTACKS

Now that the tomatoes you planted in May are ripening, it's time to check out the benefits they offer.

Tomatoes are a fantastic wonder of nutrition – high in vitamins and minerals, and containing many protective factors. Tomatoes have long been shown to reduce the chances of prostate and colon cancer. In addition, it is now said that they protect against esophageal and stomach cancer too. In 1977, the American journal of Epidemiology reported that tomato eaters also had a reduced risk of heart attack due to increases in the compound lycopene.

To get the most lycopene from a tomato, it must be cooked in a tiny bit of oil - this is according to the Harvard Medical School. Olive oil is recommended. People who eat tomato sauce cooked with a bit of oil had about 10 times the amount of lycopene in their systems as those who merely drank processed tomato juice which contained the same amount of lycopene.

So eat that spaghetti (but decrease the meat and cheese) and hopefully, live longer!

### COLLEGE – Continued from page 3



How about the New Education IRA? This lets you contribute up to \$500 per child under age 18 per year (same income limits as above). The contributions aren't tax deductible, but the money grows tax-free to pay for education, and you can have a regular IRA at the same time.

Most parents have less than \$5,000 saved for college, according to a study by Mosaic Mutual Funds. Even if this happens to you, you can still educate your child. Have the child go to a local college and live at home. Take out a home equity loan.

Also take a look at this new options for parents: The Hope Scholarship tax credit allows a tax credit of \$1,500 per child for tuition during the first 2 years of college.

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