

Sharpe Hospital Earns Silver Wellness Award

Compiled from information contributed by Becky Berlin of Sharpe Hospital.

Congratulations are extended to Sharpe Hospital on its recent designation as one of the healthiest places to work. The Wellness Council of West Virginia (WCWV) and the Wellness Councils of America (WELCOA) awarded Sharpe Hospital a Silver Award at the WCWV's Thirteenth Annual Governor's Conference on Worksite Wellness, held October 27 at the Charleston Marriott.

Companies participate in a lengthy application process for Well Workplace awards and are measured according to rigorous national standards defined by WELCOA. Sharpe Hospital received the Silver designation by creating a work environment that encourages lifestyle improvement through a comprehensive system of employee health and wellness services. Health education, activities, and improvement pro-



Present to receive Sharpe Hospital's award as a health workplace at the Governor's Conference on Worksite Wellness were (from l-r): Hospital Administrator Jack Clohan, WV First Lady Hovah Underwood, Sharpe Hospital employees Chris Tyree and Becky Berlin, WELCOA President David Hunnicutt, Sharpe Wellness President Barbara Simmons, and PEIA Pathways to Wellness Director Gary Smith.

grams were the backbone of Sharpe's endeavor, along with community health participation projects.

Becky Berlin, a recent past president of Sharpe Hospital's Staff Wellness Action Team

(SWAT) was very involved in the year-long wellness program that resulted in the award. "Sharpe staff are highly interested in providing the best care possible to their patients, but sometimes, they tend to neglect their own health needs. SWAT is dedicated to the promotion of personal wellness for the facility's employees, retirees, and volunteers. Numerous staff have taken part in promoting various educational and behavior-change programs, such as cancer awareness, walking, heart disease awareness, nutrition, and smoking cessation. We look forward to more employee-generated and management-supported programs and activities so that we can continue on the road to better health."

Sharpe Hospital Administrator Jack Clohan added, "We remain steadfast in our commitment to implementing Well Workplace strategies. Our employees are the lifeblood of our hospital, and only through the provision of "healthy lifestyle" opportunities will our facility continue to thrive."

Are you interested in starting a wellness program for your agency? Check first with your supervisor, and then contact the Wellness Council of West Virginia at 776-2686.

Juried Exhibition Awards Given

Eighteen awards, totaling \$33,000, were presented to State artists and craftspeople on November 6, 1999, just prior to the opening of the West Virginia Juried Exhibition. The exhibition is presented biennially by the West Virginia Division of Culture and History, and features works in the areas of painting, sculpture, printmaking, drawing, photography, mixed media, and crafts. Seventy-two artists had 86 pieces entered in this latest exhibition, which will be on display through February 27, 2000.

See a Piece You'd Like to Own?

Exhibition works may be purchased through the close of the exhibition. For more information, call Stephanie Lilly, Exhibits Coordinator, at 558-0220. A list of all winners may be viewed on the Culture and History website (<http://www.wvculture.org/museum/wvje99show.html>).

Governor Announces Reciprocal Driver's License Agreement with Germany

Taken from a press release found on the Governor's Office website (www.state.wv.us/governor/).

West Virginia Governor Cecil H. Underwood has announced that West Virginia and Germany have agreed to honor one another's driver's licenses.

Under the new arrangement, the West Virginia Division of Motor Vehicles will exchange a valid German driver's license for a Class E West Virginia license (no endorsements) without requiring the applicant to take a written or road test. Applicants must be 18 years of age or older.

The agreement also allows West Virginia license holders who now live in Germany to obtain German driver's licenses.

"I am pleased the Division of Motor Vehicles has made this arrangement with the German government," Governor Underwood said. "We recognize that our State is involved in a global marketplace, and this accommodation is an appropriate response to our involvement with the German people."

The State of West Virginia publishes driver's handbooks in German, Japanese, and Spanish.

Landmark Technologies in the Years 1800 and 1900:

1800

- ★ Alessandro Volta invented the battery. The volt is named for him.
- ★ Chlorine was used to purify water by William Cruikshank in England.
- ★ A metal-clad submarine was designed by Robert Fulton.
- ★ In Philadelphia, William Young made shoes for the right and left feet.
- ★ Humphry Davy discovered nitrous oxide, also known as laughing gas.

1900

- ★ Ferdinand von Zeppelin's airship made it's first flight.
- ★ Dr. Walter Reed proved that yellow fever was spread by mosquitoes.
- ★ There were 8,000 cars in the U.S. and 10 miles over paved roads.
- ★ Karl Landsteiner identified the first blood groups (A, B, and O).
- ★ The alkaline battery was introduced by Thomas Edison.

State Tax Officials Unveil Electronic Filing Program

WV Allows Taxpayers to 'TAP' Into E-Filing

Taken from a press release issued by the Department of Tax and Revenue

State tax officials recently unveiled a new program, designed to allow a large section of State taxpayers to file their taxes electronically from their home PC's. The West Virginia Taxpayer Accessibility Program or TAP, will allow taxpayers with an adjusted gross income (AGI) of \$50,000 or less to file their State and federal tax returns electronically over the Internet.

In a demonstration at the Mary Weir Library in Weirton, State tax officials and representatives from Intuit, Inc. demonstrated TAP to a group of reporters and interested taxpayers. The program makes all of the math calculations, eliminating the chance for error, and automatically computes liabilities and refunds from the schedules. "It is basically a fill in the blank return," said Secretary of Tax and Revenue Robin C. Capehart.

"This is an excellent opportunity for West Virginians to take advantage of technology and get their refunds quicker and easier than ever before," said Capehart. "Not only will refunds be processed more quickly," said Capehart, "but the middle-man who routinely charges as much as \$50.00 is eliminated."

State tax officials plan to have the TAP program fully operational by the beginning of the new year.

Capehart added that this system will be available to anyone with Internet access and through local libraries at no charge.

"For working West Virginians, the refunds they receive from the State and federal government go a long way in the family budget. This program will get the money back in the hands of those who need it most," said Capehart.

Governor Cecil H. Underwood was among the first to deposit used eyeglasses in the Gold Dome Lions Club's refurbished mailbox. As part of the Lions' recycling program for used eyeglasses and hearing aids, the box has been placed in the State Capitol Cafeteria.

Pictured are (l-r): Gold Dome Lions Club Chaplain Chuck Kinder and President Jack MacDonald, Governor Underwood, and General Services Director Raymond Prozzillo.



WVDRS Celebrates “1999 Rehabilitant of the Year”

Contributed by Matt Sturgeon of the Division of Rehabilitation Services.

The West Virginia Division of Rehabilitation Services (DRS) recently honored 7 former clients in their annual “Rehabilitant of the Year” (ROY) ceremony. Each year, DRS rehabilitation counselors from across the State nominate an individual whom they feel has overcome the greatest odds and achieved the most in the rehabilitation process. Seven of those nominated, one from each DRS district, are selected as a “Rehabilitant of the Year,” with one person selected as the State winner. This year, 2 of the recipients were employees of the State of West Virginia.

This year’s State winner was Benjamin Yancey of Charleston. Yancey, who was injured in a diving accident that left him paralyzed from the neck down, is now an attorney employed by the Attorney General’s Office. “I’m very

grateful and flattered that I won this award,” said Yancey. “I hope that my situation will help others who are in my same position or a similar position to go out there and do the best they can.”

DRS conducted the 1999 ROY ceremony October 15 in the auditorium of the Center complex in Institute with Governor Cecil H. Underwood in attendance to present the awards to the winners. The ceremony was described as “the best ever” with the 7 winners, as well as family and friends of each, present to witness the event. A video presentation was a big part of the ceremony with video clips from each winner commenting on their respective lives and accomplishments.

In addition to Yancey, Tracy Carr, originally from Tucker County and now residing in Charleston, was selected as a district winner. Tracy is a projects manager in the office of the Secretary of Education and the Arts. Overcom-



Pictured from top (L-R): Christopher Davis, Elton Thompson, Wanda Kirk and Michael Fuscardo; Bottom: Benjamin Yancey, Tracy Carr, and Andrea Sarver

ing the obstacles of muscular dystrophy, Tracy earned a Bachelor of Arts Degree from Marshall University.

Other award recipients were:

- ✱ **Wanda Kirk** (Keyser, Mineral Daily News-Tribune);
- ✱ **Christopher Davis** (Romney, Saville and Davis);
- ✱ **Michael Fuscardo** (Follansbee, Brooke County);
- ✱ **Andrea Sarver** (Princeton, Princeton Community Hospital); and
- ✱ **Elton Thompson** (Huntington, Adams Medical Services).

Control Holiday Weight Gain by Keeping a Food Diary

What’s a good way to keep from overeating during the holidays? Write down everything you eat.

Researchers at the Center for Behavioral Medicine in Chicago recently asked 38 people to record what they ate over the holiday season. Careful recordkeepers maintained their weight or even LOST a couple of pounds. Less faithful scribes gained an average of 2 pounds. That’s still better than the 6-8 pounds people normally put on from Thanksgiving to New Year’s Day.



Jerry Carter of Twin Falls Resort Parks offers an array of tasty morsels to State employees at a November 16 reception hosted for meeting planners. DNR’s Department of Parks and Recreation organized the event to showcase West Virginia State Parks. Several State parks have new additions and more are slated or already under construction. If you’re planning a reception, seminar, conference or just a meeting and would like to know what our State Parks have to offer, call Ed Wooton, Group Sales and Marketing Representative at 304/466-1800, ext. 393, or call 1-800-CALL-WVA to make a reservation.

Your 2000 Resolution? Be a Better Parent!

Because employed parents aren't with their kids as much as they would like to be, they can easily fall into traps such as overindulgence and permissiveness. The result: a spoiled kid. Experts advocate an approach that emphasizes both sensitivity and infrastructure. For example:

1. **Be a parent.** Psychologists for the National Fatherhood Initiative say the number one lesson he gives parents is: Stop thinking you're supposed to be your child's friend. Set limits and make rules!
2. **Discipline, and do it early.** Don't wait until your kids are 10 or 11 to instill discipline; they will be out of control by then.
3. **Spend time with them.** Kids who spend more time with their parents do better. Make an effort to find time when you are at home. Be open when kids (especially teenagers) want to talk about something.
4. **Practice TV control.** Directly and indirectly, kids' shocking language comes from television say psychiatrists at the University of Miami School of Medicine. Kids should have no more than 2 hours a day for TV. Monitor the time to eliminate programs that undermine your values.
5. **Know what your child is doing while you are at work.** Give kids an organized day by stringing together after-school programs, sports, and visits.
6. **Help them develop an ability to solve problems.** When your child comes to you with a problem, take time to talk and ask questions. Guide them to possible solutions without detailing them.
7. **Keep the family together.** Work at having a good marriage in order to stay married. It's the most important thing you can do for your children. (NOTE: If you are in a troubled marriage, seek competent counseling to assist you in sorting out whether staying in the marriage is, in fact, the best idea.)

America Recycles Day 1999



Pictured on above are (l-r) : Putnam County Solid Waste Authority Director Bob Meneses, WV Cashin & Recycling President Frank Baird, and Harold Taylor and Greg Sayre, both of the WV Waste Haulers and Recyclers Association.

The Division of Natural Resources and the Solid Waste Management Board were co-sponsors with the America Recycles Day State Steering Committee for America Recycles Day 1999. The event took place on November 15 in the Capitol Rotunda and featured displays, give-aways, and drawings from local businesses and government agencies.



Nicole Hunter and Gary Rogers of DNR's Environmental Resources Unit manned their agency's display.

Pencil In ...



All day **shuttle service** between Laidley Field and the Capitol Complex will continue through the end of March, 2000.



Thinking of buying a home computer? The Employee Development Center After Hours Program is conducting a class on how to do just that. **How to Purchase a Home Computer** will be offered on December 20 and 21, 1999 at 6:00 P.M. in Building 7 (follow the signs when you get there). The class is free and does require advance registration. Call Mark Moore at 558-5030 for more information.



Need to obtain copies of a **birth or death certificate**? You can call the Vital Registration Program at 558-2931 or visit their website for information (<http://www.wvdhhr.org/bph/oehp/hsc/vr/birtcert.htm>).