

## Nominations Sought for Governor's Service Awards

Governor Joe Manchin has announced that he is seeking nominations for the 2007 Governor's Service Awards.

The Governor's Service Award recognizes the outstanding volunteer service of individuals, families, organizations, or businesses in West Virginia. Governor Manchin will present the awards at a banquet ceremony on July 11, 2007 during the State Volunteer Conference in Charleston. **Nominations are due by 5 P.M. on Friday, April 6, 2007.**

"The Mountaineer spirit endures through the work that so many individuals and organizations do throughout our State's communities, thus improving the quality of life of West Virginians each and every day," Manchin said. "Volunteers are the heart of each community. This is the opportunity to recognize those who have made the greatest mark across our State."

For the first time, Volunteer West Virginia Inc. will honor the award recipients by donating \$500 from

private funds to a West Virginia charitable organization of their choice. Any individual, organization, group, family, or business in West Virginia actively engaged in voluntary service benefitting the State may be nominated.

For more information, complete guidelines, and nomination forms please visit [www.volunteerwv.org](http://www.volunteerwv.org) or contact Moya Doneghy of the West Virginia Commission for National and Community Service at 558-0111 or 1-800-WV-HELPS.

### IT STARTS WITH AN IDEA

It's about saving the State money and earning a reward for yourself! State employees, including temporaries and part-timers, are encouraged to find ways to save the State money. By submitting ideas through the Public Employee Suggestion Program, you could potentially earn a reward!



It's relatively easy; coming up with the ideas is actually the hardest part. Once you find a cost-cutting avenue, write it down on paper, including, as thoroughly as possible, the appropriate who, what, when, where, why, and how, and then transfer it to the official form (link provided below). Start the evaluation process by submitting the form to your agency's Idea Counselor.

For complete details on the Employee Suggestion Award Program, visit [www.legis.state.wv.us/Joint/EMPSUG/esab.cfm](http://www.legis.state.wv.us/Joint/EMPSUG/esab.cfm). The submission form is found at [www.legis.state.wv.us/Joint/EMPSUG/suggestion.pdf](http://www.legis.state.wv.us/Joint/EMPSUG/suggestion.pdf).

**GOOD LUCK!**

## Employees and Visitors Invited to Visit the Temporary Capitol Cafeteria

*Contributed by Diane Holley of the Department of Administration.*

State employees and visitors at the State Capitol campus have a tasty option for lunch ... the Temporary Capitol Cafeteria, located in the lower level of the Cultural Center. This facility is being offered while work continues on a permanent Capitol Cafeteria in the basement of the State Capitol. The permanent facility is expected to open later this year.

Since January 8, 2007, the temporary cafeteria has been providing State employees, lobbyists, and legislators with a variety of offerings, including soups, salads, and various entrees such as baked lasagna, roast chicken, steamed vegetables, and Salisbury steak. Also, customers seeking sensible foods for a healthier lifestyle can enjoy the dining option of a "Balanced Choice" menu.



*Employees and visitors enjoy the offerings at the Capitol's Temporary Cafeteria. Photo by Debbie Harrison.*

See **CAFETERIA** – Page 4

## Mark Neil Named Prosecutor Fellow

The National Association of Prosecutor Coordinators (NAPC) has named Mark M. Neil, Traffic Safety Resource Prosecutor for West Virginia, as it's new Prosecutor Fellow.

The Fellow program provides a link between the National Highway Traffic Safety Administration (NHTSA) and prosecutors who handle motor vehicle and/or pedestrian offenses, as well as between many professional and legal organizations. The program also develops and revises training and educational materials for prosecutors. In his new role, Neil will serve as a resource for the NAPC, the national Traffic Law Center, the National Highway Traffic Safety Administration, and other criminal justice communities across the nation.

Neil is an employee of the West Virginia Prosecuting Attorneys Institute. Our congratulations to him for his accomplishment.

### PEIA OPEN ENROLLMENT BEGINS APR. 2, 2007

It's time for you to complete your Tobacco Affidavit form and make decisions about your health care coverage. These changes will take effect on July 1, 2007. PEIA has simplified its online enrollment process. By completing an easy, one-time registration, you'll have access to your eligibility information. Your registration will be valid until you revoke it in writing.

Visit PEIA's website for details, to register, and for a complete list of benefit fairs.

[www.wvpeia.com](http://www.wvpeia.com)

## Culture and History Arts Section Offers New E-mail Service

*Contributed by Jacqueline Proctor of the Division of Culture and History.*

The Arts Section of the West Virginia Division of Culture and History is offering a new e-mail service available through its office. The new service is designed to provide periodic e-mail messages with deadline dates for all its grants and regional information that may be of interest. In addition, the service will allow the Arts Section to send information and announcements about specific grants as well as resource advice to assist applicants.

Anyone interested in being placed on this arts database should send an e-mail message to [artslist@wvculture.org](mailto:artslist@wvculture.org), including name, mailing address, position/discipline, organization, grants of specific interest to you or your organization, grants you have applied for in the past, and any additional pertinent information indicating your interest in the arts. **E-mail addresses will not be shared with any other database service, including spam, mass marketing campaigns, or other organizations.**

Specific questions about grants and applications should continue to be directed to the individual grant coordinators: Barbie Anderson, grants coordinator; Debbie Rainey Haught, community arts coordinator; Gregg McAllister, arts in education and mini grant coordinator; Rose McDonough, cultural facilities and accessibility coordinator; and Jeff Pierson, individual arts coordinator.

For more information, call the Arts Section at (304) 558-0240. For more about the Division's and its many programs, visit [www.wvculture.org](http://www.wvculture.org).

## CHIP to Introduce Voluntary Medical Home Program

The West Virginia Children's Health Insurance Program (WVCHIP) proposes to implement a *voluntary* Medical Home Program for its members during 2007. Currently, only members with a household income between 150-200% of the Federal Poverty Level (FPL) must pay a co-payment for an office visit, excluding preventive services. With the voluntary medical home, all members are subject to co-payments for non-well visits outside their designated medical home.

Under this plan, a member may choose a medical home provider from the WVCHIP medical home directory to avoid co-payments for non-well visits. Members will pay co-payments when a medical home is not designated. In addition, co-payments still apply for office visits to providers outside the member's medical home. Co-payments for non-medical home visits are based on family income and range between \$5 for members below 150% FPL, \$15 for members between 150-200% FPL and \$20 for members above 200% FPL. Income guidelines for the most current FPL's are listed on the WVCHIP application guide and at its website, [www.wvchip.org](http://www.wvchip.org).

Adoption of this change will encourage more comprehensive, coordinated primary care, emphasizing prevention, as described and recommended by the American Academy of Pediatrics. Medical home providers and parents act as partners to identify and access all medical and non-medical services needed to help children and their families achieve their maximum potential.

For questions, please contact the WVCHIP Program at 558-2732 (toll-free outside Charleston: 1-877-982-2447) or e-mail Brenda Jones at [bjones@wvchip.org](mailto:bjones@wvchip.org).

For those who are interested ...

## STATE PERSONNEL BOARD SCHEDULE

Unless otherwise noted, the West Virginia State Personnel Board meets the third Thursday of each month at 2:00 P.M. in Room 425 of Building 6 at the State Capitol Complex in Charleston. For 2007, the Board will meet on the following dates (January and February dates are not posted since they have already occurred).



March 15, 2007  
 April 19, 2007  
 May 17, 2007  
 June 21, 2007  
 July 19, 2007  
 August 16, 2007  
 September 20, 2007  
 October 18, 2007  
 November 15, 2007  
 December 20, 2007

Minutes from each meeting (back to 1999) can be found on the Division of Personnel's website at [www.state.wv.us/admin/personnel/empcom/minutes/default.htm](http://www.state.wv.us/admin/personnel/empcom/minutes/default.htm).

## First Presidential Dollar Coin Released

The U.S. Mint has unveiled designs for its newest additions: dollar coins that will feature deceased presidents on a rotating basis, similar to the popular state quarters.



The gold-colored George Washington coin is the first to be released. Like the Sacagawea dollar, the new coin is slightly larger than a quarter – 9.2% larger. The front of the coin shows a new portrait of George Washington, along with his years of presidency, and the denomination.

The back of the coins will not change during the series. It shows the Statue of Liberty as it appears on the 2001 New York quarter, and \$1 appears for the first time on a circulated U.S. coin.

### YOU'VE STILL GOT TIME ... ... TO REDUCE YOUR 2006 TAXABLE INCOME

Reduce your taxable income for 2006 and plan for your future at the same time. You have until April 16, 2007 to make contributions to an Individual Retirement Account (IRA). The maximum IRA contribution for 2006 is \$4,000 (\$5,000 if you are age 50 or older by the end of the year). To qualify for the full deduction, you must either:

- Not be eligible to participate in a company retirement plan OR
- If eligible, your adjusted gross income must be less than \$50,000 for singles or less than \$75,000 for married couples filing jointly\*.

There is more than one type of IRA. To find out what's best for you, consult a trusted financial advisor. For information purposes only: Many banks, credit unions, insurance agents, accountants, investment firms, and other financial sources offer this service.

*\*NOTE: The amount for married couples increases to \$80,000 for 2007*

## COMING SOON TO YOUR



The State Credit Union has a few irons in the fire to help serve its members better. Coming soon this year are:

**Courtesy Pay:** Overdraft protection with no membership fee - you pay an overdraft charge for each check.

**Realtime Processing:** Members will now have immediate access to their funds, more accurate balancing, and you'll be able to see your transactions online immediately.

**Multi-Factor Authentication (MFA):** This service will provide 24/7 protection for your web information and will help protect you from identity theft and phishing.

For more, visit the State Credit Union online at [www.wvpecu.com](http://www.wvpecu.com) or call them at 558-0566



In like a lion and out like a lamb, and vice-versa

You've heard the saying all your life: March comes in like a lion and out like a lamb, and vice-versa. Have you ever wondered what it means or from where it came?

It refers to the wild weather we often experience in March. According to the saying, if March begins a bit turbulent, it'll end mild - and vice-versa.

How did it come about? One theory relates to the astrological signs of Leo (the Lion) and Aries (the Ram), and their positions at the beginning and end of March. Since a ram isn't viewed as a "mild" animal to match the mild weather, it's cuddly baby form, the lamb, is used in the saying.

## CAFETERIA – Continued from Page 1

Frequent customers may benefit from their visits by requesting a **Frequent Diner's Card at the register. After purchasing ten meals with a minimum value of \$5.00, the cardholder may use the card to receive the 11th meal free!**

The Cultural Center is West Virginia's official showcase for the arts, as well as the cafeteria's temporary location. To provide an added benefit, visitors to the cafeteria may browse the Division of Culture and History's past, present, and future exhibits of the State.

The temporary facility, which offers both dine-in and carry-out options, is open Monday through Friday from 7:00 A.M. to 2:00 P.M.

To view the weekly menu for the Temporary Capitol Cafeteria, please access the Department of Administration's website at:

[www.state.wv.us/scripts/admin/index.cfm](http://www.state.wv.us/scripts/admin/index.cfm)

At this website, click the "Capitol Complex Cafeteria Menu" link on the left frame of the page. State employees are encouraged bookmark this site to check the weekly menu and for other updated information.

*The temporary cafeteria is also an excellent location for small meetings, since it now offers wireless Internet connection.* For large groups, notify Eddie Pittman of Pittman Snax Sales in advance at (304) 558-0379.

### THE 'BUS' STOPS HERE!



Perhaps you ride "the bus" on a routine basis. Perhaps you find yourself relying on public transportation for the first time. In any event, transit operators in West Virginia provide a wide range of local/regional services, including transportation from rural areas to towns and commuter transportation within larger cities.

The Department of Transportation's Division of Public Transit posts public transit systems/services information on its website. With the click of a mouse, you can find information such as service providers, contact information, routes, schedules, etc.



Here's the website: [www.wvdot.com/2\\_buses/2c\\_system&serv.htm](http://www.wvdot.com/2_buses/2c_system&serv.htm)

**Clip this notice and keep it in your phone book!**

## News From the Medical Front

### WEIGHTLIFTERS: DON'T HOLD YOUR BREATH!

A team of researchers at the Manhattan Eye, Ear, and Throat Hospital have concluded that lifting weights improperly can cause an increase in potentially damaging eye pressure and the development of glaucoma.

Whether you're a body builder lifting very heavy weights or in a routine pressing 150-pounders, the study, conducted by Dr. Robert Rich, found that the risk of these conditions is greater in those weightlifters who hold their breath during repetitions.

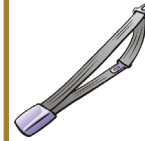
The study looked at pressure in the inner eyes of men ages 18 to 40. He found intraocular pressure increased significantly (but temporarily) during four repetitions of a 150-pound bench press if the men held their breath. On the other hand, Dr. Richard Bensinger, chair of the Eye Department at Seattle's Swedish Hospital disagrees, believing there is no correlation.

Anyone who has concerns is urged to discuss them with his or her doctor.

## Pencil In ...




You may not be a fan of seat belts, but the fact is ... **seat belts save lives. Take it from legendary Hall of Fame baseball player Reggie Jackson.** In March 2005, while working as a NY Yankees special advisor and spring training instructor, Jackson survived a crash in which his SUV was hit, causing it to flip several times. Jackson came away bruised and sore, but quite alive. His comment? "I thank God I had my seat belt on."



First Lady Gayle Manchin enthusiastically invites children (ages 3-10) and their families to the Capitol grounds from 1-3 P.M. on Saturday, April 7, 2007 for an **Easter Party, complete with Easter egg hunt!** Availability is for 750 and **tickets are needed.** Call 558-3588 for details and tickets, or view more at Mrs. Manchin's website:



[www.wvgov.org/firstlady/sec.aspx?id=23](http://www.wvgov.org/firstlady/sec.aspx?id=23)

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