

First Lady Named One of Government Technology Magazine's Top 25

Contributed by Lara Ramsburg of the Office of the Governor.

Government Technology magazine recently named West Virginia First Lady Gayle Manchin one of this year's "Top 25 Doers, Dreamers, and Drivers" for using technology to improve government.

This award recognizes public officials who have displayed a strong commitment toward the use of information technology to improve the lives of the people they serve. Don Pearson, vice president and group publisher of Government Technology magazine, praised the work of First Lady Gayle Manchin. "Your commitment to use technology to

The First Lady joins the ranks of other distinguished nominees across the nation. Among those honored this year were California Governor Arnold Schwarzenegger, Alabama Governor Bob Riley, and several chief information officers, state emergency managers, and agency directors.

This year marks the seventh annual selection of Government Technology magazine's list of Top 25 outstanding achievers. According to the magazine, the Top 25 include people who cut through the public sector's traditional barriers to innovation, such as tight budgets and organizational politics, and instead, implement changes that reshape government operations for the better.

WV Public Broadcasting Wins Murrow Awards

Contributed by Shawn Patterson of West Virginia Public Broadcasting.

West Virginia Public Broadcasting's news and public affairs team has won three regional Edward R. Murrow awards in the Radio Large Market category: Continuing Coverage, Investigative Reporting and Newscast.

"West Virginia Public Broadcasting is the only broadcasting entity in our State to win regional Murrow awards this year," said Dennis Adkins, Executive Director of West Virginia Public Broadcasting. "In addition, this is the second year *West Virginia Morning* has captured regional honors in the Newscast category."

West Virginia Public Broadcasting competes in Region 8 which includes West Virginia, Kentucky, North Carolina, South Carolina, and Tennessee. The awards were for stories broadcast in 2007 and included the continuing coverage of the torture of a black woman in Logan County; an investigative story about the Beckley Veterans Hospital; and the July 19 West Virginia Morning newscast which included stories about presidential candidate John Edwards visiting the State, an interview with Robert F. Kennedy, Jr., and a drunk driver who killed five people.

"The 2008 regional Murrow awards further demonstrate West Virginia Public Broadcasting's continuing commitment to provide our State quality news," Adkins said. "Last year we received two regional awards."

Established in 1971, the Edward R. Murrow Awards are sponsored by the Radio-Television News Directors Association (RTNDA) to recognize the pursuit of excellence in electronic journalism. Judges selected regional winners from 14 regions submitting 3,459 entries. Regional winners continue on to the national awards competition, which will be judged in June.

RTNDA is the world's largest professional organization devoted exclusively to electronic journalism. More information about the Edward R. Murrow Award regional winners may be found at www.rtna.org.



further the mission of West Virginia, and ultimately improve the lives of citizens, deserves and demands recognition," Pearson said.

The First Lady said she is honored to be selected for such an award. "This award represents the commitment of many people with whom I work in partnership to help bring the latest and most innovative technology to our rural communities here in West Virginia," she said. "Technology will remain an essential part of our lives and is a core element to our future."

May is Motorcycle Safety Month

Spring is in the air, and more motorcyclists than ever are on the road. People from all demographic groups are riding, including some young and energetic, and others older and perhaps overconfident. Sadly, highway crashes continue to claim thousands of lives each year. To help spread awareness for motorcycle safety, May has been designated Motorcycle Safety Month and serves as a time for both new and seasoned riders to hone their skills.

The Motorcycle Safety Foundation gives this good advice:

- x Take a training class **EVERY** year – be a lifelong learner.
- x Gear up! Wear real motorcycling protective safety apparel, including a helmet manufactured to standards set by the US Department of Transportation.
- x Ride straight. Never use alcohol or drugs while driving or riding on a motorcycle. Motorcycle riders in fatal crashes have higher intoxication rates than drivers for any other type of vehicle.
- x Ride within your limits. Don't ride faster or longer than your bike or your abilities can allow and tolerate.
- x Be certain you are controlling your bike. Many motorcycle crashes don't involve another vehicle.
- x Be aware of current **AND** predicted weather conditions. Riding in a rainstorm or winter conditions is dangerous; riding when lightning is present can be fatal.

The Foundation recommends that cyclists and other drivers think always about practicing safety. Often, drivers of other vehicles don't respect a motorcyclist's right-of-way. Be courteous. The laws of the road pertain to all vehicles. Another note of caution: Cyclists at times neglect traffic laws by zipping around cars or darting in and out of traffic. Receive respect by being respectful.



AS A SIDE NOTE: Motorcyclists participating in the 2008 Run for the Wall will make their annual stop at the Capitol Complex on the morning of Thursday, May 22. The Run for the Wall is an annual cross-country pilgrimage made by motorcyclists to raise awareness for prisoners of war and those missing in action, and to honor the memories of men and women whose lives were lost.

Photos above and below are file photos from the 2004 Run for the Wall. For more information: www.rftw.org.



Kudos to the West Virginia University School of Medicine

on its selection as one of the top 10 schools in the nation for rural medicine by U.S. News and World Report magazine!

Rankings are based on ratings made by the deans and senior faculty of the nation's 125 medical schools and 90 schools of osteopathic medicine.

CONGRATULATIONS!



[Click Here or Here](#)

www.health.wvu.edu/newsreleases/news-detail.asp?ID=850

to read more on WVU's website

Board of Education Updates Uniform Grading Scale

At its April meeting, the West Virginia Board of Education updated its grading policy to incorporate weighted grades and a uniform grading scale for schools across the State. The move, which takes effect July 1, 2008, was made to encourage students to opt for more challenging Advanced Placement and International Baccalaureate courses.

Board President Delores Cook believes that in addition to encouraging course enrollment, the policy levels the playing field for all students. "We must continually challenge students if they are to be successful in the 21st century," she said.

The original uniform grading scale regarding high school courses taken for credit was first adopted in 2003 and gave county boards of education an option to allow the inclusion of weighted grades.

Mother's Day Concert Series Event to Be Broadcast Across West Virginia

A presentation and performance taped this month at the State Cultural Center Theater as one of the 100th Anniversary of Mother's Day Concert Series events around the State will be broadcast on four television stations.

First Lady Gayle Manchin is serving as honorary spokesperson for the celebration. The program gives an insight into the history of how Mother's Day came to be, presented through the eyes of Anna Jarvis as portrayed by Cathy Pleska of Scott Depot. Joining the First Lady and Ms. Pleska with vocal performances are Cultural and History Commissioner Randall-Reid Smith and the Appalachian Children's Chorus (under the direction of Selina Midkiff).

The broadcast schedule for the hour-long program is as follows:



SATURDAY, MAY 10

WTRF (CBS affiliate for the Wheeling, WV and Steubenville, OH markets)	7:00 PM
WVNS (CBS affiliate for southern West Virginia, serving Beckley, Bluefield, and Oak Hill)	7:00 PM
WBOY (NBC affiliate in Central West Virginia, serving Clarksburg, Morgantown, and Fairmont)	8:00 PM
WOWK (CBS affiliate for the Charleston-Huntington market)	8:00 PM

SUNDAY, MAY 10

WBOY (as above)	1:00 PM
WOWK, WTRF, and WVNS (as above)	2:00 PM

For more events and some special get-away deals (some which are available through the end of 2008), see the Division of Tourism website at: www.wvtourism.com/spec.aspx?pgID=10#specials.

New CPR Procedure from the American Heart Association

The American Heart Association (AHA) has issued information on a "Hands-Only" method of performing CPR.

The information, published in the AHA's journal, *Circulation*, states that an approach that uses only chest compressions was just as effective as using compressions coupled with mouth-to-mouth breathing.

It's hoped this new procedure will encourage people to help when confronted with a collapsed patient. According to Michael Sayre of Ohio State University, often no one at the scene attempts to help because there is no one trained in CPR. People are afraid they will make the situation worse. According to Sayre, given the individual's condition, "You can't make them any worse. The thing that's killing people is inaction." For this reason, the AHA developed the new procedure.

The Hands-Only method involves two steps: Call 911, then push hard and fast in the center of the chest. According to the AHA website, performing this method of CPR more than doubles the chances of a victim's survival.

By making more people aware of the new Hands-Only procedure, the better the chance a collapsed adult can be saved. ***NOTE: The AHA recommends conventional CPR for infants and children, and for adults who have been found already unconscious and not breathing.*** Even so, the new Hands-Only procedure is better than nothing.

For more information, visit the American Heart Association's website on the topic at <http://handsonlycpr.eisenberginc.com/>.



Tourism Forms Partnership to Highlight Civil War Sites in West Virginia

As we move closer to the 150th anniversary of the United States Civil War, and consequently, the sesquicentennial anniversary of West Virginia's statehood, the West Virginia Division of Tourism (Tourism) is taking full advantage of the occasion to begin a new marketing endeavor, aimed at boosting the State's already popular Civil War heritage tourism industry.

Tourism has partnered with Civil War Trails, Inc. on a signage/tourism project that will use the same brand of interpretive signs currently found along highways in other Civil War prominent states such as North Carolina, Maryland, Tennessee, and Virginia. Tourism has agreed to pay for the first 150 signs to mark Civil War sites in West Virginia.

If you know of a site you'd like to have considered for inclusion, contact Justin Gaull at jgaull@wvtourism.com. To find out more about Civil War Trails, Inc., visit their website at:

www.civilwartrails.org

MEMORIAL DAY WEEKEND ' DO ' and ' DON'T '

DO:

Look forward to a long Memorial Day Weekend!

DON'T:

Plan on staying home!

Head down to the State Capitol grounds to be part of the



You'll enjoy all of your familiar favorites – music, contests, good eats, storytelling, crafts, etc. – and we'll introduce you to some fresh activities!

New this year, you'll find:

Pie and Cake Contest
Saturday on the Plaza Deck, 1 PM

Cake Walk

Saturday in the Great Hall at 4pm

Down Home Visits with Vandalia Award Winners

Saturday and Sunday in the Art Gallery

For schedule and information: 558-0220 or www.wvculture.org

Pencil In ...



The Travel Management Office advises that as a result of House Bill 4524, State employees are now **permitted to use frequent traveler points earned while traveling on government business for personal use.** For questions, contact Catherine DeMarco at catherine.a.demarco@wv.gov or 558-2613.



Interested in a **specialty license plate**, but not sure what's now available? View all the choices at: www.wvdot.com/6_motorists/dmv/6g2b_personalplates.htm.



Here's an easy way to **add a little exercise to your life.** When running errands, park at the far end of the parking lot and walk the extra distance.



First class postage for the US Postal Services **increases** to 42¢ on May 12.



Be sure you are right, then go ahead.



Davy Crockett American Frontiersman

DID YOU KNOW

The Division of Veterans Affairs prepares memorial certificates signed by the Governor for each deceased veteran recognizing his/her service to the State and nation.

Make Your 'Frequent' Visits to the Capitol Food Court Pay Off!

Guest Services, Inc. has announced two frequent purchase cards: the Frequent Fruit Card and the Frequent Coffee Card.

Promoting healthy choices and the USDA's recommendation of five fruits and vegetables each day, the Frequent Fruit Card entitles purchasers to a free piece of whole fruit after the purchase of seven. Now that's "sweet!"

Helping you get a jump-start on your day, the Frequent Coffee Card entitles those who purchase seven cups of coffee to an eighth cup free.

Running Short on Time for Lunch?

Order ahead by logging on to www.capitolfoodcourt.com and have your lunch ready to pick up. Select from a set menu of sandwiches, salads, drinks, fruit, chips, and sweets. Pay securely online with your credit/debit card and print out the receipt, then pick up your selections at the Web Ordering Refrigerator. It doesn't get much easier!

Need Catering Services?

The Capitol Food Court is also 'catering' to your needs! For your next breakfast meeting, luncheon, or other special function, call them to cater the event.

For Services, Information, or to Hear the Special of the Day, Call: 558-1086

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