

IS&C Team Nominated for State Technology Award

Contributed by Mike Slater, Director of the Information Services and Communications (IS&C) Division.

In 1998, the Division of IS&C committed to providing a Y2K mainframe testing facility, allowing State agencies to test critical mainframe applications using year 2000 dating. This was accomplished by isolating a partition of the new R-46 mainframe, installed last December, to be dedicated for this purpose.

A team of Data Center technicians was chosen to support this new Y2K test partition. The purpose of this team was to prepare written guidelines and assist agencies in their

preparation for Y2K testing, as well as to provide dedicated assistance during actual test time. Such assistance includes pre-use planning meetings, technical advice, moving software and test files to the partition, and establishing user access.

The Y2K test partition has proven to be an outstanding success which met a critical need of State government in preparation for the year 2000. Actual usage of the test partition began in February and is continuing through the year. Important applications such as FIMS and DHHR's OSCAR and RAPIDS systems will prove their Y2K readiness through this project.

Because of the significance of this project, the Y2K test team was chosen to be nominated for the Governor's Office of Technology Awards Program. The Data Center team members are systems programmers Carolyn Saul and Gene Walters, and administrative assistant Roger Williams.



It's Spruce Up Time at DRS

Article and photographs contributed by Matt Sturgeon of the Division of Rehabilitation Services

Mary Crist, secretary to the Deputy Director at the West Virginia Division of Rehabilitation Services, couldn't bear to see the greenhouse on campus stay idle. So with the encouragement of her boss, Mike Smith, she wrote a proposal that would allow both staff and students to utilize the greenhouse year-round. Mary also realized the grounds needed some sprucing up but landscaping 24 acres of land would be expensive, so she came up with the ideal solution.

"Part of my proposal was a landscape contest. Janice Holland, (Assistant Director, Program and Administration Support Services), Charlie Farmer (Facilities Services Manager), and myself decided that the contest would be a perfect catalyst for the proposal. We also decided to ask the Wellness Team, which is going for the gold this year, to be the sponsor. The contest would bring in great points for the Wellness Team."

Crist and Farmer went around the complex and picked out all the areas that needed to have some type of landscaping done. They reduced the list down to 16 sites. They then put out a memo and let staff teams choose their sites and design their areas. Fifteen teams were formed with over 50 people participating. "I was surprised by the overwhelming response!" Mary said, "Almost everyone wanted to participate."



Mary Crist of the DRS was the brainstorm behind the landscape beautification project at the agency's Institute facility.

Mary took a Master Gardening program last fall and is working on attaining certification as a Master Gardener with the Kanawha County Extension Service.

"It was great that our team won the best overall award but more importantly, I think, is the fact that the areas are so colorful and that all the

State Day Care Facility Renovated for Expansion

Edited and reprinted from Quotes, Notes and Anecdotes (June 1999), the Department of Administration's newsletter.

Governor Cecil Underwood recently announced an expansion of the Public Employees Day Care Center in order to double its enrollment capacity. This is good news for State employees, since they are given priority on availability at the facility.

The center is licensed to care for children ages 3 months to 5 years. By renovating the center's second floor, enrollment can increase from 70 children to approximately 140.

"The expansion of our Public Employees Day Care Center is a win-win situation for everyone," the Governor said. "State employees are offered access to high-quality, affordable child care services at a conve-

nient site, and the State does not have to bear the cost of staff salaries, training, equipment, and food."

The project will include installation of a sprinkler system throughout the building, and renovation of the first floor kitchen and second floor classrooms, which have been used for storage and as offices for the State Fire Marshal. General Services Division employees are providing the labor for the project, which is to be completed by September.

This renovation will permit an increase in the number of infants the center can accept. The center has a long waiting list for infants, which is the age group most often requested.

The center opened on June 13, 1991. It is a cooperative venture between the State of West Virginia and Kanawha County Schools. The State provides the physical space and the school system provides the staff through the George Washington Community Education Center.

Currently, 50% of those enrolled are children of State employees. The remainder belong to county employees and the general public.

If you'd like more information on availability and rates, call the Public Employees Day Care Center at 348-6580.

WVU Offers Healthcare Administration Certificate

Contributed by Pam Cutright of the Kanawha Valley Extended Learning Office.

West Virginia University (WVU) will offer the Graduate Certificate in Healthcare Administration in Charleston, beginning this September.

According to Dr. Nancy Adams, faculty coordinator of the program, "Our Healthcare Administration Certificate will give practitioners both broad perspective on the profession today and the leadership and management skills they need for success in it. It is designed to accommodate those of all experience levels, newcomers and seasoned veterans alike."

The program builds on the 3 foundation courses: Health Systems, Healthcare Organization and Operations, and Healthcare Finance. Core courses are followed by 3 one-credit elective courses. Electives are topical and may include such themes as managed care, rural healthcare, organizational performance, and marketing, among others. Completion of the program will take about a year and a half.

Classes meet 4 weekends during a term on Friday nights from 6 to 9:30 P.M. and Saturdays from 9 A.M. to 5 P.M. Professionals will find this compressed format highly compatible with their busy work schedules.

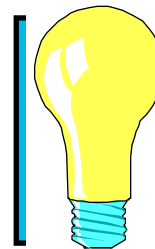
Health Systems, the first course of the Certificate series, is scheduled for September 17-18, October 8-9, November 12-13, and December 3-4. It will look into the development, structure, and current issues of healthcare in the United States, notably health promotion, disease prevention, epidemiology, and delivery and utilization of services.

Graduate study with WVU is open to persons who have completed the baccalaureate program or who are within 12 credits of doing so. To obtain more information about the Graduate Certificate in Healthcare Administration program or for assistance with the application and registration procedures, call Pam Cutright, Coordinator of the Kanawha Valley Extended Learning Center, at 304/558-3471 or e-mail her at pcutright@wvu.edu.

State Bond Rating Upgraded

Good news for State taxpayers! Our bond rating has been upgraded from A1 to Aa3 by Moody's Investor Services. This upgrade means that the State will pay lower interest rates when it borrows money or issues any new bonds, resulting in an approximate \$10 million savings over the next couple of years. It also means that the State can purchase bond insurance at a lower premium, or perhaps be exempted from purchasing the insurance altogether.

State officials, including Governor Cecil Underwood and Department of Administration Cabinet Secretary Joseph F. Markus were very pleased with the upgraded status.



Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

Five Quick Ways To Make Exercise A Part Of Your Day

The following can be found on the internet at www.minorities-jb.com/foryour/exercise.html and is reprinted from that source.

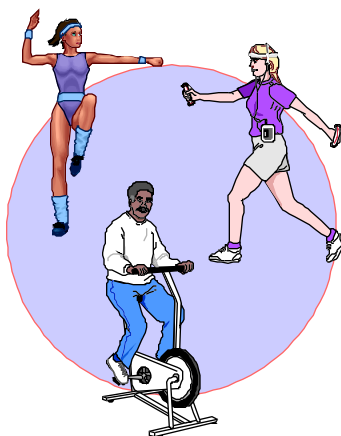
Since the U.S. Surgeon General's Report on Physical Activity and Health was released in the summer of 1996, recognition of the benefits of moderate exercise has hit mainstream America with a powerful wake up call.

According to literature released by the U.S. Department of Health and Human Services, regular physical activity performed most days of the week reduces the risk of:

- ▶▶ dying prematurely
- ▶▶ dying from heart disease
- ▶▶ developing diabetes
- ▶▶ developing high blood pressure
- ▶▶ developing colon cancer

In addition, moderate exercise is credited with:

- ▶▶ reducing feelings of depression and anxiety
- ▶▶ controlling weight
- ▶▶ building and maintaining healthy bones, muscles, and joints
- ▶▶ improving the quality of life among older adults
- ▶▶ promoting psychological well-being



“With so much to gain from regular physical activity, it's disturbing that 60% of Americans are not regularly active,” states fitness expert Judi Sheppard Missett, founder of Jazzercise, the world's largest dance fitness organization. “I think people are intimidated by the media images which portray exercise as extremely strenuous. You don't have to be training for a marathon to reap the benefits. Recent studies show that even mild activities, such as gardening and house cleaning, are capable of improving one's health.”

The Surgeon General's report recommends engaging in a moderate amount of physical activity on most, if not all, days of the week. Missett offers these 5 suggestions for making exercise a part of your day:

1. **Walk, walk, walk.** Before you grab your car keys and head to the corner store for that gallon of milk — stop! Why not walk? Ditto for the next time you and your co-workers head to your favorite lunch spot 3 blocks away. Slip a comfortable pair of shoes in your bag, and keep your eyes open for any opportunity to get to your next destination under your own power.
2. **Who needs a stair climber?** Institute a self-imposed ban on elevator use. There's nothing like climbing a few stories to raise your heart rate and strengthen those legs!
3. **Play with your kids!** Ride your bikes to the playground, play tag, swing on the jungle gym. Kids benefit from physical activity as much as adults, and it's a great way to spend quality time together.
4. **Add a 10-minute stretch to your morning regimen.** Flexibility improves your range of motion, reduces the risk of injury and can be a wonderfully refreshing way to start your day. After a warm shower, perform gentle stretches for your legs, arms, neck, and back.
5. **Schedule your workouts...** and put it in writing! The best intentions to exercise are often sidetracked if you don't set a specific time or place. “Schedule your exercise sessions as you would any other important appointment,” suggests Missett. “After all, it's your health you're dealing with!”

DOP COURSES FOR AUGUST: (558-3950, ext. 235)

Date/Time	Course Title
19 9 A.M.-Noon	Understanding the Grievance Procedure
20 9 A.M.-Noon	Assertiveness the Third Way
24 9 A.M.-Noon	Drug-Free Workplace (in Morgantown)
27 9 A.M.-Noon	Listening: More Than Just Hearing
31, 9 A.M.-4 P.M.	Anyone Can Lead

BACK TO SCHOOL FAIR

Wednesday, August 11, 1999
8:30 A.M. to 4:30 P.M.

The Back to School Fair is an excellent chance for State employees to meet and discuss returning to school with many of the local colleges, universities, and vocational schools. The event is being held to raise awareness for the State's tuition reimbursement policy and to make some information on the schools available to anyone who is interested. Twelve schools are scheduled to participate. Any State employee who desires a chance to return to school is invited to attend.

State Capitol Conference Center
Conference Room C

FOR STATE EMPLOYEES

LANDSCAPE – Continued from Page 1

teams worked so hard and still had fun. Ok, wielding the shovel and pickax to dig in that hard ground and planting in the heat and rain wasn't so terrific, but just look at the beautiful results. All the teams are winners!" said Brenda Tolley, secretary to the director and a member of the winning team. A cookout was held June 3, 1999 to honor the hard work done by the teams.



First Place - Area One

Greta Hicks, Deloris Wilder, Debi Conrad, Brenda Tolley, and Velma Moore



Tied for Second Place - Areas Four and Fifteen

(Area Four) Robin Wilson, Shirley Klein (Rhonda & Charlotte), Deena Ellison, Steve Young, and Matt Sturgeon

(Area Fifteen) Marcia Van Hook, Peggy Thompson, Judy Reed, Dottie Summerfield, John Lutz, and Karen Casto



Third Place - Area Thirteen C

Karen Shuck, Patrice Weirick, Jan Lay



Fourth Place - Area Three

Fran Ingram, Jason Thompson, Carien Jordaan, Yvonne Sutherland, Scott Neal, Joel Scarlato, Charlie Farmer, and Peggy White

Judges from the WVU Extension Service Master Gardening Program:

Rita Edwards Dee Smith Diane Hackney Oliver



First place winners in the DRS Beautification Contest were: Greta Hicks, Deloris Wilder, Debi Conrad, Brenda Tolley, and Velma Moore

Pencil In ...

Congratulations to the **State Auditor's office softball team.**

They played the Charleston Police Department on Saturday, June 5 in a charity game to raise money for the Special Olympics. The Auditor's Office won by a score of 13-8, but more importantly, the event raised \$3000 for the cause.



On July 20, 1999, athletes and others will gather in Chicago to celebrate 30 years of progression and a look forward to the future.

Special Olympics has program offices in every state in the United States and over 143 countries worldwide. Visit their website at: www.specialolympics.org.

DON'T FORGET ...



that the State of West Virginia has an online telephone directory. You can look up the numbers of State agencies and personnel at: <http://www.state.wv.us/scripts/phone/default.cfm>



YOUR TICKET TO RIDE

Take the attached ticket to Paramount's Kings Island between **July 17 and 25** and enjoy both the big park and our 30 acre water park for only

\$21.99

Two Great Parks One Great Price!

Public Employee Days West Virginia July 17 - 25, 1999

DISCOUNT COUPON (\$34.99 Value)

DISCOUNT COUPON (\$19.99 Value)

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SAVE \$13.00 (per adult)

This coupon admits up to four adults at the reduced rate of **\$21.99 per ADULT** (ages 7-59).

This coupon admits up to two children or seniors at the reduced rate of **\$17.99 per CHILD or SENIOR** (ages 3-6 or 48" & under, or age 60 & over).

Visit the park after 4:00 p.m. the night before your full day visit for only \$10.00 per person. Must purchase next day admission with the \$10.00 offer. Offer valid dates on ticket.

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