

Quotes, Notes & Anecdotes

A Monthly Employee Newsletter Published by the Department of Administration

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Employee of the Month

CPRB's Velma Totten Takes on New Tasks with Eagerness

VELMA TOTTEN, a Retirement Advisor for the Benefits Section of the Consolidated Public Retirement Board, has been selected as the department's *Employee of the Month* for June.

A 35-year employee of state government, Velma works daily assisting potential retirants in acquiring estimates on their retirement and processing their documentation. She also calcu-

lates and monitors the retirement files.

One of her co-workers said, "During Velma's service with state government, she has worked for the board in various positions."

Another co-worker added, "She accepts new job duties with a good attitude and does her work to the best of her ability. She has dedicated much of her life to her job and to the state."

In Velma's spare time, she enjoys relaxing at the beach, boating, camping, walking, shopping and working in her flower garden.

Please feel free to join Velma's friends and co-workers at a special ceremony in her honor at 11:30 a.m. on Friday, June 3, 2005, in the lower rotunda of the State Capitol Building.



VELMA TOTTEN
June Employee
of the Month

Senate Bill 147 Addresses Meth Issue in State Prosecuting Attorneys Institute Applauds Legislation

Methamphetamine, a highly addictive drug, affects all of our lives, whether we hear about it in the news or see its effects on our community. On the street, this drug is known as "meth", "speed", "crank", "ice", and even "Sissonville Slim-Fast." It can be smoked, snorted, injected and eaten. It has many names, but its results are the same: **death**.

Methamphetamine use has been determined an "epidemic," a word used by law enforcement, doctors, child protection providers and others who get a daily reality check of what this drug is doing.

Beginning on the west coast, this epidemic has swept fast across the nation and is here in West Virginia. What are we doing about this dilemma?

Senate Bill 147 was passed during the 2005 West Virginia Legislative Session, which deals with restricting the accessibility

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[Pictured] This poster shows the affects of meth use over a short period of time, transforming a prom queen to a meth addict.

Sneak Peek INSIDE...

- ◆ Kyle Schafer Joins Department as State's Chief Technology Officer
- ◆ PEIA Addresses Alarming Stats on State's Obesity
- ◆ Vacationing Ideas Close to Home
- ◆ General Services Oversees Various Projects at State Capitol
- ◆ Administrative Notes

Kyle Schafer Joins Department as Chief Technology Officer



ABOVE: As the state's chief technology officer, Kyle Schafer's responsibilities include overseeing the Office of Technology, which was reorganized under the Department of Administration during this legislative session.

BELOW: Gov. Joe Manchin is pictured at the bill signing ceremony for Senate Bill 147, which provides more restrictions on the ingredients used in making meth.



Since his first day on the job on May 10, Kyle Schafer, the state's chief technology officer, has maintained a busy schedule. Overseeing the Office of Technology which was reorganized under the Department of Administration as a result of House Bill 2891 during the 2005 legislative session, Kyle's first week consisted of meetings with the Governor as well as the chief information officers of the various state agencies to gain an understanding of their technology needs.

A native of Kenova, West Virginia, Schafer transferred to Columbus, Ohio, four years ago while working

as director for technology, infrastructure and design for NiSource. He openly admits what most attracted him to accept this job was being able to bring his family back to West Virginia.

"Ever since we moved to Columbus, my wife and I have been looking for an opportunity to come back to our family and friends," said Schafer. "At

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Meth Use in WV Continued from Page 1

of certain ingredients and assisting law enforcement. The law restricts its accessibility by limiting access to ephedrine, pseudoephedrine or phenylpropanolamine, (essential ingredients in making meth and found in over-the-counter cold medicines) by mandating it be a "behind the counter" product and requiring a signature and proof of identification for those requesting the drug. It also limits the amount of monthly purchases to only nine grams per person and is electronically monitored statewide. When Oklahoma passed a similar law, officials reduced the number of labs by an estimated 80 percent.

"The enforcement aspect of

the bill says if you get caught trying to buy more than nine grams a month, it is a misdemeanor with a maximum time of one year in jail and not more than \$1,000," said Philip Morrison, Executive Director of the West Virginia Prosecuting Attorneys Institute [WVPAI]. "The second time caught trying to purchase more than nine grams, it becomes a felony with one to five years in jail. If you're caught with pseudoephedrine in an altered state (crushed as used in making meth), it is two to ten years in jail. We don't even have to charge people with making meth, but can charge them with possession of the raw or altered state of pseudoephedrine."

Pleased with the outcome of the bill, Morrison said the Senate added measures dealing with children exposed to meth labs. "These people stay up for days when they're on it and then sleep for days coming off of it. The children are left running around with no supervision exposed to these toxic chemicals," said WVPAI Victims Advocate Andrea Darr. "It is chemistry without chemists."

How can a drug so dangerous and addictive be so enticing? Methamphetamine is a powerful stimulant that affects the central nervous system. Experts say between the first and third times of use, the person is hooked.

When using meth, one's heart rate goes dangerously wild, playing dangerous tricks on the mind and body, pushing the person into a hyperactive frenzy. Dramatic weight loss is a result of usage as is the rotting of teeth, the malfunction of vital organs and skin discoloration. Statistics show that the life expectancy of a habitual meth user is five years.

The inexpensiveness and accessibility are other reasons meth is enticing. Prior to the passage of the legislation, it was easy to make. A variety of recipes can be obtained with minimal effort and the factories, or meth "labs", are built inside homes, barns, garages, motel rooms and vehicles...it is accessible.

For more information, please visit the National Drug Intelligence Center's website at www.usdoj.gov/ndic or call (814) 532-4541.

PEIA Addresses Alarming Statistics on State's Obesity

About 60 percent of American adults are either overweight or obese, with recent studies suggesting about four million Americans are extremely obese with a BMI of at least 40.

And, the problem doesn't stop at the scale. Excess pounds increase the risk of diabetes, high blood pressure, heart disease and other health problems. Doctors warn that obesity increases the risk of death twofold, mostly from heart disease.

Obesity is defined as having a body mass index (BMI) level of 30 or more or at least 90 pounds over weight. According to the West Virginia Behavioral Risk Factor Survey Report, **West Virginia holds the nation's highest rate of obesity occurrence.**

"This is not a culture for exercise. You have access to outdoor activities and to physical activities but people just don't take advantage of it," said Dr. Steven Artz, state chairman of the West Virginia Chapter of the American Association of Clinical Endocrinologists.

How can this problem be addressed? While genetics are most responsible for where the body stores fat, the ultimate responsibility of ridding ourselves of it lies on the individual.

Government programs offer a multitude of ways to help rid ourselves of excess pounds

and live healthier lifestyles. For example, the Public Employees Insurance Agency (PEIA) is educating its members by focusing more on lifestyle changes rather than diet. The changes in lifestyle include portion control, healthier foods and physical activity.

"PEIA's portion control program encourages people to consider the amount of food they eat, especially when eating on the run as many of us do to keep up with our busy schedules," said Nidia Henderson, PEIA's wellness program manager. PEIA offers information on their websites, www.peiapathways.com or www.wvportions.com, to assist its members to achieve their personal wellness goals.

For instance, one menu category will help you determine your Body Mass Index (BMI), offering insight into how weight affects the health of both men and women. Body Mass Index is one of the quickest and easiest ways to determine body fat composition. PEIA advises that BMI is only one guideline you can use to determine your current fitness level.

Another menu category, called **Rate Your Plate**, asks a series of questions relating to eating habits and offers advice on changes that can be made that can

make a big difference in your diet.

The **Burn it Off** category offers insight on the amount of exercise that it takes to 'burn off' the calories that are contained in certain food items.

The **Portion Plate** section highlights the foods you should eat and how much of each.

Another section called **Soda: The Liquid Candy** displays how much sugar you consume based on how many sodas you drink.

The **Basics of Healthy Eating** encourages the benefits of eating at home rather than dining out. Other strategies include: Walk this Weigh; Chug a Jug; Get More Energy; Consumer Smart; The Good, the Bad, and The Ugly; and, Ten Fast Food Winners.

These tools are all helpful; however, the most important **FIRST** step is making the decision to try to lose weight. Then, you must seek help on the best way to achieve that goal and stick with it. Depending upon the amount of weight you want to lose, the challenge needs to be taken in baby steps.

Little by little, you can make changes that will make a big difference in the quality of your life. By eating smaller portions, drinking fewer sodas, walking a mile each day, parking further from the store, taking the steps instead of the elevator....It all adds up!



Taking a simple dietary survey at www.wvportions.com will help you discover easy ways to make small changes that result in big benefits to your health.

Quotes, Notes & Anecdotes is published by the West Virginia Department of Administration

Joe Manchin III
Governor

Robert W. Ferguson Jr.
Cabinet Secretary

Diane Holley
Public Information Officer/Editor

Special Thanks

Jim Burgess
Debbie Harrison
Nidia Henderson
Philip Morrison
Kaye Parks
Sandy Singleton
Matt Turner

A Healthier Lifestyle is Just a Click Away...

Visit PEIA's informative websites that offer helpful ideas to a healthier lifestyle for YOU!

www.peiapathways.com

www.wvportions.com

Vacation Ideas...Just Outside Your Door



This year marks the 100th anniversary of Shay steam engine #5 at Cass Railroad. It's a perfect time to discover Pocahontas County.

Important Notice for Vacationing in WV

This summer the following parks and forests are offering non-weekly cabin rentals during the summer season: Cabwaylingo State Forest, Greenbrier State Forest, Seneca State Forest, Kumbrow State Forest, Lost River State Park and Cass Scenic Railroad State Park company houses.

Multi-day stays may be required but the weekly requirement has been waived for this trial period. The weekly rental policy still applies at parks not listed above. For more information, call 1-800-CALL WVA and ask for the individual state park or visit its website at www.wvstateparks.com.

[Editor's Note: Vacation season is upon us. As an option, consider a West Virginia getaway. For the next two issues, we will highlight suggestions made by the Division of Tourism.]

By Matt Turner, Division of Tourism

With gas prices at record highs, Americans may be rethinking their typical long-haul summer vacations and looking for something more affordable and closer to home. West Virginia offers a number of vacation ideas for residents and budget-conscious travelers as well. Here's a few ideas to get you started:

Cass Scenic Railroad - Shay Locomotive #5

This year marks the 100th anniversary of Shay steam engine #5 at Cass Railroad in Pocahontas County. While you can catch a steam-powered train ride up Cheat Mountain any day during the summer season, Shay #5 is scheduled to pull passengers on Sundays and Mondays this year.

Throughout the season, guests enjoy special dinner trains, murder mysteries and special events from Railfan Weekend (May 20-22) to the #5 centennial celebration in August. For more details or for a complete schedule, visit its website at www.cassrailroad.com.

Family adventure continues on the Greenbrier River Trail, whose 76 miles of smoothly graded and maintained pathways run from Cass to North Caldwell in Greenbrier County. Outfitters provide rent bikes and shuttle service for bicyclists or you can enjoy a trail ride by horseback. Enjoy the solitude and scenery by taking a stroll on the trail.

Pocahontas County is also home to Snowshoe Mountain, which in the last few years has become a four-seasons resort with its own village atop the mountain.

The National Radio Astronomy Observatory at Green Bank is home to the world's largest moving structure on land, the Robert C. Byrd

Kyle Schafer Continued from Page 2

that time, we still retained our home here knowing that we'd be coming back."

A Marshall University graduate with a bachelor's degree in computer science and a masters degree in technology management, Schafer has two sons, one currently attending Marshall University, and the other a high school senior at West Jefferson High in Columbus who also plans to attend Marshall in the fall.

Schafer has many plans in directing the state's technological efforts. "First of all, the term IS&C is going to be done away with as a result of House Bill 2891. This is more or less a consolidation of the IT organizations within the Governor's Office of Technology and IS&C. My focus will be on standardization, centralization, consolidation and integration of the state's information technology assets."

At this time, Schafer explains there is equipment within various agencies that is being utilized less than 20

percent, while other agencies have no resources and are looking at making purchases for equipment. "My goal is to utilize those assets, squeeze out the inefficiencies and reduce the total cost of IT for state government," he said.

At NiSource, Schafer was responsible for all aspects of the organization's computing and telecommunications technical environment while managing a technical team of 330 information technology professionals.

"Kyle Schafer is a talented and driven leader who brings a wealth of experience with him to the management of the state's technology infrastructure," said Governor Manchin. Cabinet Secretary Ferguson is pleased to welcome Schafer to the department. "Kyle brings the technical expertise that the state needs in bringing our resources and applications into the 21st century," he said.

Schafer said everyone he has met has been friendly and receptive of his ideas. "I'm very much looking forward to this opportunity and, hopefully, my skill set will be advantageous to the State of West Virginia," he said.

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1-800-CALL WVA
info@callwva.com
www.callwva.com

General Services Oversees Various Projects at the Capitol to Perfection

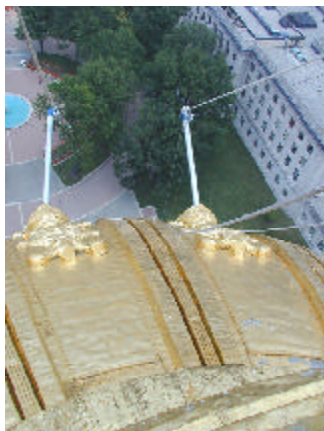
With all the projects the General Service Division oversees on and off of the State Capitol campus, the division's staff has little time to rest. Quite understandably, the projects almost always come with hefty price tags.

"The Capitol Complex is difficult to maintain because of its age," said Jim Burgess, the division's deputy director. "There is always something that needs to be done. There's a high price to pay in maintaining a building of this magnitude."

Burgess stresses the importance of preventative maintenance. With the Capitol being over 75 years old, Burgess claims it would take a billion dollars to construct it today.

One of General Services' most visible projects is the dome. A 2004 study on the dome revealed deterioration. Rather than focusing on the exterior of the dome, General Services wanted to ensure that it is also structurally sound.

This project will take about 18 months and \$5,000,000 to complete, but projections show the contractor is ahead of schedule. Currently under



Capitol Dome

cover, the workers are performing the gilding process. Burgess said when the cover comes off, there will be a beautiful product.

Another project is the parapet wall, the outside trim along the roof line of the Capitol Building. Burgess explained that water infiltration has been a problem. When the actual parapet wall was built, the contractor did not install flashing, the sheet metal for reinforcing and weather-proofing the joints and angles of a roof. "I believe this oversight is the cause of many of our leakage problems in the main unit. We are removing the parapet wall and existing stone to install the flashing. That's the crane you see out on the campus."

The energy-savings infrastructure project anticipates substantial savings for the state. "We put together an energy contract," he said, "which consists of evaluating savings for things like heating, cooling, lighting, etc., and retrofitting new equipment so we will have a cost savings that we can use to pay back the cost of installing it." This project carries close to a \$15 million price tag; therefore, a good preventative maintenance program needs to be in place once it is implemented.

Burgess said they are now in the process of locating a site for a new parking garage. In 2004, the Building 2 Parking Garage on California Avenue and the Regional Jail Building on Jefferson Street had to be

demolished. Renovating the parking garage would have cost the state about \$1.3

million, adding only an additional life cycle of 10 to 20 years. Weighing out these factors, the \$300,000 cost to surface a parking lot seemed more practical until a future site could be decided.

Maintaining and preserving the Capitol Complex are not the only concerns of the General Services Division. Other projects arise as a result of legislation. The ADA ramp on the East Wing was recently completed making the Capitol more accessible to the handicapped. A somewhat smaller project, it took 12 months at a cost of \$600,000.

Other projects which require the General Services Division's involvement include: One Davis Square, an 87,000 square foot remodeling job; the \$3.2 million construction project in Weirton; the construction of the \$6 million Huntington Building; and the recently completed \$20 million Department of Environmental Protection building in Kanawha City.

"The new administration, including Cabinet Secretary Ferguson, is very supportive of these projects," said Burgess. "Everything is going well and some of the projects are ahead of schedule."



Parapet Wall on State Capitol



ADA Walkway on East Wing of State Capitol



Parking Building Demolition



One Davis Square in Downtown Charleston

Personnel Board Approves Revised Supervisor/Manager Training Policy

In April, the State Personnel Board approved a revision of the *Supervisor/Manager Training Program Policy*.

The revised policy updates the training requirements for supervisors and managers, and the time frames by which the training is to be completed. The policy applies to supervisors and managers in all affiliated agencies, without regard to prior experience, years of service, or reporting level in the organization. The revision includes definitions of manager and supervisor for the purposes of the policy and provides guidance to employers regarding coverage, appointing authority responsibility, and reporting responsibility. The policy revisions are effective June 1, 2005.

A copy of the revised policy is available at the Division of Personnel's website at www.state.wv.us/admin/personnel/emprel/POLICIES/Policies.htm.

In addition, the Board approved the revision of the Information Systems Coordinator class series by redefining the class specifications for the 1 and 2 levels and establishing the Information Systems Coordinator 3 job class in pay grade 15 (\$27,252 - \$50,400), effective June 1, 2005.



Welcome!... to the employees who recently joined our department: *Tom Lucas* and *Juan Haynes* (General Services); *Emily Washington* (IS&C); and *Dan Reese* (CPRB).

Wishing You Well... to General Services' *Darrell Utt* and CPRB's *Sharon Pruett* who recently retired from state government!

Best Wishes... to the following employees who recently resigned from the department: *Kim Page* (IS&C) and *Kim Brown* (CPRB).

Hats Off... to *Samantha Anderson* (CPRB) for being promoted from an office assistant II to an imaging operator and to *Erika Vance* (Purchasing) for being promoted from an office assistant II to an office assistant III.

Happy Birthday, West Virginia!... The state of West Virginia will be celebrating its 142nd birthday on June 20!

PEOPLE TALK

Graduation... Congratulations to Personnel's Jim Well's son, Jared, who graduated with a major in business communication from Calvin College in Grand Rapids, Michigan, in May. He was selected as the "Student Leader of the Year." Best wishes to Jared and all our employees' children who were in the CLASS OF 2005!

Congratulations!... Ginny Fitzwater of the Division of Personnel recently achieved her masters degree in human resource management from the University of Charleston.

HAPPY BIRTHDAY ...in June

<p>1 Mark Elkins IS&C Anthony Thaxton Gen. Svcs. Bill Thaxton Gen. Svcs.</p> <p>2 Violet Burns Gen. Svcs. Robert Miller BRIM</p> <p>3 Joe Hermsdorfer IS&C Houston Woodson CHIP Mary Youngblood Personnel</p> <p>4 Amy Leslie Pros. Atty. Institute LeAnn Neccuzzi Finance Amy Newman IS&C Pat Quinlan Personnel</p> <p>5 Jonathan Nida IS&C</p> <p>6 Joshua King Gen. Svcs.</p> <p>7 Ellen Akers CPRB John Carter Gen. Svcs. Susan Evans Personnel Marjorie Wilson ... Public Defender</p> <p>8 Jennings Ashby Gen. Svcs. Moses Gant Gen. Svcs. Kim Patrick IS&C Yolonda Tyler PEIA</p> <p>10 Sherri Brown IS&C Judy King CPRB Mark Neil Pros. Atty. Institute Marie Thomasson Personnel</p> <p>11 Ralph Nottingham Gen. Svcs.</p> <p>12 Charles Britt Gen. Svcs. Victoria Ross CPRB</p>	<p>13 Darla Blackmon Gen. Svcs. John Wrightsman IS&C</p> <p>14 Gary Gunnoe IS&C Pam Jarrell Purchasing Ed Kornish Pros. Atty. Institute</p> <p>16 Michael Gray Personnel Ken Huffman Gen. Svcs. Chester Popham Purchasing</p> <p>17 Dan Shriver IS&C</p> <p>18 Susan Estep CPRB Carolyn Wiesen PEIA</p> <p>19 Louis Pishner Gen. Svcs.</p> <p>20 Syble Atkins IS&C Freda Cogar Gen. Svcs. JoAnn Edwards CPRB</p> <p>21 Lara Carder Personnel</p> <p>22 Deanna Karlen IS&C Alice Thibodeaux Purchasing</p> <p>24 Demeire Gist IS&C</p> <p>25 Mart Denison IS&C</p> <p>26 Angela Long CPRB Dennis Stewart Gen. Svcs.</p> <p>27 Eric Dye IS&C Richard Harris Gen. Svcs.</p> <p>28 Robert Jenkins IS&C</p> <p>29 Roger Haynes Gen. Svcs.</p> <p>30 Samantha Anderson CPRB Twila Ruggieri PEIA Linda Snell Gen. Svcs.</p>
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