COVER:
My Old Kentucky Home
Page 4

November 2006

Unbridled VOICE

Commonwealth of Kentucky
Office of the Governor

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November 2006

The holiday season is a time spent with friends and family in joy and celebration. It also is a time to give thanks for the blessings we experience each day of the year.

Kentucky is blessed with compassionate and giving state employees. One way you share with others is through your donation to the Kentucky Employees Charitable Campaign, which closed with more than $1.3 million raised for Kentucky charities.

Yet, KECC is not about how much money can be collected, but about reaching out to Kentuckians who need the presence of hope in their lives. I wish to thank you for your generous contribution to KECC. I also wish to thank the men and women who coordinated the campaign for their cabinet, office, department or other agency. During this special time — and throughout the year — Glenna and I send our thoughts and prayers to the state employees who serve in the Kentucky Army and Air National Guard and in the United States Armed Forces.

Whether in Iraq, Afghanistan or helping their neighbors in Kentucky, we are grateful for our soldiers' courage and commitment and the example of service they provide for us all.

Our holiday wishes extend to their families. Staying behind when a family member is overseas is a difficult burden to bear, particularly at Christmastime. We thank you for your sacrifice and your support of those serving in Operation Iraqi Freedom and Operation Enduring Freedom. We ask that state employees pray for our military families and the protection and safe return of their loved ones.

We are fortunate to live in such a place as Kentucky. Our Commonwealth is blessed with natural beauty, rich history and citizens who are generous with their time and talents. As the New Year approaches, let us be reminded of our obligation to find additional ways to share our blessings with others.

Happy Holidays,

Ernie Fletcher, Governor
http://governor.ky.gov/

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State Employee Newsletter November 2006

Featured Articles

GOVERNOR'S LETTER

2 | Happy Holidays

Holidays are time to give thanks for blessings

COVER STORY

4 | My Old Kentucky Home: Dresses for the Holidays

Renovation complete on historic landmark

EMPLOYEE INTEREST

7 | Survivor Tina Wesson Shares her Time & Talents

"Survivor" contestant talks about her experiences

GET HEALTHY KENTUCKY!

12 | Lung Cancer is a Serious Matter

One of the best ways to prevent lung cancer is to be smoke-free

SPOTLIGHT

13 | State Librarian Makes History

Longest serving librarian in state history retires

Sections

Governor's Letter 2
Cover Story 4
Commonwealth News 5
Shop Talk 10
Get Healthy Kentucky! 12
Spotlight 13

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Kentucky Employee Suggestion System

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PERSONNEL.KY.GOV

Unbridled VOICE

My Old Kentucky Home: Dressed for the Holidays

Step back in time to the days of celebrated song writer, Stephen Foster, the man who penned Kentucky's state song, "My Old Kentucky Home." The age is Victorian, and Federal Hill Mansion at My Old Kentucky Home State Park in Bardstown is newly renovated and welcoming holiday visitors.

The newly renovated foyer in the Federal Hill Mansion at My Old Kentucky Home State Park in Bardstown.

Governor Ernie Fletcher celebrated the completion of a $1 million interior renovation project on November 1.

"My Old Kentucky Home is so integral to our collective memory — and our identity — that we sent it out to the nation on the back of the quarter dollar," Governor Fletcher said during a ceremony at the park. "It is a recognized symbol of Kentucky's heritage and tradition."

This is the first major renovation of the Georgian-style mansion since 1977. The goal was to make the home look as it did in the 1850s when Foster wrote his famous song. The improvements include new interior finishes, reproduction wallpapers, carpets, drapery treatments and bed hangings.

The renovation, made possible by an anonymous donor, began in 2004 and was carried out by a group of expert artisans. They include Matthew J. Mosca, a consultant on historic paint finishes from Baltimore; Jim Yates, a consultant on wallpaper from Johnson City, Tenn., who has installed wallpaper at the White House; Kevin and Marva Hereford, consultants on the draperies and bed hangings from Milton, Ky.; Todd Deetsch, a consultant on grain finishes in Middletown, Ky.; and Ron Langdon, the home's curator.

Sen. Dan Kelly (R-Springfield) said, "This is another example of a local community taking advantage of its heritage to promote tourism in Kentucky, and I commend them for their efforts."

"My Old Kentucky Home is not only a historic landmark, but represents the true spirit of all Kentuckians. This renovation lends all citizens a key to our Commonwealth's rich past, which will help lead us into the future," said Rep. David Floyd (R-Bardstown)

Construction of Federal Hill was started by John Rowan in 1795 and was completed in 1818. The state took control of the home in 1922. It has undergone renovations in 1926, 1950 and 1977.

My Old Kentucky Home will be holding its annual candlelight tours Nov. 24-25, Dec. 1-2 and Dec. 8-9 this year. The tours are led by guides dressed in Christmas period attire. The house is decorated for the holidays as it would have been in the 1800s. Guests are served hot apple cider, cake, cookies or other refreshments after the tour. For information, contact the park at 502-348-3502.

For a complete listing of all holiday park events, visit, http://parks.ky.gov/eventcalendar/holidayv3.htm

The 285-acre park also has an 18-hole golf course, campground, picnic area and a summertime theatrical production – "The Stephen Foster Story."

Agriculture

Investing in the Future

More than $3 million was approved for agricultural investments across the commonwealth at the Kentucky Agricultural Development Board meeting this fall. The money will go toward state and county projects geared to agricultural development and diversification.

Projects funded include building commercial grade kitchens to enhance agri-tourism competitive awards programs to support for the growth of horticulture on family farms through on-farm demonstrations and product market development.

Kentucky Equine Industry Thriving

Kentucky, long viewed as the horse capital of the world, is maintaining its hold on the top spot, according to the Kentucky Horse Racing Authority (KHRA) 2004-2005 Biennial Report. The report, released by KHRA, provides detailed information on pari-mutuel wagering, racetrack attendance, breeding, foaling and sales.

To view the entire report, visit http://www.khra.ky.gov

Economy

Natural Gas Prices: Lower This Winter

Kentuckians will be paying significantly less for natural gas at the start of the 2006-2007 heating season than they paid a year ago, according to the Kentucky Public Service Commission (PSC).

"Natural gas production from the Gulf Coast, which supplies most of Kentucky's gas, is back to normal following last year's hurricanes, and the market has stabilized," PSC Chairman Mark David Goss said. "As a result, wholesale gas prices are lower than they were at this time last year."

Natural gas prices began rising steadily in 2003. The sharpest increase – about 40 percent – occurred a year ago, after hurricanes Katrina and Rita damaged production and processing facilities on the Gulf Coast. The average cost this year is down $4.30 (33 percent) from last year. Kentucky's five major natural gas distribution companies expect their wholesale cost in November to be on average $8.65 per 1,000 cubic feet.

To help conserve natural gas:

- Adjust thermostats to 68 degrees (most users)
- Adjust water heaters to 120 degrees (most users)
- Request an energy audit (most are free or low cost)
- Use caulk or weather-stripping to seal cracks around windows and doors
- Add insulation in attics, crawl spaces and walls
- Clean or replace furnace filters monthly to improve airflow and efficiency

Employee's Fuel Saving Suggestions

After the Personnel Cabinet issued a letter on ways to conserve fuel with suggestions from the Governor's Office of Energy Policy, many of you responded with cost-saving suggestions of your own:

- Telecommuting
- Four-day work week, 10 hours a day
- Flex schedules
- Job-Sharing
- Using less drive-through service to reduce idling
- Check your vehicle owners' manual before using oils with "energy conserving" properties on the API label. These oils are not suitable for some vehicles and can cause clutch failure, primarily those vehicles equipped with a wet type clutch system

For more cost and energy-saving tips, visit http://energy.ky.gov/

Community

Kentucky State Police Announce Civilian Employee of the Year

Congratulations to Frankfort resident Dorothy Luckett, named 2006 Kentucky State Police Civilian Employee of the Year. A 29-year veteran of the agency, Luckett is a native of Charlestown, Maryland, and has worked for Kentucky state government for more than 33. Luckett currently serves as program coordinator for the Uniform Crime Reporting Section within the Criminal Identification and Records Branch.

(Left to right) Justice Cabinet Secretary Brig. General Norman Arflack, award winner Dorothy Luckett and KSP Commissioner Jack Adams.

"Without question, Ms. Luckett is known throughout the state law enforcement community as the expert in crime reporting," said Capt. C.L. Cross, branch commander. "Her dedication and professionalism are borne out by numerous letters, emails and phone calls from around the state praising her responsiveness and efficiency. She was instrumental in production of this year's issue of the Crime in Kentucky statistical fact book, which is published by this branch and widely used throughout the state. Ms. Luckett has earned this recognition for her high level of integrity and professionalism."

22 other KSP civilian employees were also recognized for their performance.

A Spooktacular Night

More than 1,300 trick-or-treaters and friends visited the Governor's mansion for a spooktacular fall evening on October 31. Many state volunteers came dressed as puppets, fairies and other characters as they passed out candy and treats to children from tents decorated outside the mansion. Governor and Mrs. Ernie Fletcher posed for photos too.

Elijah Best and Arlanda Tyler inside the Governor's Mansion during trick-or-treat at the Governor's Mansion.

Fallen Firefighters Memorial

On November 4, hundreds gathered at Juniper Hills Park in Frankfort to honor the lives and sacrifices of the state's firefighters who gave their lives in the line of duty over the past year. The 8th annual service was held at the site of a memorial listing the names of Kentucky's deceased firefighters. This year, three names were added to the memorial.

"We are continually inspired by the heroic sacrifices of our first responders, who in times of crisis provide our communities with unity, focus and strength," said Governor Ernie Fletcher. "I salute the brave men and women who have lost their lives in service to their community and I commend all of our state's firefighters for the work you continue to do, day in and day out. The sacrifices of these courageous men and women will never be forgotten."

Honor Guard with the Frankfort Fire Department stands guard in front of memorial during service.

Two firefighters who lost their lives in the line of duty over the past year were honored: Henry Combs, of the Watts Fire Department, and Charles McKenize, of the West VanLear Fire Department. Also each year, firefighters who died in the line of duty in past decades are honored. This year, Levi Nelson of the Danville Fire Department, who died in 1938, was honored.

Employee Interest

Kentucky Employee Charitable Campaign Donates More Than $1 Million

Kentucky state employees donated more than $1 million dollars for the Kentucky Employee's Charitable Campaign (KECC) this year. The total at the time of publication, was $1,316,248.

The money raised for the six KECC partner organizations will help provide services to people of need, such as disabled children or adults, the poor and the elderly. Examples of services include affordable childcare so that parents can work to provide for their families, or helping those stricken by natural disasters, such as floods, tornados or fire.

Governor Fletcher would like to thank all state employees who made contributions to KECC.

Employee Appreciation Week

How creative were you during Employee Appreciation Week this year? The Personnel Cabinet's Office for Employee Relations wants to thank all of the state office leaders who showed their employees appreciation in various ways during Employee Appreciation Week, October 2 – 6, 2006.

In Commerce, employees received water bottles from Secretary George Ward thanking them for their state service. Parks Department employees received gifts, pizza parties and cookouts. The Arts Council provided a taco appreciation lunch for its employees.

At the Personnel cabinet, employees celebrated with an indoor cookout. They were served by directors, including Secretary Brian Crall, who made door-to-door deliveries of hot dogs, hamburgers, chips and cookies. Each day, employees were presented with an appreciation gift, from popcorn to t-shirts.

Survivor Tina Wesson Shares Her Time and Talents

Live the life less ordinary. That's "Survivor" show winner Tina Wesson's mantra. Wesson spoke at the Personnel Cabinet's October Employee of the Quarter ceremony in October.

Wesson explained how she came to be a participant on "Survivor," calling herself lucky because another chosen contender refused to jump out of a plane. Not only was Wesson willing to jump out of a plane, but little did she know then, she would eventually skydive with the famous Golden Knights after she won the game of Survivor in May 2001.

While on "Survivor" in Australia, Wesson sweated through 120-degree temperatures by day, living on no more than bits of rice and whatever else her team could muster in the wild. "I always say it was a wonderful experience to show us what our true grit really is," Wesson told Personnel Cabinet employees. "I know what I'm willing to endure and that the body is so resilient."

"Survivor" Tina Wesson presents Personnel Employee of the Quarter Travis Humphries with a Tennessee Treasure

Wesson says her keen interest in people's stories led her to a "Survivor" victory. "Outlive, outlast, and out-love," she recommends, and let people be who they need to be. Her bottom line: "Being a good human starts and ends with you."

Two "live" highlights of Wesson's Personnel Cabinet visit were gifts she presented to Employee of the Quarter winner Travis Humphries and long-time state employee Mary Greenwell for her endurance. Humphries received a garden snake, and Greenwell, a turtle—both Tennessee treasures Wesson says she often shares at speaking engagements.

Limited Edition Capitol Christmas Ornament Now Available

This year's design features a representation of one of the majestic oil paintings on the east end lunette of the Capitol's Great Hall: "Boone and Companions taking their First View of the beautiful level of Kentucky." This exquisite work of art not only remains a predominant feature in the Capitol building, but also pays tribute to Daniel Boone and the historical foundation of our state.

Ornaments may be purchased for $20 each and are available at the 1792 Store at the Thomas D. Clark Center for Kentucky History, the Capitol Gift Shop, the front desk of Kentucky State Resort Parks and the Berry Mansion. The ornament may also be purchased online at https://secure.kentucky.gov/mall/ or via phone at (502) 564-3000, extension 226 or 228.

2006 Kentucky State Capitol Ornament features a Gilbert White painting of Kentucky legend, Daniel Boone.

Sports

Tower Award for Women Leaders is Awarded to Patricia J. Cooksey

Retired Kentucky Jockey, Patricia Cooksey.

Louisville's oldest Catholic high school for girls, Presentation Academy, presented Patricia J. Cooksey with the 2006 Tower Award in the category of Government & Law.

The Tower Award for Women Leaders was conceived as an outgrowth of Presentation Academy's on-going leadership curriculum. The purpose of the award is to honor women who are leaders in their fields and role models for Presentation students and other young women.

Ms. Cooksey, who currently lives in Shelbyville with her husband John Neal and daughter Chelsea, was asked why it is important to be a good role model for young people growing up today.

"External pressures are pulling kids in so many different directions they are overwhelmed and seem lost," Ms. Cooksey said "We, as role models, need to guide and direct by our actions and words. We need to give them hope that they can make a difference."

Tourism

Three State Parks Make "Top Ten" For Winter Tourism

The Christmas Candlelight Tours, the Eagle Watch Weekends and the annual Crawlathon were among the Top 10 festivals and events for winter in a contest sponsored by the Kentucky Tourism Council.

The Christmas Candlelight Tours, which are held in Bardstown at My Old Kentucky Home, features tours led by guides dressed in Christmas period costumes at Kentucky's most famous home – Federal Hill mansion. The house is decorated for the holidays as it would have been in the 1800's and guests are served refreshments after the tour. For more information, contact the park at (502) 348-3502.

The Eagle Watch Weekends are held at four resort parks during the months of January and February.

The Crawlathon at Carter Caves State Resort Park near Olive Hill will celebrate their 26th anniversary in January 2007.

All Kentucky State Park Resorts get AAA Rating

All 17 Kentucky State Park resorts have earned a two-diamond rating from the American Automobile Association (AAA), which has 49 million members across the country.

"Going from five resorts to all 17 having this rating illustrates the kind of hard work our staff has been engaged in during the last two years," said Parks Dept. Commissioner J.T. Miller. "This means we're presenting a better product to our customers and that's what we strive for."

The rating system is based on an evaluation process of six areas: management and staff, housekeeping and maintenance, exterior, grounds and public areas, room décor, ambiance and amenities, bathrooms, and guest services.

Transportation

Kentucky's Highway System Ranked among Nation's Most Efficient

Good news for Kentucky's highway system; it is now the 7th most efficient in the nation according to the 15th Annual Performance of State Highway Systems report, published by the Reason Foundation.

The report indicates the Kentucky Transportation Cabinet (KYTC) is managing one of the most cost-effective highway systems in the United States. The annual report looks at cost versus effectiveness of highway systems in all 50 states

The full report is available online at http://www.reason.org/ps350.pdf

Steer Clear of Deer

Kentucky motorists are urged to use defensive driving skills during deer mating season. Deer-related crashes can result in serious injuries or death," said Transportation Cabinet Secretary Bill Nighbert.

Despite the popular misconception that hunters are flushing the deer out into the roadways in greater numbers this time of year, the most influential stimulus is the decrease in daylight which triggers mating in deer.

To help avoid a collision with a deer, the Department of Transportation Safety suggests:

- If you spot a deer near the road, blow your horn long and steady to get its attention.
- If a deer freezes in your headlights, flick the beams on and off to break the deer's concentration. That may cause the deer to move.
- Don't swerve. Stay in your lane. Most fatalities stemming from deer-related accidents involve drivers swerving, in an effort to miss the deer, and hitting a stationary object.
- Always wear a seatbelt and slow down if you see a deer. Nationally, about 500,000 deer collisions occur on U.S. roadways each year, causing an average of $2,000 in damage per vehicle.

Getting You Home for the Holidays Safely

The nation's busiest holiday travel period is in full swing. A recent survey by the American Automobile Association (AAA) revealed that almost 83 percent of all holiday travelers take to the highways to get home. To keep safe, the Transportation cabinet offers these suggestions:

- Buckle Up!
- Observe Speed Limits and Traffic Laws.
- Allow plenty of time to reach your destination.
- Check weather reports and road conditions before you begin the trip.
- Have a safety check and vehicle service done ahead of the trip.
- Include emergency supplies in your packing list.
- Don't overload your vehicle with anything that obstructs your view.
- Avoid eating a heavy meal prior to the trip; this contributes to drowsy driving.
- Get adequate, quality sleep before the trip.
- Take at least one break every two hours.
- Keep the temperature cool in your vehicle.

For additional highway safety information, visit:
http://highwaysafety.ky.gov/

Shoptalk

AGRICULTURE

More than 200 people attended the 7th Annual Women in Agriculture Conference, held in Louisville in November. Did you know that one out of every 10 Kentucky farmers is a woman?

The Taste of Kentucky was also a huge success paired with some delicious fare, made from our own Kentucky Proud products.

Keep your eyes peeled for several January events including the Kentucky Landscape Industries Winter Conference, held January 2 – 3, the Mid States Horticultural Expo, held in Louisville, January 4 - 5, the Kentucky Fruit and Vegetable Conference, Lexington, January 8 – 9, and the Tri-State Diversity Conference, Covington, January 11 – 12.

COMMERCE

The 2007 Official Visitor's Guide is scheduled to be available by December 15. This 178-page promotional publication encompasses attractions, lodging and the state parks.

Kentucky is now selling the Unbridled Spirit Gift card good at the Kentucky Artisans center in Berea, the Kentucky Historical Society in Frankfort, the Kentucky Horse Park in Lexington and Kentucky State Parks. You can get more details by calling 1-800-255-PARK.

The Artisans Center at Berea will continue to host regular artisan demonstrations at the center every Friday and Saturday. Go to: kentuckyartisancenter.ky.gov for complete listings and times.

The "Out of the Shadows: Bringing to Light Black Horsemen in Saddlebred History" exhibition in the American Saddlebred Museum at the Kentucky Horse Park will feature the many contributions made by black horsemen to Kentucky's only native breed of horse, the American Saddlebred. From the days following the Civil War through the 1970s, black horsemen played an important, yet often unrecognized role as caretakers, trainers and competitors. Out of the Shadows will run from Feb 16 - Dec 30, 2007.

HEALTH & FAMILY SERVICES

The Cabinet for Health and Family Services (CHFS) opened its first one-stop, long-term care information and assistance center for aging and adult mental retardation services. CHFS and Northern Kentucky Area Agency on Aging officially opened the first of 15 planned Aging and Disability Resource Centers where individuals, families and service professionals can find information and access care and services for the elderly and people with disabilities. The first ADRC will serve Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton counties in northern Kentucky. Once fully implemented, regional resource center programs will serve residents in all 120 counties. Area Agencies on Aging of the 15 Area Development Districts will provide local administrative support for their respective regional centers, including collaboration and communication with service providers to make sure information provided to consumers is always accurate and complete.

Nearly 200 first and second-year AmeriCorps members started a year of service at the end of September. Members will be assigned to nine AmeriCorps state programs serving 68 counties where they will help address unmet local human service needs. AmeriCorps is a program of the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services.

JUSTICE

Nearly $1 million in state and matching grants will be given to nine communities across the state for substance abuse services and early intervention programs.

The funding is for the Sobriety Treatment and Recovery Team or START project, which will heighten awareness of the effects and dangers of substance abuse and its relationship to child abuse. The $800,000 in state funding comes from the Department for Community Based Services (DCBS), the cabinet's child welfare and family services agency.

The grant specifically provides in-home services for families at risk due to substance abuse and early

intervention case management from local providers across the commonwealth.

"The best place for a child to grow is at home," Governor Fletcher said. "But so many homes are in danger of becoming unsafe because of a parent's addiction. This initiative gives local providers the ability to intervene and administer treatment services so the children can stay where they belong and the family can grow together."

START involves building strong partnerships with community providers to help parents. The program's goals are to reduce the rate of children's re-entry into foster care and the number of chemically dependent parents. More than 80 percent of children removed from their homes and placed in state care are from families with substance abuse problems.

Communities were selected because of their need for enhanced drug prevention services and because most already have other resources in place. The communities receiving grants for START include Barren, Boyd, Fayette, Jefferson, Kenton, Lake Cumberland Region, Magoffin, McCracken and Metcalfe.

The START model will build on the successes of the "one-stop" Neighborhood Place network.

PERSONNEL

A record 1,100 people attended the Deferred Compensation Authority's "Countdown to Retirement" Participant Education Expo at the Frankfort Convention Center this fall. Deferred Comp staff, marketing and fund representatives were available for consultations with participants. Attendees could enroll in plans, make changes to their account and attend up to three education workshops.

Eighty percent of the participants who met with marketing representatives took action to either increase their deferrals or make plans for retirement, according to Deferred Comp Executive Director, Bob Brown.

Representatives from the Kentucky Education Retirement System (KERS), the Kentucky Transportation Retirement System (KTRS) and the Social Security Administration were also available for one-on-one meetings with attendees.

"Kentucky Deferred Comp wishes to express its appreciation to Governor Fletcher for granting state employees up to two hours paid time off to attend the expo, to all employers who made it possible for their employees to attend and to the mutual fund families who participated," Brown said.

20th Annual Governor's Equal Employment Opportunity Conference

More than 300 state employees attended the 20th Annual Governor's Equal Employment Opportunity Conference (EEO), held in Louisville, this fall.

Dr. Mary Stoddard, EEO Conference Coordinator; Personnel Cabinet Deputy Secretary, Wayne Harman, and Governor's Chief of Staff, Stan Cave

Executive Director, Dr. Mary Stoddard said participants were provided with valuable resources, knowledge and ideas, energizing them to promote a workplace free of discrimination.

KENTUCKY DEPARTMENT FOR LIBRARIES & ARCHIVES

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www.kdla.net

Put the Lid on Lead

The Kentucky Childhood Lead Poisoning Prevention Program and its partners encourage parents to learn more about the ways children come into contact with products that contain lead and how to avoid lead exposure.

Approximately 310,000 children across the United States are at-risk for lead poisoning as a result of lead in their environment. Lead poisoning, thought to be a problem of the past, is considered by the Centers for Disease Control and Prevention (CDC) to be the No. 1 environmental health risk to America's children, although it is 100 percent preventable.

The Kentucky Childhood Lead Poisoning Prevention Program has recently developed and begun implementing a targeted screening plan that focuses on those children at greater risk for lead exposure. The plan identifies zip codes through the state with historically high numbers of childhood lead poisoning cases, pre-1950 housing and children living in poverty.

For more information about who is at-risk for lead poisoning, contact your child's physician, your local health department or the Kentucky Department for Public Health's Childhood Lead Poisoning Prevention Program.

For more information on childhood lead poisoning prevention, contact the Kentucky Childhood Lead Poisoning Prevention Program at 502-564-2154 or visit www.putthelidonlead.org.

Diabetes Awareness

The Department for Public Health (DPH), the American Diabetes Association and Prevent Blindness America are joining forces to raise awareness on the importance of dilated eye exams for all those Kentuckians living with diabetes.

An estimated 376,000 Kentuckians have diabetes, with more than 109,000 of these individuals being undiagnosed. The commonwealth ranks seventh (tied with two other states) in the nation for the highest percentage of the adult population diagnosed with diabetes, according to DPH data.

To obtain a diabetes and eye disease brochure, visit www.kentuckydiabetes.net and click "Protect Your Vision".

Lung Cancer is a Serious Matter

We may not like to think about cancer and the impact it has on our lives, but it is hard to escape while living in Kentucky, which has the highest smoking rate in the nation, at 28 percent versus 21 percent nationally, according to the Healthy Kentuckians 20/10 Mid Decade Report.

Smoking is the number one cause of lung cancer and lung cancer is the leading cancer killer in both men and women in the United States. It is estimated that 90% of all lung cancer deaths are due to smoking. For every cigarette that is inhaled by a smoker or non-smoker, 4,000 different chemicals are polluting the body and many of these are cancer-causing agents.

The good news is our risk for lung cancer decreases each year as we remove ourselves from smoking environments. This allows our body and cells to be renewed.

As part of the Governor's Get Healthy Kentucky program, Kentucky Employee Health Plan (KEHP) members now have access to Nicotine Replacement Therapy, the Cooper Clayton Smoking Cessation Program and the Quit-Now phone line support program (1-800-QUIT-NOW) where help is only a phone call away.

Participants may receive up to 12 weeks of nicotine replacement therapy (NRT) in the form of patches, gum or lozenges for only a $5 co-payment for each two week supply. This benefit is provided as long as the participant remains active in either the Cooper Clayton or Quit-Now program.

Wellness begins with awareness, so educate others about lung cancer and the importance of being smoke free.

Why Weight Kentucky?

Why Weight? Your health is important. That's why Kentucky's Employee Health Plan now offers a program through Humana & ActiveHealth called "Why Weight Kentucky?" The program, part of Governor Fletcher's Get Healthy Kentucky program, is designed for state employees who have felt alone in their battle with weight. You don't have to be alone anymore. Why Weight? offers personal, one-on-one care – someone who will talk with you and design a weight loss program with your individual needs in mind. To learn more, visit www.kehp.ky.gov and you're on your way to a healthier you. You're on your way to

Get Healthy Kentucky!

Live Well. Work Well: Mind, Body, Spirit
wellnessworks.ky.gov

Spotlight

State Librarian Makes History

Former Kentucky Department for Libraries and Archives Commissioner James A. Nelson

State Librarian and former Kentucky Department for Libraries and Archives (KDLA) Commissioner James A. Nelson made history himself when he retired after 26 years of service in the state librarian position. Nelson, who was appointed in 1980 by Gov. John Y. Brown Jr., is the longest serving Kentucky state librarian in the state's history.

The 65 year old also is the second longest currently serving state librarian in the United States, with Maine's state librarian being first.

"While his full-time service will be missed, even in retirement I know that Jim plans to be an active voice in furthering the mission of public libraries and I commend him for that and the service he has provided to the Commonwealth," said Governor Ernie Fletcher.

"For 26 years, Commissioner Nelson has displayed amazing talents and abilities in skillfully managing and preserving Kentucky's resources, records, collections, and oral and written history. He is an irreplaceable treasure chest of state knowledge, and I am grateful for his wonderful service to our commonwealth," said Kentucky Education Cabinet Secretary Laura E. Owens. KDLA is an agency of the Education Cabinet.

During his impressive career, Nelson has served six Kentucky governors as state librarian, and one governor as acting state librarian, but surprisingly he didn't dream of becoming a librarian when he was younger. During college, Nelson was fascinated with poet Dylan Thomas, and longed to be a drama author after graduating with a bachelor's degree in English from the University of Colorado in 1965. Now after 40 years of diverting that plan, he has retired and says he will return to his first love. "I want to start a writing career. This time I want to do fiction," he said. "My focus will be horse racing and some politics."

Nelson went on to earn a master's degree in library science at the University of Kentucky in 1969. Libraries run in Nelson's family. His wife Becky is the school librarian and school technology coordinator at Hern Elementary School in Frankfort. She also teaches children's literature at the University of Kentucky. They live in Georgetown and have five adult children and one grandchild.

Nelson said he likens "public libraries to town squares where we have a human connection in the global world we live in."

Under his direction, Kentucky was one of the first states to start an electronic records management program to preserve items such as email, reports, budgets and documents of government activity. He also worked with the Bill and Melinda Gates Foundation to get computers and Internet access in all 118 of the state's legally established public libraries. Kentucky was one of the first states to participate in the foundation's library gift program.

His nearly 40-year career in libraries and archives has garnered him numerous professional awards including the 2003 Kentucky Libraries Award.

"It's been so great to be in a position where I can influence change," Nelson said.

"I've loved being state librarian. It's a perfect fit for a writer."

Note: The newly named state librarian and commissioner of the Kentucky Department for Libraries and Archives is Wayne Onkst, former director of the Kenton County Public Library, where he served for 27 years. "Jim Nelson and the staff at the Kentucky Department for Libraries and Archives have provided dedicated service in building Kentucky's libraries and preserving our heritage with the state archives," Onkst said. "We will work to continue this mission in serving Kentucky's need to know and acquiring the additional space for preserving the state's permanent records."

KENTUCKY STATE PARKS

Commonwealth Connection

November 1, 2006 through March 31, 2007

Kentucky Local, State & Federal Employees and Retirees:

Have a little vacation or comp time to use up and need a quick getaway? Don't forget the unique beauty and history surrounding you right here in Kentucky!

Take advantage of the Kentucky State Parks' Commonwealth Connection program which offers you reduced rates on lodge rooms and cottages at "the nation's finest."

- Lodge rooms: $44.95/night
- One-bedroom cottages: $69.95/night
- Two-bedroom cottages $79.95/night
- Three-bedroom cottages: $89.95/night

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