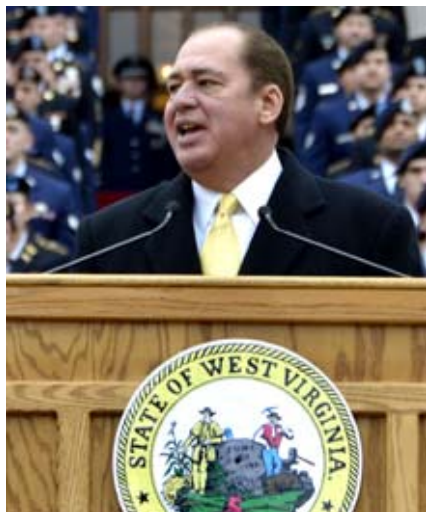


## Tomblin Takes Oath of Office as State's 35<sup>th</sup> Governor

Before a large audience comprising family, dignitaries, invitees, and the general public, Governor Earl Ray Tomblin was sworn into office during a ceremony that began a little after 1:00 PM on January 14, 2013.



*Governor Earl Ray Tomblin addresses the crowd gathered to witness his inauguration as West Virginia's 35<sup>th</sup> Governor.*

*For his full speech, go to:  
[www.governor.wv.gov/media/Pages/InaugurationRemarks.aspx](http://www.governor.wv.gov/media/Pages/InaugurationRemarks.aspx)  
Photo by Steve Rotsch.*

Governor Tomblin adopted the theme of "West Virginia First" for the event. In his speech, he noted many accomplishments of the past and looked ahead to future successes. He praised 25 years of strong fiscal management which has left West Virginia with a balanced budget and one of the best Rainy Day funds in the country. He noted that we pay our bills on time and are less than four years from paying off our old workers' compensation debt.

Governor Tomblin reiterated his commitment to lowering taxes for both citizens and businesses, and to protecting and increasing the State's coal production. He cited the upcoming July 1, 2013 elimination of the food tax, and the need to improve our job climate.

He emphatically stated, "Because our financial house is in order, we can start looking forward to the future. We have created thousands of new jobs and billions of dollars in new investments in the past two years."

Earlier in his speech, the Governor cited his goals to make West Virginia a better place and to continue efforts to improve our children's education.

"Working together, we've achieved great things. And I reaffirm my commitment to you today: I will continue to spend every minute working to make West Virginia a better place," he said.

The oath was administered to Governor Tomblin by Supreme Court Chief Justice Brent Benjamin. The Bible used belongs to his wife, Joanne Jaeger Tomblin, and is one she received when she was just 13 years old. Also sworn in were Secretary of State Natalie Tennant; State Auditor Glen B. Gainer, III; Agriculture Commissioner Walt Helmick; Attorney General Patrick Morrissey, Supreme Court Justices Robin Davis and Alan Loughry, and State Treasurer John Perdue. Perdue's term will make him West Virginia's longest-serving treasurer at 20 years.

## Time to Renew Your Driver's License? Here's What You Need to Know!

*Contributed by Natalie Harvey of the Division of Motor Vehicles.*

The Division of Motor Vehicles (DMV) began issuing "For Federal Identification" (REAL ID) driver's licenses and identification (ID) cards, and "Not for Federal Identification" driver's licenses and ID cards on January 3, 2012. Documents that have always been required for licensing and ID transactions must be brought in again at one time so they can be scanned, creating a historical record of the customer and a "re-

enrollment" of West Virginia's drivers. The REAL ID Act of 2005 set forth the guidelines and requirements for these changes, due to the events of 9/11. With a new system in place, DMV is reducing identity fraud and theft, and making sure customer information is secure.

The following documents are needed when a customer goes to one of the 23 Regional Offices in West Virginia for a licensing or ID card transaction:

- 1) One proof of identity, which can include an original or certified copy of a US birth certificate; a current, valid US Passport; or valid, unexpired Department of Homeland Security documents if foreign born;

## Governor Tomblin, DOT Secretary Mattox Launch Free Traveler Information System

### 511 Enables Travelers to “Know Before You Go”

On December 12, 2012, Governor Earl Ray Tomblin and West Virginia Secretary of Transportation Paul Mattox launched West Virginia’s new free 511 Traveler Information System.

West Virginia 511 provides real-time traffic information, including congestion, crashes, construction, lane closures, road conditions, and severe weather information for all of West Virginia’s interstates and other major highways.

“I am committed to improving the safety of our roadways, and the West Virginia 511 Traveler Information System will be a valuable addition to this effort,” Governor Tomblin said. “For motorists throughout the State, having access to real-time information on traffic and road conditions before they go provides advanced warning of road conditions and congestion that can be crucial in increasing safety on the roadways.”

Motorists can receive real-time traffic updates 24 hours a day by calling 511 toll-free, visiting [WV511.org](http://WV511.org), downloading the free WV 511 Drive Safe mobile app for Android and iPhone, or following WV 511 on Twitter. The West Virginia Department of Transportation (WVDOT) encourages drivers to “Know Before You Go” by using the West Virginia 511 system before getting behind the wheel.

“We stress *Know Before You Go* because knowledge of traffic conditions can save you time and contribute to a safe traveling experience,” Secretary Mattox said. “We all know traffic conditions change, and having modern technology available during your trip can make all the difference – we urge travelers to obey our law and use the technology appropriately.”



*Governor Earl Ray Tomblin and State Transportation Secretary Paul Mattox unveil the new 511 Traveler Information System highway sign. Travelers can call 511 in West Virginia for real-time traffic information.*

By dialing 511 from any landline or mobile phone, callers will receive

See 511 – Page 3

## Treasurer’s Seal Forged with State and National Symbolism

Information and graphic from the West Virginia State Treasurer’s Website.

The Seal of the State Treasurer of West Virginia is a durable hallmark double struck into high relief with great symbolic significance.

- The Roman printing and the rings of the Seal stand for the strength, power, and unending unity of the people of West Virginia.
- Located in the center is the State Capitol dome, representing the hopes and aspirations of a free people.
- The dome is surrounded by 50 stars representing the 50 states, where West Virginia, the 35<sup>th</sup> state, is the 35<sup>th</sup> star. There are five additional stars on the seal, which when added to the original 50, total 55 stars. These are symbolic of West Virginia’s 55 counties.
- Also included is a shield of three stars and 13 stripes with its superimposed dollar sign. This shield marks the security, strength, and stability of the State Treasurer. The three stars represent the virtues of faith, hope, and charity, and the 13 stripes represent the 13 original states.
- The dollar sign on the shield is present as the symbol of our basic unit of currency.
- The shield is flanked on both sides with oak leaves, the classic symbol of fidelity to duty.
- Extending from the portals of the Capitol on the ribbons is the sacred caption of our National Motto, “In God We Trust.”
- Lastly, there is a bald eagle with outstretched wings, displaying strength and courage.



# Will You Participate in West Virginia Reads 150?

Contributed by Preston Richardson of the West Virginia Library Commission.

Join the West Virginia Library Commission (WVLC), the West Virginia Center for the Book, and li-



braries across the State in *West Virginia Reads 150*, a reading challenge that celebrates West Virginia's 150<sup>th</sup> birthday in 2013.

The year-long reading initiative encourages West Virginians to read 150 books during the course of 2013, West Virginia's sesquicentennial

year. The books can be in any format (printed book, e-book, downloadable text, etc.) and from any source. Books can be on any topic, fiction or non-fiction.

People can read 150 books individually, or they can join teams to read 150 books collectively. Libraries across West Virginia are encouraged to form teams to compete. Teams, which can have up to 15 members, must choose a name and select a leader to keep track of the books read by team members.

All ages and groups can participate – friends, coworkers, book clubs, classmates, seniors, etc. If children are too young to read on their own, they can have their parents read to them. Families can apply their Summer Reading Program credits toward their *West Virginia Reads 150* tally.

The WVLC is providing libraries with *West Virginia Reads 150* art-

work, window clings, reader's advisories, the Good Reads website ([www.goodreads.com/group/show/84991-wv-reads-150](http://www.goodreads.com/group/show/84991-wv-reads-150)), social media support, and program ideas. Libraries are free to customize *West Virginia Reads 150* for their own needs. Prizes, certificates, etc. will be up to participating libraries and sponsoring organizations.

The program is not limited to public libraries – bookstores, school and academic libraries, literacy organizations, youth services providers, and others are encouraged to participate in *West Virginia Reads 150*.

The West Virginia Library Commission provides services to libraries across the State. It also provides a reference library and a research service for the West Virginia Legislature and all State employees. The agency serves the general public as well. For more, visit their website at [www.librarycommission.wv.gov](http://www.librarycommission.wv.gov).

*The West Virginia Reads 150 Program is a great way to spend time with your kids, and help them develop and continue an interest in reading.*

## Secret Service Created by Lincoln

Did you know that the Secret Service came into existence under President Abraham Lincoln? Even so, it didn't make, and couldn't have made, a difference in preventing his assassination. While today's elite men and women of the Secret Service are charged with protecting our president, past-presidents, and a host of other national dignitaries, that hasn't always been the case.

The current organization actually began as a division within the United States Treasury. Its mission was to thwart counterfeit currency, which was rampant after the Civil War. Not until after the assassination of President William McKinley did the Secret Service begin presidential protection, and then only part-time.

Those aren't the only reasons the group couldn't help Lincoln. You see, he created the division on April 14, 1865 - just hours before he was shot in Ford's Theater. Lincoln died the next day.

## 511 – Continued from Page 2

traffic information, road conditions, and weather forecasts in addition to transfers to the Department of Tourism and neighboring states' 511 systems. West Virginia 511 is also updated with public safety alerts, including AMBER and Silver alerts.

The <http://WV511.org> website provides an interactive map with the locations of traffic incidents, roadway construction, and weather advisories. The map also allows users to view traffic cameras from around the State in addition to showing the location of electronic roadway signs and their current messages.

The free WV 511 Drive Safe mobile app offers drivers audible, hands-free traffic alerts. The app is available for iPhone and Android devices and uses the phone's speaker and GPS location to provide audible travel advisories in the driver's vicinity.

For traffic updates via Twitter, WVDOT encourages travelers to follow WV 511 Twitter feeds for statewide, regional, and roadway specific traffic updates:

WV511	WV511Central	WVinterstate64	WVinterstate77
WV511Metro	WV511East	WVinterstate68	WVinterstate79
WV511North	WV511South	WVinterstate70	WVinterstate81

### Division of Personnel's OHRD Section Plans an Active 2013 Schedule



The West Virginia Division of Personnel's Organization and Human Resource Development (OHRD) section is planning an eventful 2013.

OHRD released its yearly program schedule in late November. Once again, it offers multiple sessions of the programs required by Policy DOP-P18, the Supervisor/Manager Training Program, along with policy electives and programs for nonsupervisory employees.

A key initiative for the year will be an expansion of OHRD's Learning Services, which are designed to build the knowledge and skills of

professional trainers and subject-matter experts (SMEs) within State government. OHRD will offer its popular *Train-the-Trainer* program on February 25-28, along with a preparatory program titled *Introduction to Adult Learning* on January 24. Another new component will be monthly Community of Practice meetings that will bring together trainers and SMEs to discuss current learning projects. OHRD instructional staff will also be available to assist agencies with training design and development initiatives. As part of its Learning Services, the section will support the implementation of the OASIS Enterprise Resource Planning system by providing train-the-trainer sessions for those individuals selected as project trainers and SMEs.

Another element of OHRD's 2013 strategy will be the use of technology to facilitate learning. *Preventing Harassment: A Shared Responsibility Online* will debut as an alternative to OHRD's long-standing classroom requirement under DOP-P18. Learning content on other topics will be offered through a variety of technological means throughout the year.

The Division will also continue its West Virginia Human Resource Leadership Academy initiative, which provides practical learning content to State human resources professionals. In addition to classroom offerings, DOP will use technology to provide just-in-time training on topics relevant to those in the State government HR community.

Finally, two brand new programs on organizational change will be included on OHRD's schedule. A classroom program will be designed for managers and supervisors to help them lead and manage change. The other program will be designed for all employees and offered online.



### LICENSE – Continued from Page 1

- 2) One proof of Social Security Number, which can be the original Social Security card of the customer; a W-2 or payroll stub with the applicant's name, address, and social security number and the employer's information; or a 1099 form with the applicant's full Social Security Number and name; and
- 3) Two proofs of West Virginia residency, which can be a WV utility bill not more than 60 days old, tax records, WV Motor Vehicle Registration card, Voter's Registration card, and many others. For a complete list of all possible residency documents, plus more information on proof of identity and Social Security, please visit DMV's website or call (information at end of article).

Finally, if you have ever experienced a name change due to marriage, divorce, or other legal court order, you will need to bring applicable name change documents to the DMV. Examples include certified marriage certificates and divorce decrees, and other court orders or amended birth certificates. DMV must be able to establish a link in your identity to continue providing a secure licensing process.

Customers have the choice between the REAL ID driver's license and ID card, or the "Not for Federal Identification" driver's license and card. The REAL ID is for federal purposes and will be used for airport and other federal screenings. When chosen, the customer receives a temporary card at the regional office, and the hard copy is mailed out approximately three weeks later. Customers who choose the "Not for Federal Identification" driver's license or ID card leave with an instant-print hard copy at the regional office.

Again, for any questions, and for more detailed information, please visit [www.dmv.wv.gov](http://www.dmv.wv.gov) or call 1-800-642-9066.

## FTC Adds Add'l Protections to Children's Online Privacy

There's important information that parents of kids who use PCs, laptops, tablets, and/or smartphones need to know.

This past December, the Federal Trade Commission updated and amended its Children's Online Privacy Protection Act (COPPA) to include smartphones and social media.

COPPA was originally passed by the U.S. Congress in 1998. The FTC then wrote the rule to implement the law, and in the years since, has taken action against companies that failed to comply. In addition, the agency has provided a report to Congress detailing how, and how well, companies have complied. From there, the FTC conducted a review to determine needed changes, and with the drastic advancements in technology over the past 14 years, there was no doubt the law was in need of an overhaul.

The COPPA Rule requires website operators and online services that are directed at children, or those that know they are collecting personal infor-

mation from children under age 13, to notify parents and obtain VERIFIABLE consent BEFORE collecting, using, or disclosing the information. It further requires they keep the information secure, and prohibits them from limiting participation in the site or service activities by requiring more private information than is reasonably necessary.

Other changes in the latest rule are:

- Updating the definition of "operator."
- Expanding the definition of "website" and "online services" directed at children to include plugins and ad networks that know they collect information through child-directed sites and services,
- Requiring sites that have children as a secondary audience or that differentiate between users to provide parental notice when users identify themselves as under age 13.
- Expanding the list of what types of personal information are being collected to include geographic location, pictures, videos, and audio files.
- Amending the definition of "collection" to allow children to participate in interactive communities as long as operators take steps to delete all child private information before any information is made public.
- Adding new methods for operators to obtain VERIFIABLE parental consent, such as electronic scans of consent forms, videoconferencing, the use of government-issued identification, and alternate payment forms such as debit cards and other electronic payments.

## Attention: 'Paging' WV Students

The West Virginia Legislature provides students from both public and private schools with a fantastic opportunity to experience State government up close by serving as pages to our senators and delegates.

During the regular session, pages assist members of the House and Senate in a non-partisan capacity. This year, the 60-day session begins on February 13 and runs through April 13.

The Legislature's Page Program is an integral part of the services provided to our legislators. It also establishes a communication link between lawmakers and students, and accomplishes the following objectives:

- Provides students with meaningful and exciting participation in State government, and allows them to experience the role of our West Virginia legislators first-hand,
- Provides the opportunity to meet and work with other young people, as well as their State representatives and those from different areas of West Virginia, and
- Provides students time to share their thoughts and ideas with legislators as the lawmakers formulate and make decisions affecting every citizen.



*Students enjoy memorable experiences as pages for the West Virginia Legislature. Photo from the West Virginia Legislature website.*

To be eligible for the Senate Page Program, students must be ages 12-18; for the House Page Program, students must be in grades 5-12. For information on how to become a page, please contact:

Senate Page Program  
Nancy Smith  
Email: nsmith@mail.wvnet.edu  
Phone: 304-357-7800

House of Delegates Page Program  
Cheryl Austin  
Email: head.page@wvhouse.gov  
Phone: 304-340-3294

See FTC – Page 6

The technology industry argued against these changes, claiming that over-regulation will increase consumer costs; severely limit, if not stop, development and progress, including that of educational tools; and potentially put application developers and websites out of business. Proponents of the effort disagree, stating that respecting privacy will actually build trust and confidence in the sites and operators.

U.S. Senator Jay Rockefeller (D-W.Va.), Chairman of the Senate Commerce Committee, introduced a bill in 2011 that would have required the FTC to create an online “Do Not Track” option (similar to the agency’s “Do Not Call” registry). The initiative stalled in Congress; however, national leaders and the FTC continue to press the technology industry to do so voluntarily.

In the meantime, although data collection helps online advertisers and marketers, it should help to know that our children have an increased level of protection. The new COPPA Rule goes into effect July 1, 2013.

To read more information on this topic from the Federal Trade Commission, go to [www.ftc.gov/opa/2012/12/coppa.shtm](http://www.ftc.gov/opa/2012/12/coppa.shtm).

## State Ethics Commission Clarifies Gift/Door Prize Acceptance/Solicitation

*Contributed by Theresa Kirk of the West Virginia Ethics Commission.*

Pursuant to the Ethics Act, there are limitations on the gifts which public employees may accept at work-related conferences. For example, in Advisory Opinion 2006-07, the Ethics Commission ruled that a State employee could not accept a trip to Myrtle Beach which she won at a work-related conference.

Essentially, employees may NOT accept gifts or door prizes that have a fair market value of more than \$25. Anything over that value must be either donated to the agency, donated to a charity, or returned. **This applies to all gifts from a single source in a calendar year.**

Additionally, as public employees, there are limitations on soliciting door prizes or giveaways. If you assist your agency or related professional association in planning a conference, it is important to know these rules.

Once again, the \$25 limit comes into play. For instance, within the appropriate guidelines, it’s permissible to request items of nominal value to include in welcome bags, but not for door prizes or giveaways.

To assist public employees in complying with the applicable rules, the Ethics Commission has adopted a guideline entitled “Door Prizes, Gifts and Giveaways at Conferences.” A copy of this guideline and others may be found on the Ethics Commission website ([www.ethics.wv.gov](http://www.ethics.wv.gov)), under the section “Forms, Booklets and Guidelines.”

If you have any questions about the guideline or any matters governed by the Ethics Act, call the Ethics Commission staff at 304-558-0664. Your calls are confidential.



### Treat Mold with Vinegar

Left untreated, household mold can grow into a serious problem. On the flip side, treating mold can be just as bad, since products often contain harsh and dangerous ingredients.

There’s a safer, effective, and less expensive natural way to treat household mold. The answer is in your kitchen cabinet: white vinegar.

Using a solution of three parts white vinegar to two parts water can kill up to 82% of household mold. Just mix up the concoction in a spray bottle and spritz the affected areas. Not only will it treat the mold, but the vinegar smell dissipates quickly and actually deodorizes, too – all for about 2¢ an ounce, and without harmful chemicals.

## March 4 is Tourism Day at the Legislature

*Information and photo contributed by Vicki Vaughan of the Division of Tourism.*

Plan your next West Virginia Get-Away during Tourism Day at the Legislature. Come to the Capitol during your lunch break and discover an array of destinations and activities for your next trip. Tourism exhibits will be located on the first and second floors of the Capitol and include resorts, State parks, gaming properties, high adventure opportunities, train excursions, fairs and festivals, and so much more. For additional information, call 304-957-9225 or 1-800-CALL WVA.



*Sissie Summers of the Department of Natural Resources is ready and willing to assist booth visitors with their State Park travel plans.*

## State Division of Tobacco Prevention Releases Updated Summary of “Tobacco Is Killing (and Costing) Us” Report

Reprinted (with edits) from the Department of Health and Human Resources website.

The West Virginia Division of Tobacco Prevention (DTP) and the Center for Health Statistics announced the release of an updated summary for the report “Tobacco is Killing (and Costing) Us” – a statistical brief on tobacco use rates, smoking-related deaths, and smoking-related healthcare costs. This summary outlines some of the increasing and devastating aspects of cigarette smoking in West Virginia.

West Virginia continues to have one of the highest rates of smoking in the United States. In 2011, approximately 26.8 percent or 383,000 WV adults were cigarette smokers. This statistic is from the 2010 WV Behavioral Risk Factor Surveillance Survey.

Smoking remains a leading cause of preventable death and disease in West Virginia. An average of 3,770 West Virginians (age 35 and older) die each year of diseases related to

cigarette smoking. Every smoker in this age group who died lost an average of 14.6 years off their life due to premature death.

Smoking-related economic costs to the State can be separated into two categories: direct health care costs and productivity losses due to smoking related illnesses and death. For the years 2005 – 2009 (again for adults age 35+), annual smoking-related direct health care costs totaled \$709 million, and productivity losses averaged just over \$1 billion per year.

Combined, smoking-related health care costs and worker productivity losses total nearly \$1.8 billion a year. Another way to look at these costs is that the average added health costs and productivity losses for each WV smoker totals \$4,600 annually. This sum equates to \$9.00 for every pack of cigarettes sold annually in the State.

In contrast, statistics suggest the State’s Raze campaign and other youth tobacco prevention programs are empowering WV youth to reject tobacco use. The percentage of West Virginia high school youth who reported they had never smoked cigarettes has increased significantly to 50.5 percent (from 25.7 percent in 2000). Additionally, the prevalence of current cigarette smoking among State high school students has significantly declined to 22.4 percent (from 38.5 percent in 2000).

For more about tobacco use in West Virginia or the Division of Tobacco Prevention, or to see a copy of the Report’s updated summary, visit to [www.wvdtpp.org](http://www.wvdtpp.org), or call toll-free 1-866-384-5250.

## Well, It Was Nice While It Lasted

As all holidays must end, so it is for the Payroll Tax Holiday we’ve been privileged to experience during 2011 and 2012. Beginning January 1, 2013, the Social Security Tax (FICA) resumed its normal rate of 6.2% – up from the tax break of 4.2%.

Just like the end of all holidays, there’s a let-down. For this one, the let-down is that our wallets will be emptier. By how much will this affect you? The amount is based on your salary. Here are three very simplistic examples that don’t take other factors (such as tax shelters) into consideration:



<u>SALARY AMT. PER PER PAY PERIOD</u>	<u>2011/2012 FICA TAX RATE (0.042)</u>	<u>2013 FICA TAX RATE (0.062)</u>	<u>AMT. OF ADD’L DEDUCTION</u>
\$ 800.00	\$ 33.60	\$ 49.60	\$ 16.00
\$ 1200.00	\$ 50.40	\$ 74.40	\$ 24.00
\$ 1500.00	\$ 63.00	\$ 93.00	\$ 30.00

The restored rate applies to wages earned up to \$113,700. Earnings above that amount aren’t subject to the FICA tax.

### READY TO QUIT SMOKING OR ‘THINKING’ ABOUT IT?

#### THE WV QUITLINE CAN HELP!

When you call the WV Quitline, their helpful and understanding staff will assist you in determining your needs. Their phone coaches are highly trained professional health educators who are certified in smoking and tobacco cessation. A friendly staff member will provide you with one-on-one personal support that can help you quit.

#### Participants may choose from the following services:

- ◆ Information and materials on quitting tobacco
- ◆ Pharmaceutical support
- ◆ Individual phone coaching
- ◆ Any combination of the above

Getting started is easy – you can get signed up today! Simply call 1-877-966-8784 or [click here](#) to place an enrollment request online.

**You’re just a step away from breathing easier!**

## Author/Advocate Lists Diabetes Advances for 2012

According to Riva Greenberg, author and diabetes advocate, several important advances in the area of diabetes have taken place during 2012, including the following:

- **Treating Pre-Diabetes Can Prevent Diabetes.** Good news for the almost 80 million Americans with pre-diabetes. The latest observations from the ongoing Diabetes Prevention Program Outcomes Study show that a key to preventing diabetes in people with pre-diabetes is enabling insulin-producing beta cells to rest, even briefly, and restore normal blood sugar regulation. This protects the beta cells from exhaustion and death. So apparently, the key to diabetes prevention is not *how* the disease is prevented, but restoring normal glucose regulation, even briefly through lifestyle changes and possible medication.
- **Poor vision aided by iPads and Kindles.** Research suggests backlit tablets like the iPad and e-readers help patients who suffer some diabetes-related vision problems to read. This may help the millions of people who suffer from diabetes eye diseases like macular degeneration and diabetic retinopathy.

According to Greenberg, 26 million Americans have diabetes. The West Virginia Bureau for Public Health states that 79 million people nationwide are at risk for developing the disease, and that in West Virginia, over 229,000 people are diagnosed with diabetes and another 62,000+ are at risk,

Greenberg's observations regarding advances in diabetes can be found at The Huffington Post ([click here](#) for a direct link).

### A NOTE OF CAUTION:

Diabetes is a serious health condition that must be closely managed. ALWAYS discuss information with your doctor before making any changes to your diet, routines, and medications.

## News From the Medical Front

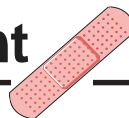
### Study Shows Egg Allergies Can Be Desensitized

According to USA Today, researchers published in a July issue of the New England Journal of Medicine found children who suffer egg allergies may be able to become desensitized by adding egg white to their daily diets.

For 22 months, 40 children with egg allergies were fed small amounts of powdered egg white. After time, 30 of these children experienced little to no reaction. After two years, 11 were able to incorporate egg products into their daily diets. After 36 months, 10 of the 11 were still reaction-free.

Eggs have nearly forever been a staple in kitchens. This makes egg allergies one of the most difficult with which to cope. They're used in making all kinds of foods, both those prepared at home such as meatloaf, baked goods, and sauces, and as a binding agent in processed foods.

You can read more at <http://usatoday30.usatoday.com/news/health/story/2012-07-16/egg-allergy-treatment/56319678/1>.



## Pencil In ...



On December 6, the Public Employees Insurance Agency Finance Board on approved changes to the Preferred Provider Benefit (PPB) Plans for Plan Year 2014, which begins on July 1, 2013. For more, go to **Plan Year 2014 Changes**.



Click the icon (left) for **WV tax forms**.



PEIA offers a program to help diabetics manage their conditions. Go to <https://www.peiaf2f.com/> for additional program information.



If you discover a **building emergency** such as a water leak or other safety issue at the State Capitol **after hours**, call the Division of Protective Services at 558-9911.

*The only true disability is a crushed spirit.*



Aimee Mullins  
Actress, Model,  
Winning Athlete, Motivational Speaker, and Bilateral Leg Amputee

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