



# Win a Free Rain Barrel!!!

Check out details on Pg 2.

**FAC Spotlight:**  
**Capitol Tulips Live On**  
*Used for fundraising for food banks*

It's a rite of spring, a harbinger of the Derby and a colorful display that becomes the backdrop for lots of photos. The tulips in the rounds on Capitol Avenue, that is.

"This year's potpourri of color was a welcome sight after all the frigid winter weather and many inches of snow," said Secretary Lori Flanery. "I love when the tulips come up, that means spring is almost here."

The tulips are a beautiful tradition that started in the 1960s and have become a staple in the seasons at the Capitol. Each year you'll see families taking photos—kids, dogs, grandma/grandpa...there're lots of graduation photos too.

According to Garth Vinson, landscape branch manager, each year approximately 19,000 bulbs are planted around the Capitol campus. Each round bed has nearly 3,500 bulbs.



Landscape Branch employees hard at work extracting the bulbs. Pictured are Bill Blackburn, Cameron Harrod, Cameron Jouett, Josh Hensley, Michael Morgan, Deshon Floyd, Ryan Reed, Don Tressler & Michael Chadwell

So, what happens to the bulbs once they've bloomed? They keep on bloomin' all over the state!

Thanks to an initiative started by First Lady Jane Beshear, the bulbs are donated to Kentucky food banks and homeless shelters. These organizations then sell the bulbs as a fund raiser for their programs and services. In the last seven years facilities in all parts of Kentucky—from Paducah to Ashland and Covington to Bowling Green—have benefited.

Why doesn't the state keep the bulbs for subsequent plantings?

"Unfortunately the Landscape Branch cannot reuse the bulbs as the bulbs will not come back

true to form," said Vinson. "Some would be taller or shorter or of a different color, any of which would not allow us to produce the world-class display that we have come to be known for here at the Capitol."

Whatever color and whatever height, tulips are always a welcome sight, wherever they end up!

Transformation.  
 New plantings after bulbs is removed.



# Rain Barrel Workshop

## Harvest Fresh Rooftop Rainwater

The State Office Building Green Team is hosting a Rain Barrel Workshop presented by Amy Sohner, Executive Director of [Bluegrass Greensource](http://Bluegrass Greensource).



Ms. Sohner will demonstrate how to construct a rain barrel and address any rain barrel related questions you may have.

The workshop will be **Thursday, May 7, 12:05 to 12:55 pm in the State Office Building, Auditorium Room A3.**

Feel free to bring a brown bag lunch and learn how to harvest rooftop rainwater runoff and cut down on your water bill this summer. Your

yard and garden will be glad you did!

**A drawing for a free rain barrel will be held at the end of the presentation. You must be present to win.**



## Need Help with Quitting Tobacco? Extra Support to Quit from April 27-May 10

**Cessation coaching enrollees may be eligible for two weeks of free Nicotine Replacement Therapy**

Free nicotine replacement therapy (NRT) products will be available to Kentuckians who call Quit Now Kentucky beginning April 27 through May 10, the Kentucky Department for Public Health announced recently. Callers must enroll in the cessation program with a trained coach and be qualified as medically-eligible to receive the free medication.



DPH will provide callers with a starter supply of NRT to help them quit smoking for good, while supplies last. Adults and youth as young as 15 can access the quit coaching services provided through 1-800-QuitNow ([1-800-784-8669](tel:1-800-784-8669)) or by visiting [www.QuitNowKentucky.org](http://www.QuitNowKentucky.org).

"Quitting can be difficult under any circumstances, but there are ways to help you quit. Cessation coaches at Quit Now Kentucky, Kentucky's tobacco quitline, are trained to help Kentuckians quit for good, improve their health and reduce the chance of life-long conditions from smoking," said Dr. Stephanie Mayfield, DPH commissioner. "Reducing smoking is a key component of Governor Steve Beshear's health initiative, kyhealthnow, which includes priorities for comprehensive smoke-free policies and increasing nicotine replacement therapy."

Public health recommends NRT for some people trying to quit tobacco use, who have found cessation coaching isn't enough. NRT is specialized medication to help wean tobacco users from the cravings of the nicotine in cigarettes. The American Cancer Society estimates that 25 to 33 percent of smokers that use nicotine replacement therapy can stay smoke-free for over six months.

Smoking begins to damage your body immediately. According to DPH, within 30 minutes of smoking, a person's blood vessels will narrow and heart rate and blood pressure will increase. Risk for stroke significantly increases almost immediately. However, within 20 minutes of quitting, heart rate and blood pressure will drop; within 3 months, circulation and lung function improves; and after one year, risk of heart disease will be cut in half.

Historically, Kentucky has experienced a high prevalence of smoking and tobacco use. Currently, 26.5 percent of the adult population smokes – the second highest rate of all 50 states and the District of Columbia; 18 percent of high school students smoke; and 22 percent of Kentucky women smoke during pregnancy.

"Everyone can benefit from quitting and enjoy better lifelong health. The Quit Line service is free to all Kentuckians and available in multiple languages. To learn more about kyhealthnow and the goals related to reducing smoking rates, visit [kyhealthnow.ky.gov](http://kyhealthnow.ky.gov).

**DON'T FORGET:  
LIVING WELL PROMISE  
DEADLINE IS MAY 1**



**If you chose one of the LivingWell plans for 2015, complete a Vitality Check (biometric screening) or your online Health Assessment by May 1. [Click here](#) for online assessment.**