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# OIA connect

## HOME EDITION



Burruss Hall will be illuminated blue over the upcoming weeks, in support of all medical professionals and essential employees working during the COVID-19 emergency.

## App available for 2020 Virtual Run in Remembrance

Sharing the responsibility to limit the spread of the novel coronavirus and protect the members of its community, Virginia Tech has altered this year's [Day of Remembrance](#) activities, while still commemorating the 32 students and faculty members who were taken from their loved ones on April 16, 2007.

For the 2020 Virtual Run in Remembrance, participants are encouraged to [follow this link](#) to join the virtual group journey by downloading the Stridekick app. Steps and mileage will be tracked from April 16-18 with the group goal of accumulating 32,000 total miles together.

Registration is free, and users do not need a vt.edu address to participate.

Hokies are encouraged to [download the printable bib](#), wear their favorite orange and maroon, and submit participation photos by using the hashtag #VT32Run on Twitter and Instagram. Photos can also be submitted to the [Facebook Event](#).

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## NEWS TO USE

### Latest from Virginia Tech

- **ONLINE COMMENCEMENT:** Virginia Tech will celebrate the Class of 2020 during [online commencement exercises](#) on May 15.
  - **ADMISSIONS CHANGE:** For students applying to be part of the Class of 2025, [SAT and ACT tests](#) will not be required.
  - **FOOD SAFETY:** Virginia Cooperative Extension offers tips for [safely buying takeout food](#) and packages.
  - **INNOVATION CAMPUS:** See [detailed plans](#) for the first academic building planned for Arlington.
  - **STAY INFORMED:** Remember, you can find the latest information from the university on its [COVID-19 webpage](#).
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## UPCOMING EVENTS

### Engage in ... Memoir Writing



The Office of Engagement invites everyone in OIA to join the [Reynolds Homestead's Beth Almond Ford](#) for a Zoom workshop on memoir writing.

We are living through a unique period of history, and one of the ways each of us can keep moving forward with a positive attitude is to write.

As we all strive to be resilient during the COVID-19 pandemic and as we recall the difficult days surrounding April 16, 2007, this discussion will offer participants — no matter their level of writing ability — the opportunity to write about their unique experiences. Participants will be given writing prompts and, after a short period of writing together, will have the opportunity to share a story if they

choose to do so.

Writing tales from your life can be scary and funny and illuminating. There will likely be laughter and tears as we share our stories.

**When:** 10 a.m., Thursday, April 16

**Where:** [By Zoom, Meeting ID 9813159156](#)

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## SEND US YOUR NEWS

Help everyone in OIA stay connected during these uncertain times. Please send us your photos, news, stories, and tips to include in this newsletter. Send all submissions, ideas, and comments, to [richm@vt.edu](mailto:richm@vt.edu)

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## HELP DESK

### Sign a document without lifting a pen

Outreach Information Services has created a [step-by-step guide](#) explaining how you can now digitally sign documents using Acrobat Pro.

A digital signature serves as an official and legally binding signature that can be used when you are unable to physically sign a document.

If you do not have Acrobat Pro and need assistance digitally signing a document, send an email to [ois@vt.edu](mailto:ois@vt.edu) detailing what you need.

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## CHEF'S TABLE

### Make Chef Scott's sourdough crumpets at home

With more people forced inside and looking for things to soothe their anxious minds, breadmaking is on the rise. Even a quick glance at social media finds thousands of bakers rolling in dough — particularly sourdough.



That's no surprise to **Scott Watson**, executive chef at [The Inn at Virginia Tech and Skelton Conference Center](#). "Baking is a very comforting thing to do in times like these," he says. "Even though baking — and baking sourdough, in particular — can be almost 'scientific,' it's

also very therapeutic.”

He developed a recipe for sourdough crumpets as a way to use up excess sourdough starter. “As a chef, I hate wasting food,” he says. “My starter is 2 months old, and the discard has a wonderful sour taste and aroma. Why throw it away? So I had to develop a way to use it.”

[Get the complete make-at-home recipe...](#)

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## NEIGHBORS HELPING NEIGHBORS



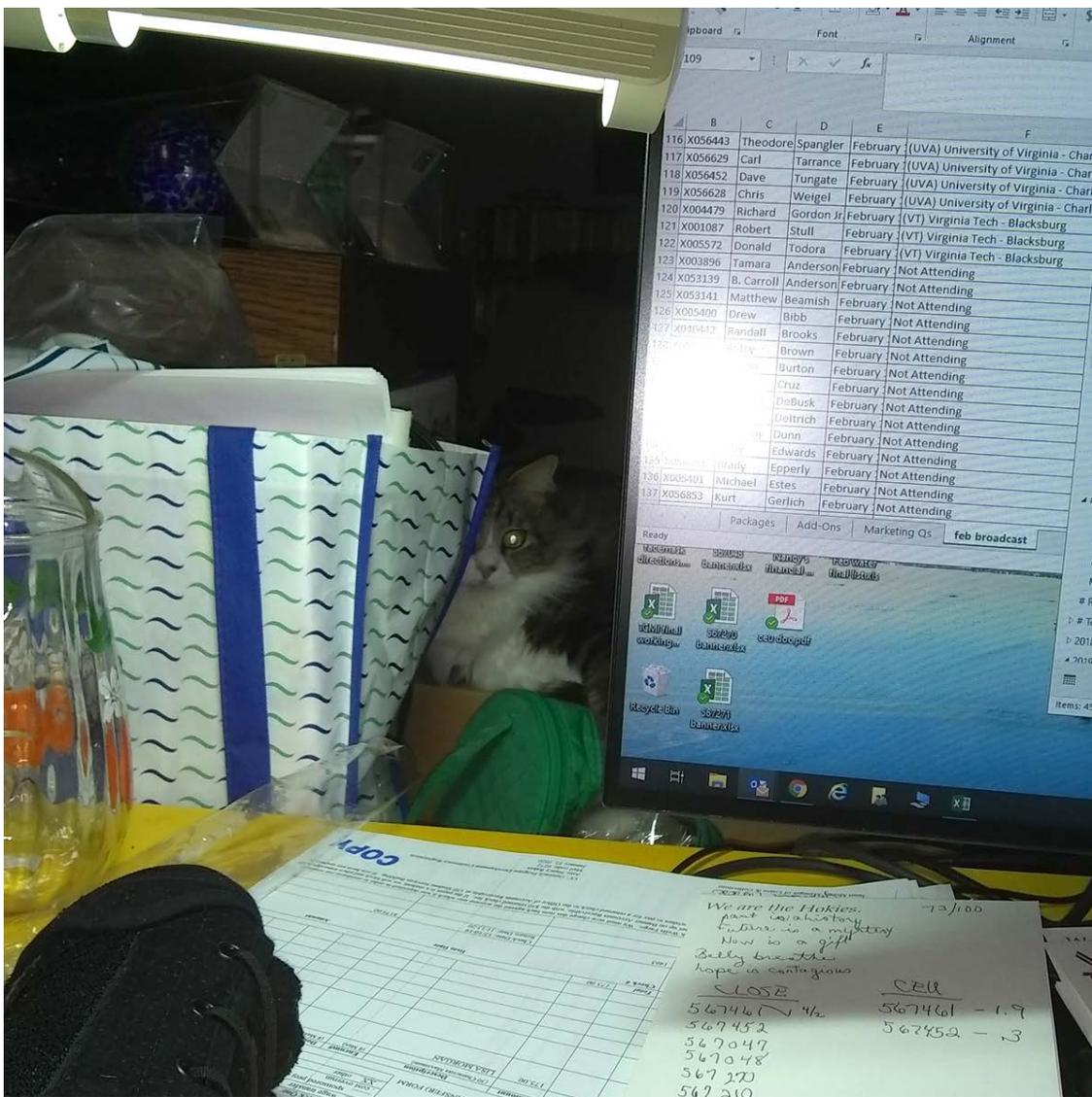
**Lisa Roland**, administrative and program assistant at the [Richmond Center](#), volunteered her time to assist with a local effort to distribute donations to:

- Henrico County students and their families
- Virginia Kids Belong, which supports foster care families
- Into the Neighborhood, which supports women in need
- The Reinhart House, which supports patients and families
- VA supportive housing.

*Are you sewing masks for friends and family? Volunteering to deliver meals? Do you know of a community organization that needs assistance or someone who is going above and beyond to help those in need? We want to know about ways you've found to help out. [Send us](#) your photos and stories.*

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## LIFE AT HOME



"Sparks is never far away, but this was kind of creepy when I looked up a moment from my screens and paperwork!" says **Nancy Rakes**, of Continuing and Professional Education. "He understood he can't be in my work area, so he took advantage of boxes I have been going through for entertainment since I can't go anywhere."



**Ruby Elankumaran**, of the Language and Culture Institute, sent these photos of her new office setup and the beautiful view from her desk.

Do you have furry "office" assistants keeping you company while you work? Send their photos or photos of your new "office view" to [richm@vt.edu](mailto:richm@vt.edu).

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## TIPS & TRICKS

### Worried about weight gain? 4 tips to help

Thanks to our new working arrangement, I am dangerously close to my snacks, food, and drinks ALL. DAY. LONG. And while new students have to worry about the "Freshman 15" when they come to Virginia Tech, experts say all of us working at home need to beware of gaining the "Covid 19."

Here are some tips to help keep the scale from creeping its way up.

- Don't let junk food into the house. Make sure you are still eating plenty of fresh fruit and vegetables.
- Avoid mindless snacking. Each evening, write a plan for the next day's meals and snacks and then stick to it. Keep a log of what your eating to help you stay on track.
- MOVE! Staying at home means we're taking fewer steps every day. So if you don't have a regular fitness routine, now would be a great time to adopt one. Even if you just put on some music and dance, make sure you use some of the extra time we all have on our hands right now and get your heart pumping.
- Need more motivation? **Robyn Smyth**, program manager for the [Center for Organizational and Technological Advancement](#), reminds us all that as a Virginia Tech employee we get a substantial discount on WW. "Folks on the state COVA Care, COVA HealthAware, COVA HDHP, Optima and Kaiser Permanente HMO can get a 50% discount so it's only \$8.48 a month. I have found it tremendously helpful in providing me with a way to hold myself accountable for what I'm shoveling in my mouth."

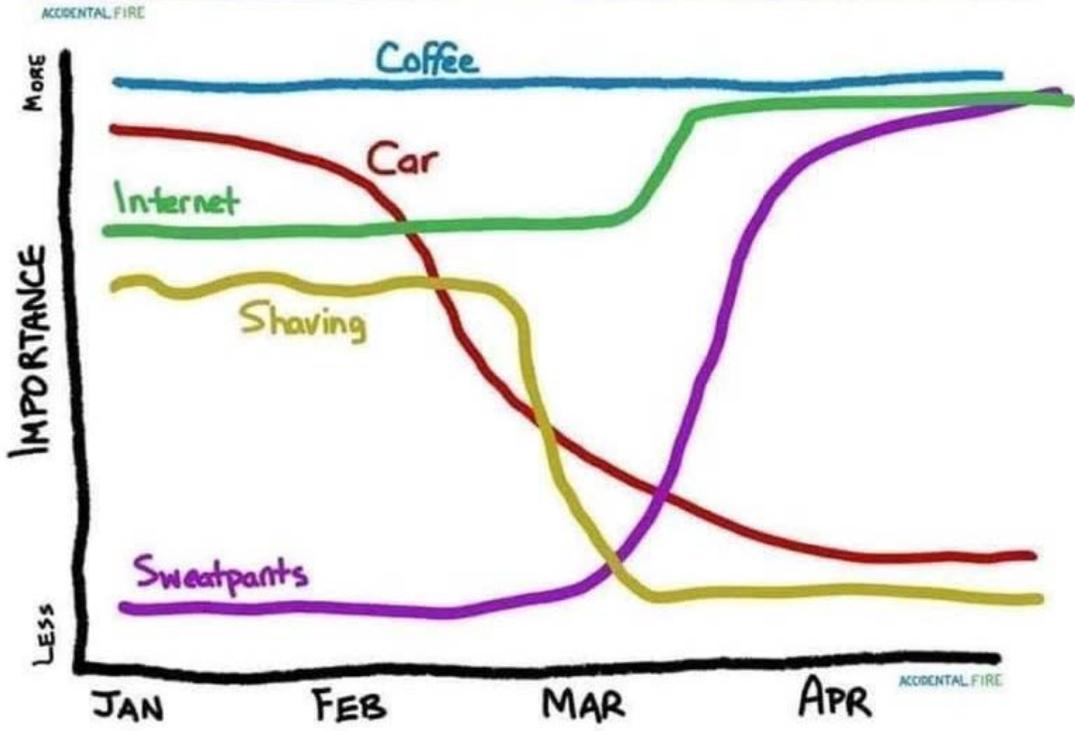
[Click here for a link with info on how to sign up.](#)

— Diane Deffenbaugh

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## LOVES ME SOME INTERNET

# RELATIVE IMPORTANCE IN 2020, SO FAR



OUTREACH & INTERNATIONAL AFFAIRS  
VIRGINIA TECH.

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