

# NEWS & INFORMATION

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## Join in and be part of National Walking Day

Hokie Wellness invites Virginia Tech employees and students to join the American Heart Association in celebrating National Walking Day on Wednesday, April 1. It is a day challenge to the Hokie community to get heart healthy and fit.

Physical inactivity is huge national problem. The American Heart Association recommends 150 minutes of moderate to vigorous physical activity per week for adults and 60 minutes per day for children and adolescents. Many Hokies don't meet that standard, and it means there is a greater risk for heart disease, stroke and other blood vessel diseases. So don't take it sitting down.

On April 1, join millions of Americans as they pledge to live a healthier lifestyle and get physically active. Here is how to join in the celebration:

- Mark the calendar for 12:15 p.m. on Wednesday, April 1 to join Hokie Wellness and meet outside at the North End Center or McComas Hall for a 30-minute walk around campus.
- Show support and wear sneakers to school or work on April 1.
- Start a habit of daily walking at school, work or home.
- Visit [www.startwalkingnow.org](http://www.startwalkingnow.org) and use the American Heart Association's free tips, tools and trackers to stay motivated.

No registration is required to join the walks. For more information call 540-231-9331.

## Virginia Tech, U.S. Small Business Administration partner to teach entrepreneurship to veterans

In recognition of the university's continuing commitment to veterans, the U.S. Small Business Administration has selected Virginia Tech to host a one-day Boots to Business entrepreneurial workshop tailored specifically for past and present service members and their dependents.

The free course will be held from 8:30 a.m. to 2:30 p.m. April 8 at Virginia Tech's North End Center. Space is limited and registration is required.

This is the first time the U.S. Small Business Administration's Richmond District Office has offered this course at a non-military installation in Virginia.

The course specializes in teaching entrepreneurship to veterans and is part of the Department of Defense's Transition Assistance Program. The curriculum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on small business administration resources available to help access start-up capital and additional technical assistance.

In 2014, about 50,000 people applied for jobs at the university. Approximately, 2,000 of those applicants indicated they are veterans. Today, Virginia Tech employs more than 300 veterans. The university is fully committed to equal employment opportunity and affirmative action for covered

veterans.

Additionally, the university has more than 200 student veterans enrolled in classes.

Virginia Tech was selected to host Boots to Business because of its support to the military community and traditions with the Virginia Tech Corps of Cadets, which is more than 1,000 students strong.

The North End Center is located at 300 Turner Street, NW, Blacksburg, VA 24061. Parking is available in the adjacent garage. Employees may park for free with a valid faculty/staff permit. Guests may obtain a daily parking pass from Parking Services prior to arriving at North End Center. For additional questions about the event contact Matthew Nowak at 804-253-9088.

## Nominate an employee for customer service excellence

Do you know of an employee or team in the Administrative Services Division who consistently operates at an exceptional level in providing service to the campus community?

If so, consider nominating them for a Customer Service Award. Any university employee can submit a nomination, which can be download from the Vice President for Administration website. Nominations will be accepted through March 31.

Nominees must have at least 12 months of service with Virginia Tech, and:

- Seek to improve service in creative/highly responsive ways, or
- Take initiative beyond the normal scope of service, or
- Proactively resolve or contribute to the resolution of long-standing problems that directly benefit customers
- The Administrative Services Division includes employees in business services, emergency management, environmental health and safety, facilities, human resources, and the police department.

For more information contact Sarah McCoy at 540-231-0869.

## Attend the first annual Virginia Tech Award for Safety Excellence

Keynote speaker Caryl Griffin-Russell from the Elizabeth R. Griffin Research Foundation will highlight the first annual Virginia Tech Award for Safety Excellence.

The event will be held in the Latham Ballroom at the Inn at Virginia Tech on April 13 from 9 – 11 a.m.

The event will recognize members of the university community whose safety efforts or initiatives have resulted in a safer work environment or substantially helped to eliminate or minimize loss or injury.

Light refreshments will be available. Space is limited. Please register on the event website at [www.whoozin.com/WC4-UJ4-6QCP](http://www.whoozin.com/WC4-UJ4-6QCP) by April 6. For more information contact Anna Kroner at 540-231-1122.

## Well and spring water testing available

The Virginia Household Water Quality Program aims to improve the water quality and health of Virginians with wells, springs and cisterns. We provide affordable water testing, help interpreting their water test results, and information about addressing problems.

Attend a short Kickoff Meeting, to receive information about how to collect water samples and a sampling kit. Collect samples on the morning of April 8 and drop off on campus. Water is analyzed on the Virginia Tech campus for 14 parameters including lead, bacteria, and nitrate. Once analysis is complete, results are returned at a final meeting, where water test results are explained, along with information about how to deal with any problems. If unable to attend the interpretation meeting, results will be mailed to you.

-- Kickoff/sample kit pick up: April 7, 12-1 p.m., 105 Seitz Hall

-- Sample drop off: April 8, 7:30-10 a.m., HABB1 building sidewalk (corner of Washington St. and Duck Pond Dr.)

-- Interpretation meeting/results: May 12, 12-1 p.m., 105 Seitz Hall

Contact Erin Ling at 540-231-9058 to register.

## iPads, MacBooks, laptops, projectors, and more available for checkout at Newman Library

Newman Library provides a variety of electronics and accessories for faculty, staff, and students to borrow. With a valid Hokie Passport and a library account in good standing, patrons may check out devices such as iPads, Macbooks, laptops, netbooks, projectors, video cameras, calculators, and more.

Items may be checked out from and returned to the circulation desk on the second floor of Newman Library. To check the status of your library account, log in to "My Library Account" at <https://addison.vt.edu/patroninfo#.VRVhmvnF8Sw>.

For more information and for a detailed list of available items, visit the University Libraries equipment page at [www.lib.vt.edu/circ-reserve/equipment/index.html](http://www.lib.vt.edu/circ-reserve/equipment/index.html), email the Newman Library circulation desk at [crulate@vt.edu](mailto:crulate@vt.edu), or call 540-231-6170.

## Save a life with suicide prevention training

In 2013, 41,149 people died by suicide in the United States; 1,072 were in Virginia. Virginia ranks 34th in the nation in suicide deaths. Suicide is the second leading cause of death among college students. Yet it is preventable.

QPR (question, persuade, refer) Gatekeeper training takes just 60 minutes and can help save lives. It will be held on April 14, from 12 – 1 p.m. at the North End Center, room 2200.

Attendees will learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

The course is part of the Hokie Wellness Spring Wellness series, sponsored by Carilion Clinic and the Department of Human Resources.

Registration is required at [www.training.vt.edu](http://www.training.vt.edu) For more information call 540-231-9331.

## Timothy Long selected as Virginia Outstanding Scientist for 2015

Timothy Long, a professor of chemistry in the College of Science at Virginia Tech, has been selected as one of three Virginia Outstanding Scientists for 2015.

He will be honored Thursday by Virginia Gov. Terry McAuliffe and the Science Museum of Virginia at a ceremony in Richmond.

Long, who earned his doctoral degree from Virginia Tech, is the director of the university's Macromolecules Interfaces Institute.

He spent nearly a decade as a research scientist at the Eastman Kodak

Co. before returning to Virginia Tech as a professor. His work with industry has helped him maintain a vigorous partnership with diverse partners including BASF, Elevance, IBM, 3M and several others.

Over the past 16 years, Long has received more than \$41 million in research funding and maintains a 20-member, interdisciplinary research group focusing on macromolecular structure and polymerization processes for the development of advanced technologies including drug and gene delivery, sustainable food stocks, adhesives and elastomers, and biomaterials for health and energy.

In 2014, Long was named director of the Macromolecules and Interfaces Institute, which harnesses Virginia Tech's scientific and engineering expertise in polymers — crucial materials in the multibillion dollar chemical and manufacturing industries. The institute leverages the capabilities of the Institute for Critical Technology and Applied Science to identify new opportunities for polymer research.

## Register for April 27 McComas Leadership Seminar

The 21st annual McComas Leadership Seminar for staff will be held April 27 at The Inn at Virginia Tech. Virginia Tech President Timothy D. Sands will be the keynote speaker. Poet and University Distinguished Professor of English Nikki Giovanni will close the program.

Join fellow Virginia Tech staff for a day full of programs including diversity initiatives, emotional intelligence, and how to strengthen leadership in the workplace and the world.

A buffet lunch will be provided. Space is limited. Advanced registration is encouraged at

<https://survey.vt.edu/survey/entry.jsp?id=1425675443604>.

For more information, contact Robert Sebek at 540-231-1849

## In memoriam: John K. Costain, professor emeritus of geophysics, College of Science

John K. Costain, a professor of geophysics at Virginia Tech for 29 years until his retirement in 1996, died Tuesday at age 85.

Costain was a pioneer in using computers to analyze large amounts of seismic data. He is the namesake of a faculty chair position and a scholarship within the geophysics department, which were endowed in his honor by a former student, David Worthington. Worthington earned his master's in geophysics from Virginia Tech in 1968, and has credited Costain with being "instrumental in setting my course" for professional success.

Costain received his bachelor's degree from Boston University, and worked for Mobil in Venezuela for three years. He then went on to receive his doctoral degree from the University of Utah. He came to Virginia Tech in 1967.

Costain "loved sailing, and enjoyed Sunday dinners with friends and family," according to the online obituary. "He inherited a love of classical music from his father. He and his friends and family enjoyed many picnics at the Cascades and White Rocks."

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