

Join President Tim Sands in welcoming Cyril Clarke and Dwayne Pinkney

President Tim Sands invites you to join him at a reception welcoming Cyril Clarke as Virginia Tech's executive vice president and provost, and Dwayne Pinkney as the senior vice president for operations and administration.

Clarke assumed his role on January 1, 2019, after serving as interim provost from November 2017. Pinkney joined the university in August 2018.

The reception is from 3:30 to 5 p.m. on Friday, Feb. 15, in Latham Ballroom at The Inn at Virginia Tech and Skelton Conference Center. Remarks begin at 4:15 p.m.

VT Alerts test scheduled for Feb. 12 at all Virginia Tech locations

Virginia Tech will conduct a full-scale test of its VT Alerts system on Feb. 12 on the Blacksburg campus, as well as at all university facilities across Virginia.

The test will occur between 8 a.m. and 4 p.m. During the test, there will also be outdoor sirens with annunciators on the Blacksburg campus.

VT Alerts is the university's emergency notification system. It is used to communicate critical information with the Virginia Tech community in the event of emergency on campus. VT Alerts are issued when there is a need for community members to take immediate protective action, during university closures, or during system-wide tests in the fall and spring semesters.

When a VT Alert is sent out, the information is communicated with the community via outdoors sirens, fire alarm annunciators, electronic message boards (Blacksburg only), emails to vt.edu addresses, and social media updates. Additionally, Virginia Tech community members subscribing to VT Alerts will receive phone calls, text messages, emails to non-Virginia Tech email addresses, and VT Desktop Alerts. Individuals may subscribe to VT Alerts by visiting the VT Alerts website at alerts.vt.edu.

New York Life representatives on campus Feb. 12

New York Life representatives will be in North End Center, Suite 2300, on Tuesday, Feb. 12, for employee whole life insurance informational one-on-one meetings and enrollment.

The Employee Whole Life Program is guaranteed issue. The benefits include no medical questions or exams, convenient payments through payroll deduction, coverage for family members, a lifetime of protection, professional service from a New York Life agent, ability to earn dividends, and access to cash value through policy loans. Additionally, it stays with you if you change jobs or retire, and premiums will never increase. More information is available at bit.ly/2DSwwPG.

To ask questions or set up an appointment, contact New York Life directly at 434-953-5091.

Registration open for 2019 James D. McComas Staff Leadership Seminar

Save the date for this year's James D. McComas Staff Leadership Seminar. The seminar, sponsored by the university's Staff Senate and the Division of Human Resources, will take place at the Inn at Virginia Tech on March 27.

The James D. McComas Staff Leadership Seminar is free and open to wage and salaried staff employees (non-faculty and non-student). We would like as many VT Staff wage and salaried employees as possible to have a chance to register, so please share with new staff members as well.

Registration for the seminar opened Feb. 1, and a waiting list will begin once registration is full. To register, visit bit.ly/2HUZKS2.

Associate Athletics Director for Sports Nutrition to speak about improving your relationship with food and your body

Jennie Zabinsky is the Associate Athletics Director for Sports Nutrition for Virginia Tech Athletics and a registered dietitian. She believes long-term health and well-being involves not only what you eat - but

your thoughts and feelings surrounding food and your body.

Grounded in the fundamentals of a non-diet approach, Jennie will discuss the difference between diet mentality and intuitive eating. She will help you understand how to let go of food rules and build a compassionate and flexible mindset around one of life's biggest pleasures - eating!

The event will be at the Virginia Tech Roanoke Center on Feb. 14, 3-4 p.m. This event is free, but seating is limited. Email Martha Franklin at mpfrankl@vt.edu or register online at bit.ly/vtsnacks to reserve your spot by Feb. 11.

Smart Way Bus offers easy connection between Blacksburg campus and Amtrak

Looking to catch a morning Amtrak train in Roanoke? Smart Way offers daily bus service between Squires Student Center and the Amtrak station in Roanoke. Effective January 10, 2019, the first Smart Way bus will now depart Squires Student Center at 5:00 a.m., instead of 4:30 a.m., as previously scheduled.

The early morning bus makes limited passenger stops in Blacksburg and at Exit 118 (Christiansburg Park and Ride), before arriving in downtown Roanoke, adjacent to the Amtrak platform, at 5:50 a.m.

Smart Way also offers numerous return options from downtown Roanoke to the Blacksburg campus. The new early morning departure time adjustment will make it easier for Virginia Tech students, faculty, staff, and visitors to access Amtrak, downtown Roanoke — and beyond.

When booking an Amtrak ticket, type in Blacksburg as the starting location. The Smart Way throughway bus ticket from Squires Student Center to downtown Roanoke will be included in the Amtrak ticket price. For more information on Smart Way visit bit.ly/2t7syN6.

Now accepting nominations for several annual awards

Each year, Virginia Tech offers multiple award programs to recognize employees for their commitment to the university and community, their new ideas, and teamwork.

Nominations are now being accepted for four of these awards – the President's Award for Excellence, Governor's Award, Staff Career Achievement Award, and McComas Staff Leadership Award. All nominations for these awards are due Friday, Feb. 15 at 5 p.m. and must be submitted electronically. For more information and nomination guidelines, visit bit.ly/2TTR4fQ.

Hokie Wellness offering free one-on-one nutrition counseling for employees

With so much information available at our fingertips, navigating the nutrition maze can be overwhelming. Determining personal needs can be even more challenging. A free one-on-one nutrition counseling session can help.

Learn more about making healthy food choices, nutrition for weight loss or weight gain, cooking and meal planning, specialized diets, and more. From Jan. 21 - Feb. 28, Monday through Thursday, dietetic interns from Human, Nutrition, Foods, and Exercise, Aubrey Stephenson and Meghan Bohny, are available to work with employees in a 60-minute session at the North End Center.

Registration is required. Upon registration, participants will be contacted by email to complete a brief survey prior to their appointment.

To register, or for more information, contact Hokie Wellness at hokiewellness@vt.edu. Available dates and times will be provided upon receipt of email.

Hokies Live Well spring program encourages participation in wellness activities

Hokies Live Well is a program for Virginia Tech employees that encourages participation in wellness activities throughout the semester. The Hokies Live Well program includes the following categories: move well, eat well, relax well, and be well. Participants who complete 12 different activities, a minimum of three from each category, will receive a free Hokies Live Well cooling towel.

The Hokies Live Well spring program is underway but it is not too late to register and take part:

- Register for Hokies Live Well and print out the Hokies Live Well tracking log.
- Start living well by participating in or attending activities listed on the tracking log.
- Turn in your tracking log at the North End Center (Suite 2300) on April 25 from 8 a.m.-1 p.m. or April 26 from noon-5 p.m. Logs must be received by these dates in order to receive incentive.
- Cooling towels can be picked up at the Hokie Wellness table at Staff Appreciation Day on May 22.

For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling 540-231-8878.