

2018 Virginia Tech Football Schedule available

The 2018 Virginia Tech Football schedule is now available! The Hokies kick off the season on Sept. 3 at Florida State, which will be featured on ESPN. Other highlights include the Hokies hosting Notre Dame at Lane Stadium on Oct. 6. For more schedule and ticket information, visit <http://www.hokiesports.com/football/schedule/>.

Nominations due Feb. 16 for 2018 President's Award and Governor's Award

Nominations are being accepted for the 2018 President's Award for Excellence and state-sponsored Governor's Award for Public Service. All 2018 nominations are due by **5 p.m. on Friday, Feb. 16**.

The President's Award for Excellence, which was initiated in 1990 by Virginia Tech President James McComas, recognizes the outstanding contributions and consistently excellent performance of salaried classified and university staff employees, as well as certain administrative and professional faculty personnel. Each recipient is awarded a \$2,000 cash prize. All nominees will be honored at a reception in the spring where 2018 award winners will also be announced.

Any university employee may nominate another eligible employee for the President's Award. All nominations must be submitted electronically. Detailed information, including eligibility information and nomination guidelines and instructions, is available at <https://www.hr.vt.edu/our-workplace/awards-recognition/awards/presgov-guidelines.html>.

All employees are encouraged to take this opportunity to recognize our outstanding university employees by submitting nominations for this annual award.

In addition, Virginia Tech is collecting nominations for the annual, state-sponsored Governor's Award for Public Service, which publicly recognizes and rewards deserving employees for the work state employees do every day on behalf of the citizens of the Commonwealth of Virginia. Recipients receive a \$500 award and are honored at a reception hosted by the governor each summer. As a reminder, nominations for both the Governor's Award and President's Award are combined into one process. Employees may be nominated for one or both awards.

If you have additional questions, contact **540-231-1207**.

Nominations open for the Presidential Principles of Community Awards

Nominations for Virginia Tech's Presidential Principles of Community Awards are now being accepted. This award was established in 2013 and recognizes

members of the Virginia Tech community who exemplify the Principles of Community and have demonstrated an active commitment to inclusion and diversity at Virginia Tech. The university presents two awards: one for faculty and one for staff. Tenure track, research, administrative/professional faculty, instructors, and staff are eligible.

The Office for Inclusion and Diversity sponsors the awards. Recipients are selected by the Commission on Equal Opportunity and Diversity (CEOD), and each will receive a \$1,000 cash prize at the annual Faculty Staff Awards Ceremony.

Alumni, students, faculty, staff members, and community members may make nominations for the award online at https://virginiatech.qualtrics.com/jfe/form/SV_2a6Jd eNHZbNTj6J by **5 p.m., January 26, 2018**.

For additional information about the award, visit <https://vtnews.vt.edu/notices/oid-principles-comm-awards.html>.

Hokie Wellness News Mobile mammography screening service coming to McComas Hall:

Mobile mammography screening services will be coming to Virginia Tech, compliments of the University of Virginia Breast Care Program. The mobile service will be at **McComas Hall Friday, Feb. 16, from 10 a.m. – 2 p.m.** Appointments are required and may be made by calling **434-243-4704** or **540-661-3082**.

Please note the other following details:

- Only screening mammograms only will be performed.
- Women who have a history of breast problems, please contact your physician to discuss your options.
- You must have a current relationship with a physician. Please have your physician's full name, address, and phone number when you call to make an appointment.
- Women 40 and older should talk to their doctor about their risk factors for breast cancer to determine frequency of mammograms.
- The cost of this screening will be billed to your insurance company. Programs exist to cover the cost of exams for women with no health insurance. Please ask about these programs when you call to schedule your appointment.
- The results of your mammogram will be sent to your physician.

Take the time for a life-saving mammogram. For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling **540-231-8878**.

Learn about mindfulness, meditation, and stress management at Koru Mindfulness series:

Employees are invited to discover the importance of mindfulness at the Koru Mindfulness series. Koru Mindfulness is a curriculum designed to teach mindfulness, meditation, and stress management.

Koru Mindfulness (basic) series for employees:

- **Wednesdays, Feb. 7 – 28, 12 – 1:15 p.m., New Hall West Training Room (downstairs)**, space is limited and registration is required.
- **Wednesday, April 11 – May 2, 12 – 1:15 p.m., McComas Hall, room 143**, space is limited and registration is required.

Koru Mindfulness 2.0 series for employees:

- **Wednesdays, March 7-28, 12-1:15 p.m., North End Center, room 4390**, space is limited and registration is required.

During the series, participants will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress.

Participants are required to attend all four sessions and can choose to purchase the book, "The Mindful Twenty Something," by Holly B. Rodgers, MD prior to the first session. The text can be purchased from local bookstores or Amazon. For more information, contact Hokie Wellness at hokiewellness@vt.edu or by calling **540-231-8878**.

Hokies Live Well 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 stadium blanket.

The Hokies Live Well program began on Jan. 15, but don't worry – there's still plenty of time! To participate:

1. Register for Hokies Live Well by completing this survey:
https://survey.az1.qualtrics.com/jfe/form/SV_3KnP2tzDOGXGTxH
2. Print out the Hokies Live Well tracking log and get started living well by participating in or attending activities listed on the tracking log.
3. Turn in completed tracking logs on Apr. 19 at North End Center (suite 2300) from 8 a.m. – 1 p.m. or on **Apr. 20 at McComas Hall (room 194) from 12 – 5 p.m.** Off-campus participants should email their tracking log to hokiewellness@vt.edu by **Apr. 20**. Logs must be received by these dates in order to receive incentive.
4. Stadium blankets can be picked up at the Hokie Wellness table at Staff Appreciation Day on May 16. Blankets will be mailed to off-campus participants.

For more information, email Hokie Wellness at hokiewellness@vt.edu or Hokie Wellness at **540-231-8878**.

Spring group exercise passes available

Group exercise workouts are prepared and led by certified instructors. Recreational Sports offers over 100 classes a week – everything from kickboxing and spin to yoga and BODYPUMP™.

- Full Pass: \$50
- Mind/Body Pass: \$30 (access to: Yoga, Pilates, Tai Chi, Barre)
- War Memorial Pass: \$30

Find the full group exercise schedule at https://www.recsports.vt.edu/content/dam/recsports_vt_edu/fitness/schedules/Group%20Exercise%20-%20Spring%202018.pdf

Recreational Sports offers youth programs to community

Each semester, Recreational Sports offers youth gymnastics and swim lessons to community members. No university affiliation is required to participate in these lessons. Instructors help children learn a new skill, have fun, and get some exercise.

Gymnastics:

- Session I: Jan. 20 - March 2 (already underway!)
- Session II: March 19 - April 28

Swimming:

- Session I: Jan. 22 - Feb. 15 (already underway!)
- Session II: Feb. 19 - March 22
- Session III: April 2 - April 26
- Saturday Sessions: Jan. 27th - April 7th (No lessons on March 3, 10, 30)

Full schedule and descriptions are available at <https://www.recsports.vt.edu/youthprograms.html>.

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