

NEWS & INFORMATION

Wednesday, May 17, 2017 -- Volume 13, Number 41



Summer Blue Sheet schedule

The Virginia Tech News Blue Sheet schedule will be amended during the summer. The Blue Sheet will run every other week beginning May 17, 2016. It will resume its regular weekly publication schedule beginning on August 23, 2017.

Wanted: Submissions for Faculty-Staff Planning Calendar

The annual Faculty-Staff Planning Calendar is being updated for the 2017-18 academic year. The calendar includes items of interest to the larger Virginia Tech community.

The deadline for submissions to be included in the 2017-18 calendar is June 23. To submit an event for consideration, fill out the online form at hrapps.hr.vt.edu/miscforms/event_request/index before the deadline.

For more information contact employeecommunications@vt.edu.

Virginia Tech conveys its highest honor on John Lawson

John Lawson, of Newport News, Virginia, is the 2017 recipient of the William H. Ruffner Medal, Virginia Tech's highest honor. The medal recognizes individuals who have performed notable and distinguished service to the university. It is presented at University Commencement each year. This year's event was on May 12 at 8:30 a.m. in Lane Stadium.

Lawson is president and CEO of W.M. Jordan Company, which ranks yearly on the Engineering News Record list of top 400 contractors and has a portfolio of more than 1,100 projects. He started his career at the company as a field engineer, shortly after earning his bachelor's in geophysics from Virginia Tech in 1975.

Along with his wife, Paige, Lawson is a charter member of the President's Circle within the Ut Prosim Society, a distinction reserved for Virginia Tech's most generous supporters. He is a namesake of the university's Myers-Lawson School of Construction, in recognition of his extraordinary philanthropy, and co-chaired The Campaign for Virginia Tech: Invent the Future, which concluded in 2011 after surpassing its \$1 billion goal.

Lawson's extensive service to Virginia Tech also includes serving on the Board of Visitors from 2002-2010. He was rector of the board from 2008-2010, has been a member advocate of Hokies for Higher Education, and was a 2012 recipient of Virginia Tech's Alumni Distinguished Service Award.

Lawson's extensive community involvements have included serving on boards for the CEO Roundtable, Children's Hospital of The King's Daughters, Christopher Newport University's first comprehensive fundraising campaign (as chairman), Greater Peninsula NOW, the Hampton Roads Community Foundation, TowneBank, the Virginia Tech Corporate Research Center, The Virginia Tech Foundation, and the Mariners' Museum. He is a past chairman of the Fort Monroe Authority and the Virginia Peninsula Economic Development Council, and is a past president of Associated General Contractors of Virginia.

Lawson's extensive engagement and generosity have garnered numerous awards and honors. These include the CIVIC Darden Award for Regional Leadership, the Outstanding Philanthropist Award from the Hampton Roads Chapter of the Association of Fundraising Professionals, the Mid-Atlantic Regional Legacy Award from Engineering News Record Magazine, induction into the Old Dominion University Entrepreneur Hall of Fame, the Distinguished Citizen Award from the Peninsula Chamber of Commerce, the Golden Paw Award from the Virginia Living Museum, induction into the Hampton Roads Business Hall of Fame, the Virginia Entrepreneur of the Year Award from Ernst & Young, and the Lenora Mathews Lifetime Achievement Award from Volunteer Hampton Roads.

Lawson's father, Robert, was member of Virginia Tech's Class of 1949. His son, Taylor, is a member of the Class of 2018, and his sister, Liz, was a member of the class of 1980.

Health educator Laurie Fritsch's passion and spark help students grow

Laurie Fritsch is a woman with an outgoing personality and serious ambition who spends her days talking with Virginia Tech students about important health topics like safe sex, eating disorders, positive body image, and overall physical and emotional wellness.

She said these topics are important to helping students develop emotionally and be well-rounded members of society. University leaders agree and have supported the development of numerous health and wellness programs to support students and employees.

The New Jersey native came to Virginia Tech as a freshman in 1994 to study health and physical education. She loved the community so much, she said, that she couldn't bring herself to leave after finishing her bachelor's degree. She stayed and earned a master's degree in health education. And, even then, in 2000 when she was done, she still wasn't ready to leave Blacksburg, so she applied for a job as a health educator with the Division of Student Affairs.

She and her husband, Jon Fritsch, who is also an assistant director of student wellness with Hokie Wellness, co-advise the Health Education and Awareness Team, a peer education mentorship program that teaches and promotes health to other college students. As part of the program, Laurie and Jon lead public health outreach events and workshops about safer sexual behaviors, contraception, healthy eating choices, body image, sleep, skin cancer prevention, tobacco-use prevention, and mental health.

Laurie also helps plan and manage several Hokie Wellness events each year, including Movember (men's health education week), Wrap that Package (sexual health education), Destination Wellness (Safe Spring Break), Tobacco Free Hokies, and Body Matters week.

Many of the programs Fritsch leads are made possible by the Delores S. Schifert Health Education

Endowment, which was established by the former director of the university's Student Health Center in honor of his late wife.

Fritsch also serves as a tobacco treatment specialist; supervises field study students in the Department of Human Nutrition, Foods, and Exercise; and is the assessment coordinator for Hokie Wellness.

The Body Project Workshop Series is one of Fritsch's favorite projects. The series is a two-part workshop that helps female students challenge their personal body-related perceptions, learn how to talk more positively about their bodies, and discover how to respond to the pressure to be model thin and look picture perfect at all times. As part of this program, Fritsch advises a team of female students who are Body Project facilitators for their sororities and teach 80 two-hour workshop sessions a year.

Developing her passion

As a high school student, Fritsch played soccer and was involved with the school theater club and chorus. She worked as a lifeguard during the summers and taught gymnastics lessons. That all changed when she got to Blacksburg.

She decided to take up rowing and joined the Virginia Tech Crew Team her sophomore year. She said it was life-changing for her.

Teaching, she said, allows her to combine her passion for health and her desire to be creative.

In her free time

When Fritsch isn't working or tending to her daughters (Millie, age 6, and Iris, age 8), she enjoys running, being outside in nature, spending time with friends, cooking, and, most of all, laughing.

Traffic alert: Stanger Street closed June 5-30

Stanger Street, between Old Turner Street and Drillfield Drive, will be closed from June 5-30 while construction crews complete underground work on two storm sewer connections and one sanitary sewer connection. The work is in support of the ongoing renovation of the Liberal Arts Building. Crews will make every effort to shorten the duration of the closure if possible. Pedestrian traffic around the work area will not be impacted. Read the Virginia Tech News article about the Liberal Arts Building renovation at www.vtnews.vt.edu/articles/2017/02/das-renovaterenew.

Learn more about depression and anxiety in teens at the next parenting series session

According to data from the National Institute of Mental Health, in 2015, approximately three million adolescents aged 12 to 17 in the United States had at least one major depressive episode in the previous year. More than two million experience depression that impeded their daily function. Nearly six million teens have had an anxiety disorder.

Join Hokie Wellness for Parenting Series: Teen Depression & Anxiety: What Parents Need to Know, on Wednesday, June 21, from 12-1:30 p.m. at the North End Center, room 2420. Megan Propps, licensed professional counselor from Healing Tree Counseling in Blacksburg, will have an open discussion about what depression and anxiety looks like in teens, how to recognize it, and what to do next.

Registration is required at training.vt.edu. For more information contact Hokie Wellness at 540-231-8878.

Hokie Wellness offers summer cooking class for employees

On June 15, Hokie Wellness will offer a healthy vegetarian summer cooking class. The assistant director of Hokie Wellness will guide participants through preparing several healthy recipes, highlighting nutritional considerations, recipe adaptation, and other useful strategies for

healthy cooking. Participants will try new techniques and ingredients as they get hands-on cooking experience to use at home.

The class, Vegetarian Cooking for All, is June 15 from noon-1:30 p.m. in Wallace Hall 405.

There is a \$10 fee per class. Food samples and recipe booklets will be provided. Registration is required, as seating is limited to the first 12 who register. Payment in the form of cash or check must be received by June 12. Payments can be dropped off to McComas Hall, room 194, or sent via campus mail (MC 0140).

For more information, contact Hokie Wellness at 540-231-8878.

Alumni Association to host Summer Beer Festival June 24

The Virginia Tech Alumni Association will host its fourth annual Summer Beer Festival at Virginia Tech on June 24 at the Holtzman Alumni Center Lawn and Terrace.

The event starts at noon, with VIP early admittance beginning at 11 a.m. The festival will feature live entertainment by Train Wreck, The Kind, and The Sauerkraut Band, with live broadcasting featuring Drez from 105.3 The Bear.

More than 50 beers from local, regional, and national breweries will be available for sampling, along with menu items from local restaurants and food trucks. Attendees can enjoy tailgating games, mingle with special Virginia Tech guests, and relax on the festival lawn.

Tickets can be purchased online or at the festival. Regular admittance is \$25 (\$35 at the festival) and includes festival activities, 15 4-oz. beer tastings, and a commemorative glass. Admission-only tickets are \$5 for designated drivers, those not drinking beer, and guests ages 13-20. Children 12 and under are free.

Limited VIP tickets are available for \$60 and include regular admittance benefits with access to the VIP Lounge, located on the Alumni Terrace. Hosted by The Inn at Virginia Tech, the lounge will feature complimentary appetizers and exclusive premiere craft beer with food pairings.

New this year to the VIP experience will be representatives from fermentation science in the Department of Food Science and Technology at Virginia Tech. VIP guests will have an exclusive opportunity to ask questions about and taste brews that Virginia Tech has been creating.

The Virginia Tech Alumni Association is seeking volunteers to help with the festival. Those interested can sign up online at secure.hosting.vt.edu/alumni.vt.edu/event_management/registration_forms/bvol.

In addition to free all-day festival admission, volunteers will receive a complimentary shirt, commemorative glass, and six 4-oz. tastings.

A separate event, the Tap Takeover, will be held June 23, from 6-9 p.m. at a location to be determined in Blacksburg. The Tap Takeover will feature microbrews offered at Saturday's festival. Brewery representatives will be available to discuss and answer questions.

More information is available at www.alumni.vt.edu/beerfestival.

Virginia Tech News is published weekly during fall and spring semester and bimonthly during the summer sessions, by the Department of Human Resources and the Office of University Relations as a service to university employees who do not have computer access on campus. For more information, or to discuss submission of items call 540-231-7643.