

News • Briefs

YOUNGSTOWN STATE UNIVERSITY

Jan. 9, 2012

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Featured in this week's YSU News Briefs:

- YSU only university to win Healthy Worksite Award
- MLK Diversity Breakfast set for Jan. 19
- Bridge-building contest is Feb. 24
- Forum on heart disease 'sold out'
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This Week

Thursday, Jan. 12, 7:05 p.m. The YSU women's basketball squad takes on Loyola at Beeghly Center. The women also play at home **2:05 p.m. Saturday, Jan. 14** against Illinois-Chicago. Visit www.ysusports.com for more information.

Sunday, Jan. 15, 1 p.m. The YSU swimming and diving team hosts Ohio University in the Beeghly Natatorium.

YSU is only university to receive Ohio Healthy Worksite Award

Youngstown State University has been selected to receive the Healthy Ohioans-Healthy Worksite Award for its commitment to the health and well-being of its employees during 2011.

In all, 34 businesses and organizations are receiving awards. YSU, which is receiving a bronze-level award, is the only university on the list.

"Your ... exemplary efforts to provide employees with programs that encourage physical activity, better nutrition and the prevention or cessation of tobacco use are to be commended," Mari-jean Siehl, director of the Healthy Ohio Business Council, says in a letter to Carrie Clyde, YSU's Wellness coordinator.



YSU employees exercise in Beeghly Center as part of the university's Living Well program. YSU is the only university to receive the Healthy Ohioans-Healthy Worksite Award for 2011. Read more in this week's YSU News Briefs.

"As you know, these efforts will have far-reaching implications not only for the health of your employees, but the health of your business as well."

The award, which will be presented Tuesday, Jan. 31, in Dublin, Ohio, as part of the Health Action Council Ohio Columbus Kick-Off Conference, recognizes efforts by Ohio employers to facilitate and encourage employee health, enhance productivity and ensure a healthy work environment.

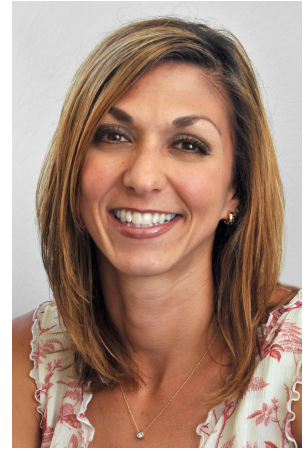
**Healthy
Ohio**
The State of Living Well.

“This award recognizes YSU’s commitment to the health of our employees,” Clyde said. “We know that a proactive wellness program that helps create a healthy work environment will result in healthier, more productive and happier employees, which allows us to better serve our students and our community.”

YSU began offering a worksite wellness program in August 2009. The program is known as Living Well.

“We want to increase employee’s knowledge about the relationship between lifestyle and health, and educate and empower employees to make healthy choices,” Clyde said.

In 2011, 53 percent of YSU’s more than 2,000 employees participated in some type of Living Well program, and nearly 450 employees took part in annual health screenings offered by the university and Medical Mutual of Ohio.



Carrie Clyde

Living Well offers a variety of activities, including IMPACT Solutions EAP and Work Life Program and Seminars, Weight Watchers @ Work, health screenings and health risk assessments, fitness classes, Walk Your Way To Wellness (pedometer spring/summer incentive campaign), YSU Weight Loss Challenge, and seminars on nutrition, disease and stress management, depression, smoking, diabetes, and much more.

For more information on YSU’s Living Well program, visit <http://web.yzu.edu/wellness>.

MLK Diversity Breakfast set for Jan. 19

Gwendolyn E. Boyd, a prominent advocate for women’s equality and for the recruitment of black Americans into science and engineering, will give the keynote address at the 10th annual Rev. Dr. Martin Luther King Jr. Diversity Breakfast 8 to 11 a.m. Thursday, Jan. 19, in the Chestnut Room of Kilcawley Center on the campus of Youngstown State University.

Tickets are \$5 for YSU students and \$20 for non-YSU students, or \$160 per table. Contact 330-941-3516 or 330-941-2086. The YSU Office of Student Diversity Programs sponsors the event.



Gwendolyn E. Boyd

Boyd, a native of Montgomery, Ala., earned a bachelor’s degree in mathematics from Alabama State University and a master’s in mechanical engineering from Yale University. She joined the Johns Hopkins Applied Physics Lab in 1980 and today is executive assistant to the chief of staff. She was elected national president of Delta Sigma Theta, the nation’s largest black sorority. The organization has more than 950 chapters throughout the world and more than 250,000 college-educated black American women.

Boyd has been the recipient of the 1996 Black Engineer of the Year Public Service Award, has received Congressional citations and acknowledgements in the Congressional Record and has been presented with keys from more than 20 cities. *Ebony* magazine named Boyd among the “100+ Organization Leaders” in 2001 and 2002 and among the “100+ Most Influential Black Americans” in 2003 and 2004. In 2003 she was recognized by *US Black Engineer* magazine as one of the nation’s “Most Distinguished Black College and University Graduates.” As a sought-after lecturer, Boyd frequently addressed groups ranging from small classrooms to international conferences.

Bridge-building contest is Feb. 24

The 5th Annual Mahoning Valley Miniature Bridge Building Competition is scheduled 8 a.m. to 2:30 p.m. Friday, Feb. 24 in the Chestnut Room of Kilcawley Center on the campus of Youngstown State University.

The competition among high school students in Mahoning and Trumbull counties is sponsored by the YSU Department of Civil & Environmental Engineering, the Mahoning County Engineer’s Office, the Trumbull County Engineer’s Office and ms consultants, inc.

Last year, 22 teams from 12 high schools participated last year. Teams design and construct a balsa wood bridge that is load-tested until failure. The goal of the competition is to promote civil engineering as a career choice to students, and to provide students with an educational opportunity to apply their knowledge to a real-world application. Last year, Girard High School placed first, Niles-McKinley High School was second, with third place and an Aesthetic Award going to

Canfield High School.

On the day of the event, teams will arrive at Youngstown State University with their teacher/advisor by 8:00 a.m. Students will construct their bridges on site from 8:30 – 11:45 a.m. Bridges will be inspected for adherence to design specifications at 12:45 p.m. and later will be load-tested. Prizes will be awarded to the winning teams at approximately 2:15 p.m.

For more information, contact Anwarul Islam, YSU associate professor, Civil & Environmental Engineering, at 330-941-1740 or aaislam@ysu.edu.

Forum on heart disease ‘sold out’

Registrations are no longer being accepted for a forum on heart disease prevention on the Youngstown State University campus on Wednesday, Jan. 18, 7 to 9 p.m. in the Ohio Room of Kilcawley Center.

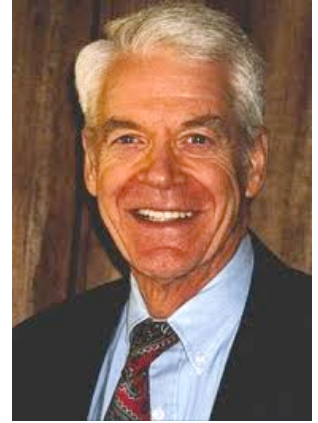
Caldwell B. Esselstyn Jr. will speak on how diet and lifestyle changes can end the heart disease epidemic in the country.

Carrie Clyde, YSU Wellness coordinator, said response to the event has been great and that there is no more room for any other attendees.

Esselstyn is a former internationally known surgeon, researcher and clinician at the Cleveland Clinic.

He will present the results of his groundbreaking 20-year nutritional study, the longest study of its kind to be conducted, to explain how conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease and not the cause. For more information, visit <http://www.heartattackproof.com/>.

The event is sponsored by the YSU Student Government Association, VEG Group, Human Ecology Department, Recycling, Employee Wellness Program—Living Well, the Mahoning Valley Dietetic Association and Ely’s To Go.



Dr. Caldwell B. Esselstyn Jr.

Diversity awards nominations due Feb. 1

The deadline is Feb. 1 to make nominations for awards that will be presented at the Diversity Leadership Recognition Celebration in March.

Nominees should be leaders who have exemplified a commitment to the promotion and engagement of race, ethnicity, religion, culture, gender, disability, language, sexual orientation and organizational membership.

Recognition will be given in the following categories: Leaders of Tomorrow – an upper division YSU student (i.e. graduate student, senior or junior); Campus Leadership – YSU administrator, staff or faculty; and Community Leadership – individual, business, group, agency, organization or community initiative (must be in existence for at least three years). Nominations can be completed online or obtained at http://www.ysu.edu/div_ysu/.

Award recipients will be recognized at the Diversity Leadership Recognition Celebration at Mr. Anthony’s on Thursday, March 29, 2012, at 6 p.m. The cost is \$35 per person or a table of eight for \$280.

For more information or to make reservations, contact the YSU Office of Equal Opportunity and Diversity at 330-941-3370. Proceeds from the event will fund student scholarships through an endowment that has been established with the YSU Foundation. For more information on the scholarship, visit the YSU Foundation’s website at <http://www.ysu.edu/ysufoundation/welcome.shtml>. The scholarship application deadline is Feb. 15.