

News•Briefs

YOUNGSTOWN STATE UNIVERSITY

May 16, 2010

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Featured in this week's YSU News Briefs:

- **Students speak at commencement this Saturday**
- **YSU delegation to place wreath at Arlington**
- **Prof's book gives tips on getting fit, healthy and happy**
- **MBA Information Session set for Tuesday**

Calendar

Tuesday, May 17, 6 p.m. YSU vs. Pitt baseball at Eastwood Field.

Wednesday, May 18, 11 a.m., Pens face Akron, Eastwood Field.

Tuesday, May 17, 7 p.m. Temple Grandin, a renowned animal scientist and one of the world's most accomplished people with autism, speaks in Stambaugh Auditorium. The event is sponsored by YSU's Rich Center for Autism. Tickets are free and required for admission, but all tickets have been distributed. Call 330-727-9717 for more information.

Wednesday, May 18, 11 a.m. to 1 p.m. An Armed Forces Appreciation Luncheon will be held in the Ohio Room of Kilcawley Center. Full-time YSU faculty and staff who are veterans or current military or who have a family member who is a veteran or current military have been invited.

Thursday, May 19, 5:30 to 9 p.m. The YSU football program hosts the second Women's Coaching Clinic on in Stambaugh Stadium. The cost is \$25 and all proceeds will be donated to YSU's Rich Center for Autism. For more information, contact Dan Kopp, director of football operations, at dmkopp@ysu.edu or call the football office at 330-941-3478.

Friday, May 20. The YSU Board of Trustees meets on the following schedule: **Noon**, New Board Member Orientation Committee, Manchester Room, Tod Hall; **1:30 p.m.**, Ad Hoc Subcommittee for Negotiations and Collective Bargaining, Board Meeting Room, Tod Hall; **2:30 p.m.**, Finance and Facilities Committee, Board Meeting Room.

Saturday, May 21. Nearly 1,200 students receive diplomas at YSU's Spring Commencement in Beeghly Center. Ceremonies for undergraduate students begin at **10 a.m.** The commencement for graduate students is set to start at **2:30 p.m.**



Janet Lynn Gbur, top, and Kim Taylor are the student speakers at YSU's Spring Commencement Saturday, May 21, in Beeghly Center. Read more about commencement in this edition of YSU News Briefs.

Students speak at commencement Saturday

Kim Taylor and Janet Lynn Gbur graduate from Youngstown State University this week with the three marks of university excellence under their belts – experience, accomplishment and success.

The two will speak at YSU's 2011 spring commencement ceremonies on Saturday, May 21, along with keynote speaker, U.S. District Judge Peter C. Economus.



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Undergraduate commencement will take place at 10 a.m. in Beeghly Center. The ceremony for graduate students will follow at 2:30 p.m.

Taylor, the speaker at the morning ceremony, graduates with a bachelor's degree in geography. She was inducted into the Phi Kappa Phi Honor Society in 2010 and Gamma Theta Upsilon, the International Geographical Honor Society, in 2011. During her years as a YSU student, Taylor has been awarded the JoAnn Knapic Academic Achievement award, the Vere Stalker Shaklee & Nina Pierce Shaklee Outstanding Geography Major award and the Michael Klasovsky Applied Geography award.

Taylor currently works full time as secretary for Trumbull County Auditor Adrian S. Biviano. Graduated in 1977 from Howland High School in Warren, Ohio, she is now married to her husband, Dave, and is the mother of two boys, Vince and Dominic.

Gbur will speak at the afternoon commencement ceremony and will receive a master's degree in mechanical engineering. She plans to pursue a Ph.D. in materials science and engineering at Case Western Reserve University in Cleveland.

Since her graduation from Western Reserve High School in 1988, Gbur has built a solid multi-disciplinary academic and professional career. She attended Kent State University with a dual major in biology and pre-medicine, earning a bachelor's degree while simultaneously interning at several local orthotic/prosthetic practices as well as at the Cleveland Clinic's Orthotic/Prosthetic Department.

It was while working in Cleveland that she became fascinated with biomedical engineering and materials applications in medicine and, following that interest, earned a bachelor's degree in materials science from YSU. While at YSU, Gbur served as a student trustee and collegiate and former national officer for Zeta Tau Alpha fraternity. She held memberships in the Order of Omega, the Golden Key International Honor Society and Omicron Delta Kappa.

An engineering internship with CleveMed, a medical device company in Cleveland, led to work on multiple National Institute of Health grants and the design of a patent-pending EEG electrode, of which she is the co-inventor. Gbur plans to continue research in biomechanics and materials in medical applications after graduation and eventually to teach materials science engineering.

YSU delegation to place wreath at Arlington

President Cynthia E. Anderson will be among a small delegation of Youngstown State University representatives who will lay a wreath at Arlington National Cemetery outside Washington D.C. on Monday, May 23.

The 15-minute ceremony will take place at 11:15 a.m. at the Tomb of the Unknowns.

Also invited to participate are Harry Meshel, a YSU alum, a member of the YSU Veterans Advisory Council and a member of the YSU Board of Trustees; Carl Nunziato, a YSU alum, former vice president for National City Bank Trust and also a member of the YSU Veterans Advisory Council; and U.S. Sen. Sherrod Brown.

The ceremony is open to the public. Students from the YSU Armed Forces Student Association and other members of the YSU Veterans Advisory Council are also expected to attend. Alumni living in Washington D.C. and the Northern Virginia area have also been invited to attend.

The Arlington wreath-laying is the culmination of several YSU events surrounding Armed Forces Week, starting with a car show sponsored by the YSU Armed Forces Student Association that was held on Saturday, May 14.

Other events include:

- **Wednesday, May 18, 11 a.m. to 1 p.m.** An Armed Forces Appreciation Luncheon will be held in the Ohio Room of Kilcawley Center. Full-time YSU faculty and staff who are veterans or current military or who have a family member who is a veteran or current military have been invited. President Anderson will address the group, and all military personnel will be honored.
- **Saturday, May 21.** For the first time at YSU, graduating student veterans will be honored at commencement with patriotic red, white and blue cords in recognition of their dedicated service to the nation. The commencement ceremony for undergraduate students is **10 a.m.**, and the ceremony for graduate students is **2:30 p.m.** Both events are in Beeghly Center at YSU.

For more information on any of these events, contact Mollie Hartup in the Office of Alumni and Events Management at 330-941-3086 or mahartup@ysu.edu.



YSU President Cynthia E. Anderson



Prof's book gives tips on getting fit, healthy and happy

I had grown fat.

The first line in one of Stephen Flora's latest books was not something the Youngstown State University psychology professor took lightly. The revelation not only prompted a lifestyle makeover for Flora, but it also led him to new opportunities to teach others about his behavior analysis diet.

Get Fit, Healthy, and Happy with Behavior Analytic Training (BAT) is one of two new books published last year by Flora that deal with BAT principles for a healthy life. Based on the science of behavior analysis, BAT uses a personalized and measured approach to dieting and exercise training. It involves assessing your current behaviors, taking on new behaviors gradually that will help to reach your fitness goals, and setting up

motivating rewards as you progress.

"If you're used to eating two slices of Meat Lover's pizza every night, you're not going to be OK with switching to vegetarian pita pizza right away," professor Stephen Flora says.

and theoretical articles on behavior analysis, psychology and athletics—argues that a person's psychology is influenced mostly by his or her pattern of behavior. By changing behaviors, you can change the way you think or react to eating and exercising to create lasting results.

The key, he says, is gradual change.

"If you're used to eating two slices of Meat Lover's pizza every night, you're not going to be ok with switching to vegetarian pita pizza right away," said Flora, a board certified behavior analyst. "Instead, first cut down to only one Meat Lover's slice, then one regular slice, then a healthier alternative, until you reach your goal."

By replacing bad habits with good ones, gradual changes become normal behaviors, Flora added.

Flora used this technique himself to lose over 20 pounds and improve his martial arts skills. His BAT plan took him from years of never winning tournaments to placing first in a Professional Karate Commission state championship division. He now competes in several athletic events, including the famous Escape from Alcatraz triathlon, and has won the Steel Valley Triathlon Club's point series championship in his age bracket three years in a row. He focuses on using BAT to achieve athletic success in his second latest book, *Peak Performance, Personal Records, Ultimate Fitness, and Winning Athletic Competitions with Behavior Analytic Training*.

Now concentrating on his fifth book and an upcoming conference presentation, Flora continues sharing BAT principles with eager audiences.

“I always get the question, ‘But what if you don’t have time to exercise?’ If you have time for your favorite TV show, you have time to exercise. It’s all about choices,” Flora said. He suggested tips to help jump start an exercise routine like “putting your remote in your running shoes” or walking around the soccer field while the kids are at soccer practice.

His next book will further discuss exercise and its applications to psychological disorders, and Flora’s conference presentation is scheduled for May 27 at the Association for Behavior Analysis International Convention in Denver.

Flora earned his Ph.D. in psychology from the University of Georgia in 1990. Teaching at YSU since 1993, his courses focus on areas of human learning and applied behavior analysis.

MBA Information Session set for Tuesday

Youngstown State University’s Williamson College of Business Administration hosts an MBA (Master of Business Administration) Information Session 6 p.m. Tuesday, May 17, in Room 3415 of Williamson Hall on campus.

The Flexible MBA enables students to pursue their degree either part-time or full-time. Classes are offered one night a week and on Saturdays. Some MBA courses are offered in 8-week blocks. Students may start any term – fall, spring or summer. The MBA program is accredited by AACSB International, which represents the highest standard of achievement for business schools worldwide.

To obtain application information, contact Monique Bradford at 330-941-3069 or email mrbradford@ysu.edu.