

December 12, 2006

Seretean Wellness Center offers open house today

Stop by the Seretean Wellness Center today (Dec. 12) from 3-5 p.m. for heart healthy holiday treats and to check out the many services provided by the center. Talk to a fitness expert about developing a fitness plan, tour the Seretean Wellness Center and visit with the staff about plans to make OSU America's Healthiest Campus. Visit the assistive technology demonstration center to explore devices that can enhance life for individuals with disabilities. A licensed massage therapist will also be available to give FREE 5 minute stress-relief massages. Gift certificates for fitness center memberships and massage therapy sessions will be available for purchase as well as the Best Bites Cookbook. For questions about any of our services, please contact the Seretean Wellness Center at 744.WELL (9355).

Scholarship is boost to students and businesses

Oklahoma State University MBA students are helping Oklahoma businesses grow through a scholarship program that allows students to apply what they're learning in the classroom and gain real-world experience at the same time. The MBA Scholars Program has joined nine students with three Oklahoma companies this school year under the supervision of Dr. Gary Frankwick, associate professor in the Department of Marketing at the William S. Spears School of Business. Students – hand-picked from OSU's MBA program - receive scholarships while working on yearlong projects for the companies, which this year are Fruity Delights LLC of Stillwater, Martin Bionics of Oklahoma City, and Red's Beds LLC of Duncan. For more details, click here <http://osu.okstate.edu/index.php?option=com_content&task=view&id=505&Itemid=90> .

Project Graduation: Feed a body, feed a mind

Students who are graduating this week, along with their families, are being asked to bring canned goods and books to their college commencement ceremonies for collection at the two main entrances of Gallagher Iba arena on Saturday, Dec. 16, for "Project Graduation." The program focuses on the battle against hunger and low literacy rates by donating the food and books to local relief agencies. Statistics show about 9.6 million U.S. residents go to bed hungry each night and an additional 36.6 are at risk of going hungry. More than 61 percent of impoverished children have no books to read, and the same study by the Education Department found 43 percent of adults at the lowest level of reading proficiency live in poverty. For more information, or to donate goods prior to the even, contact Steven Hassenplug at steven.hassenplug@okstate.edu.

OSU-OKC to offer new degree for first responders

America's first line of defense in any major threat or crisis is the "first responder" community: local police, emergency medical professionals and firefighters. Starting next fall, Oklahoma State University-Oklahoma City will add a specialized bachelor of technology degree in emergency responder administration. During a survey this spring, more than 940 professionals, including leaders in fire, medical and police fields, expressed both the need and their support for the program. The final stamp of approval to offer this degree was granted Tuesday by the Oklahoma State Regents for Higher Education. The next steps include accreditation from the North Central Association of Colleges and Universities. The college will be accepting applications for the program beginning in March. For more information about the OSU-OKC bachelor of technology degree, contact Larry Robinson, (405) 945-9172, or visit www.osuokc.edu/era

How about Tim Russert for Christmas?

Looking for a unique gift? Consider a \$50 ticket to see NBC's Tim Russert, host of "Meet the Press," present "A View from Washington" at appearances in Oklahoma City or Tulsa in January as part of the OSU Business Speakers series. Click here <<http://spears.okstate.edu/cepd/content/speakersseries.php>> and chose Oklahoma City or Tulsa links to order online or phone toll free 1-866-678-3933.

Gift cards: One size fits all

Gift cards have arrived at the Student Store and you can load one for your favorite Cowboy fan for as little as \$10! Gift cards are redeemable for any merchandise at either the OSU Student Union Bookstore or Student Store. You also can shop 24 hours a day, seven days a week at www.shopokstate.com <<http://www.shopokstate.com/>>. The Student Store is OSU's original outlet for Cowboy clothing and souvenirs. Owned and operated by OSU, all proceeds help fund the many activities the Student Union and Campus Life provide to help students make memories at OSU.

Sci-Tech reporting competition set

Oklahoma EPSCoR and the Regents for Higher Education are sponsoring the Oklahoma Sci-Tech Student Reporting Awards competition this year. Articles written by undergraduate or graduate students in an Oklahoma College/University Student Newspaper are eligible as long as they are published between Aug. 15, 2006 and March 15, 2007. The competition is designed to increase public awareness of science and technology research taking place at Oklahoma colleges and universities while encouraging outstanding student journalism. Cash awards from \$50 to \$300 will be offered in three categories. Go to www.okepscor.org <<http://www.okepscor.org/>> and click on the box in the upper right hand corner of the homepage for more details.

Holiday concert set for Sunday

The Stillwater High School Symphony Orchestra, led by OSU alum Scott Jackson, will perform a Holiday Concert at the OSU Sereatean Center on Sunday, Dec. 17, starting at 7 p.m. The orchestra is working to earn its way to Carnegie Hall to participate in the National Band and Orchestra Festival there next April. It is actively seeking to earn money for the trip by making ensembles available to play for local gatherings, everything from business meetings to weddings and private parties to church and holiday events. Contact Scott Jackson for more information at (405) 707-5385.

You're invited to the annual holiday happening

If you're around, plan to join the President and Mrs. Schmidly as they host their annual holiday happening Wednesday, Dec. 20, from 9 – 11 a.m. in the Student Union Atrium.

Wellness tip: Shorter walks, same results

If an hour of exercise seems daunting, break it up. By taking 10-15 minute walks several times each day, many people can accumulate the hour. According to the American College of Sports Medicine, these shorter bouts of activity also burn calories and improve aerobic conditioning. Wellness tips are brought to you by the OSU Sereatean Wellness Center, dedicated to making OSU the Healthiest Campus in America. For more information about services for students, faculty and staff, call 744-WELL (9355).