

OSU TODAY

NEWS FROM THE STATE'S UNIVERSITY

APRIL 21, 2006 VOL. 16 NO. 13

Perspective

A Healthy Lifestyle

...And Sticking With It

M.B. "BUD" SERETEAN

How many times have you started the day with good intentions? I will exercise, eat healthy, control my stress. You then fail to follow through. I'm too tired. I have other things to do.

It happened to me fairly often. However, I have learned no matter how sluggish I feel, I go to the fitness center and use a stationary bike. After 10 minutes my head starts to clear. After 20 minutes I am building energy. After 10 minutes on the treadmill, I'm on a roll. I then lift weights. Everything feels lighter, my body feels stronger, and I finish the workout. Immediately I know I have done something positive for my health. It stays with me the rest of the day and represents a goal I set and met. I've created a good appetite and eat the healthiest breakfast I can - generally orange juice and oatmeal with skim milk and raisins.

Starting off this way each morning gives me the energy to pursue any activity I choose during the day. I created the energy to accomplish my goals. The day is filled with good and healthy thoughts because I had the ability to overcome that sluggish feeling.

You must decide, every day, "I can do it."

You must make a commitment to yourself to be healthier and stronger. Simply do whatever it takes to accomplish your goals so at the end of the day you have won a battle and achieved some level of success. In the long run it will give you a better life.

My wish is that as students go through their years at OSU and then into the real world, they learn how to take care of themselves, the value of good health, and they carry that message with them as they leave. Hopefully, the faculty and staff at OSU will act as role models and encourage students to make healthy lifestyle choices.

The Seretean Wellness Center takes a holistic approach to wellness and offers a variety of services to assist faculty, staff, and students with making healthier choices. On staff is a registered dietitian, licensed clinical psychologist, fitness center professionals and a licensed massage therapist. Eating healthy is the first step, adding daily exercise is important, and managing your stress is also a component.

I realize you can't change all of your bad habits at once, but you can start making healthier choices.



How Orange Are You?



Showcasing the spirit of the Oklahoma State University faithful who create 'seas of orange' wherever they gather, the university is launching an athletics marketing campaign that challenges Cowboy fans to answer, "How Orange Are You?"

"The question 'How Orange Are You?' is a challenge to our fans that I feel they will have no problem exceeding," said OSU System CEO and President David J. Schmidly. "No fans are prouder of their university than ours and this campaign celebrates their role in our success."

Already appearing on t-shirts, mugs and other merchandise, the campaign will also be seen in print advertisements and other mediums, according to Kyle Wray, director of OSU marketing. The promotions will also extend to game day activities, including OSU's legendary tailgating celebrations, autograph signings by current and former student athletes, merchandise giveaways and activities for youthful fans.

In seeking to stimulate greater support of OSU athletic programs, the campaign will spotlight fans themselves and celebrate their traditions,

especially their shared affection for a particularly vivid and unmistakable shade of orange.

"Our fans are infamous for the 'sea of orange' they create at every game and we plan to build on that by creating a dynamic atmosphere before, during, and after campus events," Wray said. "The 'sea of orange' energy is what we're tapping into and this campaign will make it infectiously contagious."

Sherl Holesko, an OSU graduate and a 25-year season ticket holder, is eager to show her colors.

"I'm the crazy, orange-haired lady who even paints my cats orange," she said. "I can't wait for the season to start so I can get back to screaming my lungs out for Cowboy touchdowns."

Events surrounding the Cowboys' Orange/White spring game tomorrow will give fans the chance to answer the question, "How Orange Are You?" Beginning at 3 p.m. in the Orange Zone south of Boone Pickens Stadium, festivities will include games for kids, food and merchandise giveaways and photos with Cowboy celebrities. OSU Marketing will also be recruiting talent for the new athletics marketing campaign.

Houston office opens



Administrators and alumni gathered April 11 in Houston to celebrate the opening of OSU's second Texas regional office. Located in 3 Chasewood Park, Suite 130, just outside the Beltway, the office positions a full-time recruiter close to feeder high schools and students who are seeking more information about attending OSU. In addition to being the nation's fourth-largest city, Houston is home to more than 5,000 OSU alumni and 350 of 1,700 current students from Texas.

Briefly Speaking...

HES hosts Hall of Fame induction

Department of Education Assistant State Superintendent Ramona Ware Paul will be inducted into the College of Human Environmental Sciences Hall of Fame tonight during the college's annual Celebration of Excellence.

Paul attended the child development laboratory at OSU, where her parents were on the faculty. She also completed bachelor's and master's degrees in child development at OSU.

Paul designed what is considered the model pre-kindergarten program, helping establish Oklahoma as a national leader in early childhood education. She has served as assistant state superintendent since 1991.

Esteemed educators highlight Celebration of Teaching

National Teacher of the Year Jason Kamras and Oklahoma Teacher of the Year Robyn Hilger headline the 16th annual Celebration of Teaching today at OSU's College of Education.

Kamras, a seventh grade math teacher in Washington, D.C., will speak on "Equity of Opportunity for all Children." Hilger, band and orchestra teacher at Belle Isle Enterprise Middle School in Oklahoma City, will present, "Inspired Teaching = Inspired Students."

COE Dean Pamela Fry, Assistant State Superintendent Ramona Paul and Oklahoma First Lady Kim Henry will also participate in the luncheon, which is by invitation only.

The Celebration of Teaching is attended by the state's outstanding teachers, their students and others dedicated to education. It is sponsored by OSU, the College of Education, Education Outreach, COE Associates, Oklahoma Teachers of the Year and the Oklahoma State Regents for Higher Education.

CEAT honors two recipients with Lohmann Medal

The College of Engineering, Architecture and Technology will present its highest alumni honor, the Melvin R. Lohmann Medal, to two recipients tonight at the Wes Watkins Center.

Dr. Jack ReVelle, who received his master's degree and doctorate in industrial engineering and management at OSU, has spent 45 years in military service, education, industry and consulting practice. A managerial statistician who has excelled in array of fields - from missile system development to residential home construction to nuclear weapons containment - he is one of two recipients worldwide of the Taguchi Recognition Award and the Akao Prize.

Dr. Gary Pope holds the Texaco Centennial Chair in petroleum engineering at the University of Texas at Austin. In 1999, he was inducted into the National Academy of Engineering for groundbreaking contributions to enhanced oil recovery as well as aquifer remediation. Pope is an OSU chemical engineering graduate.

Parents Association schedules annual meeting

The OSU Parents Association will hold its annual meeting Saturday, April 29 on the Stillwater campus. It is set for 3 p.m. in room 250 Student Union.

According to Fran Gragg, coordinator of the association, the meeting is open to all members and anyone interested in holding a leadership position for the coming academic year. Leadership positions include president, vice president, secretary and treasurer.

Anyone interested in running for office should contact Gragg by April 24 at 744-5406 or via e-mail at fran.gragg@okstate.edu.

Have you met...

Vince Quevedo

Vince Quevedo's background includes winning the U.S. Tumbling and Trampoline Association national title in 1983 and subsequently coaching other national champion gymnasts and tumblers. He has maintained that competitive bent winning more than 35 national and international design awards and advising OSU students, including three prize winners in the recent Fashion Group International of Dallas Design Competition.

Quevedo, an associate professor in the Department of Design, Housing and Merchandising, is renowned internationally, with exhibitions of his designs, sculptures and quilts shown in France, Germany, England, South Korea and the Netherlands. Stateside, he has been a design finalist for 16 consecutive years with the American Quilters Society, and his creations have been chosen repeatedly as the featured fashions at the Bernina Fashion Show in Houston.

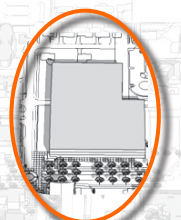
Later this month, Quevedo will be among semifinalists invited to present at the 20th annual Hobbs Bonded Fibers Fashion Show & Contest in Paducah, Ky. His entry, an ensemble called "Africana," represents hundreds of hours of work.



Campus Master Plan

Project: Multimodal Transportation Facility, which will provide additional parking and a transit center for passengers that use THE BUS Community Transit System or the Tulsa or Oklahoma City shuttles.

Building Specifications: Projected to be three- to four-stories with a 1,500-space parking garage, the facility will be the third largest structure on campus. Features include bays for THE BUS and inter-city shuttle services, a passenger waiting area and limited retail and office space for the Department of Parking and Transit Services.



Location: Northeast corner of Hall of Fame and Monroe.

Budget: \$20 million, which includes \$14.6 million in Federal Transit Administration grants.

Construction: Expected to begin in January 2007 with completion by August 2008.

The campus master plan will guide a historic, unprecedented period of growth at OSU. Of the \$826.4 million in total improvements scheduled in the plan's initial five-year development period, \$314 million is earmarked for academics.