**WELL WVU** launches new interactive Web portal / Colleen DeHart

Nutrition, stress, health, time management – whatever a West Virginia University student is struggling with, the new WELL WVU: The Students’ Center of Health Web site serves as a portal to a world of help and information.

The new site (http://well.wvu.edu) provides information in written articles, podcasts, quizzes, games and an “Ask the Expert” e-mail service.

“Research has shown that students go to the Web for their health information. This Web site is very specific to WVU and provides up-to-date information on health topics relevant to students. It tells students where they can go to get help, and it connects professionals directly with students. It will be extremely helpful,” said Colleen Harshbarger, director of Student Wellness and Health Promotion.

All information is categorized under the three branches of WELL WVU: Student Health, the Carruth Center for Psychological and Psychiatric Services and Wellness and Health Promotion.

Information on the services offered by the three departments and office hours are listed under each tab. In addition, resources are offered about nutrition, fitness, stress management, sexual health, alcohol and drugs, relationships and depression, among other things.

The Web site has also been a valuable tool for H1N1 information. Students, faculty and staff have been using the system to record their symptoms, making it easier for the University to track the outbreak of illness. A portion of the site (http://well.wvu.edu/medical/shs_news/h1n1_flu) also lists suggested prevention methods, symptoms and offers tips for those who think they may have the virus.

“Our goal is to make all aspects of wellness more accessible to students. Having this Web site allows WVU to reach students who live on campus, as well as distance learners who are taking online classes,” said Cathy Yura, assistant vice president for WELL WVU. “The more students use the site, the more they will find activities on campus to get involved in and information that will help them stay healthy as well as health care services when they need them.”

She added, “Plus, with all the other interactive features, students who use the Web site will be entertained, as well as informed.”

WVU obtained a licensing agreement with Education Dynamics to provide national-level expertise and interactive tools. Students who visit the site can monitor their time management, calculate their Body Mass Index and take quizzes to see if they are depressed or are at risk for an eating disorder, among other things.

In addition, WVU students and staff have created the WELL Cast series of podcasts. The videos cover a variety of wellness related topics. Students can watch a video on how to bench press, find Student Health, find healthy food in the grocery store, get a good night’s sleep in the residence halls and how to stay healthy on a night on the town.

Students who have questions that are not already answered on the Web site are encouraged to “Ask the Expert.” Each branch of the WELL WVU site has an expert on that particular area. Students can e-mail the expert privately and receive a confidential response.

Students can also follow WELL WVU on Twitter and Facebook to read some of the most common questions and answers and get a variety of wellness tips and advice. And, using the WELL Voices component, students can leave a note on Facebook about their WELL WVU experience.

In addition to the Web site, a WELL WVU information line has been established. Any students with health-related questions are urged to call 304-293-WELL.
The Mountaineer Parents Club started in 1995 as one of then-President David C. Hardesty, Jr.’s five student life initiatives. Parents were becoming more involved in their students’ lives, so for WVU to create an outstanding student experience, parental involvement was essential.

Parents “stay connected” and are “plugged in” to their students via the MPC website, parent electronic news messages, a Parents Club Helpline, and newsletters.

Students are communicating with their families more than ever before! Long gone are the days of calling home once a week. Today’s parents are late baby boomers and early Gen-Xers. A recent survey by College Parents of America found that 74% of parents spoke with their children two-to-three times a week. A third did so at least once a day; 90% used cell phones to communicate.

Parental involvement on campus is here to stay. As a society, we have gained a near-universal consensus on importance of parents being involved with and supportive of their children in the K-12 school years. Why should this stop when they enter college? College officials have found ways to engage parents; “helicopter” parents are real, but their numbers and behaviors have been exaggerated. Despite this negative reputation, those moms and dads who seem to hover over their children in college appear to be doing plenty of good. In fact, students want parental participation!

At New Student Orientation, we offer parents a “one-of-kind” class designed just for parents of first-year students called “Parent University 101.” This class allows parents the opportunity to have the “cliff notes” version of the first semester of college in one hour!

Planes, trains, and automobiles... or planes, busses, and ride sharing! The Mountaineer Parents Club works cooperatively with the Department of Transportation to provide bus transportation to students during Thanksgiving, Winter, and Spring Breaks. No other University parent association does this! Plus, we have local clubs, Central MD, Northern VA and Long Island, NY, that organize their own charter busses and provide transportation to students during breaks.

Subject...how are your classes going? 58% of parents use e-mail to communicate with their students.

An out-of-state student (in many cases their parents) invests $63,080 in four years simply in tuition at WVU. The 2009 E-Class Mercedes Sedan is $61,700 (standard issue, no extras). Wouldn’t you want to know what is happening at your student’s institution if you were paying?

NOTE: According to the 2007 National Survey of Student Engagement, students who frequently contact their parents — and whose parents frequently contact colleges officials on their behalf – are more satisfied with their college experience, and report higher levels of engagement and academic fulfillment than do their counterparts.
WVU’s Clements shares collective vision at inaugural State of the University

By Colleen DeHart

More faculty, a focus on multiculturalism and globalization – plus the establishment of a new student health center and an investment in recreational space – were among plans introduced by West Virginia University President James P. Clements at his first State of the University address.

“This is our University and we can make it what we want it to be and make it something special,” Clements told a packed house at the National Research Center for Coal and Energy on Oct. 12. “Remember the words you used to describe this University: life-changing, innovative, visionary, affordable, resilient, capable, committed, empowering. These words should remind all of us that we are united in a spirit of dedication and optimism and stand together on a solid foundation of success.”

Since taking office on June 30, Clements has been gathering the hopes and dreams of the WVU family, from conversations with alumni, donors and friends, to a Web survey entitled “Share the Vision,” which generated more than 600 responses to date.

Emphasizing his commitment to student health and wellness, Clements will announce detailed plans for a new student health center and an infrastructure system to determine how WVU will become more current and responsive with technology investments, infrastructure systems to determine how WVU will become more current and responsive with technology investments, implementation and senior years. Academic Affairs and Student Affairs leadership will be key to this “blueprint for retention,” he said.

He also discussed plans to put more support systems in place to help improve student retention through the sophomore, junior and senior years. Academic Affairs and Student Affairs leadership will be key to this “blueprint for retention,” he said.

Emphasizing his commitment to student health and wellness, Clements will announce detailed plans for a new student health facility in the next few months. By the end of the year, he also plans to roll out an action plan for health and wellness efforts for students.

Included in his commitment to improve student wellness, Clements announced the dedication of $1.5 million from capital funds to improve and expand recreational space for intramurals, club sports and recreational programming.

“When we look back years from now, I want WVU to be seen as one of the best campuses in the country for student health, wellness and happiness. This includes mental health support and counseling, nutrition, wellness programming, recreational activities and student health,” he said.

Clements stressed the need to put more focus on graduate education and to increase the number of doctoral degrees awarded. To do this, he said, more resources will be needed for doctoral stipends.

To demonstrate the University’s commitment to public service in the state, Clements said WVU will apply for the voluntary Carnegie Classification in Engagement. The classification is awarded to institutions that collaborate with their larger communities for the exchange of knowledge and resources.

“We have a responsibility to make the lives of West Virginians better,” he said.

WVU currently affects the state through its graduates, Extended Learning programming, health care and Extension Service, among other things. Extension agents – located in communities throughout the state – help individuals, families, businesses and communities protect their resources, increase their income, improve their health and build their leadership and career skills.

Clements said leaders in Academic Affairs and Student Affairs are also working to strengthen the appreciation of diversity at WVU and increase the integration of international experiences at home and abroad.

After the first of the year, Clements said he will put together specific planning initiatives that will focus on the big picture collective vision that will create specific action steps to address obstacles and ensure progress.

For other State of the University details, visit http://wvutoday.wvu.edu.
Sustainable efforts launch and expand at WVU

By Danielle Conaway

Hybrid hourly rental cars, a ride-sharing program and a campus conservation competition were all among WVU’s endeavors to become more sustainable campus this fall.

On August 5, the first hourly rental car program, called **WE Car**, became available for WVU students who live on campus and to academic departments seeking to cut back on travel expenses. The rental charge is $9 per hour for short-term use, and the fee includes insurance coverage and fuel. Drivers may rent a car for a maximum of 15 hours per day.

“These hybrid-powered cars are great for people who do not or cannot bring a car to campus, and there’s an environmentally friendly bonus to them,” said Hugh Kierig, director of transportation and parking. “WE Car is part of our WE GO! campaign for alternative transportation and will help reduce the parking demand in and around the WVU campuses.”

Drivers can sign up online to rent a WE Car at http://transportation.wvu.edu/wego/we_car. WE Car eligibility is limited to persons 18 years or older, and those under 21 must provide parental consent for additional insurability. After registering online, go to http://wecar.com to log in and reserve a car. Once drivers reserve their time and location preference, a car will be assigned to them.

WVU Department of Transportation and Parking also kicked off its **Zimride** ride-sharing program in August – a sustainable, social and fun form of transportation for the community.

Participants add their rides at http://zimride.wvu.edu/ and people, who have cars and use Zimride, can split gas and parking costs by driving with fellow WVU colleagues. Commuters without cars can use Zimride to get connected with rides. Zimride also allows users to view profiles of colleagues before deciding which rides to share.

From Oct. 5-30, residence halls and facilities on the WVU campuses went head to head for the campus conservation competition **Ecolympics**.

Occupants of residence halls and facilities competed each week during Ecolympics to see which building accumulated the most aluminum cans, #1 plastic bottles and paper products in their facility’s indoor recycling bins. WVU Facilities Management staff collects and tracks each building’s recyclables. Winners were determined each week by dividing the total weight of recyclables by the number of building occupants.

The top three teams with the most recyclables are awarded three points for first place, two points for second place, and one point for the third place. A residence hall and facilities winner will be declared after the competition.

Energy use from Oct. 5-30 was compared to historical data for each residence hall and facility. The team with the highest percentage of reduction of energy use over the four-week period were awarded ten points for first place, nine points for second place, eight points for third place, and so on.

The 2009 Ecolympics winners will be announced in late November.

For more information about sustainable efforts at West Virginia University, visit http://wecan.wvu.edu.

WVU Fall Graduates to be recognized December 13

The annual December Graduates Convocation will be held on Sunday, December 13 at the West Virginia University Coliseum. The event will begin at 1:30 p.m. with the processional of graduates into the arena.

In November 2009, invitations will be mailed to tentative graduates at their local mailing addresses. Upon receipt of the invitations, students will be asked to register for the event online at http://decemberconvocation.wvu.edu.

The event is free and open to the public. Guest seating is non-ticketed and available on a first-come, first seated basis. Graduates will be seated by school or college and recognized individually during the convocation. Academic regalia is required to participate in the event.

Those graduates and guests needing disability related accommodations should contact WVU’s Office of Disability Services before Friday, December 11 at 304-293-6700.

Complete details can be found on the event website: http://decemberconvocation.wvu.edu. Graduates and families are also encouraged to sign up as fans of “West Virginia University Graduation” on Facebook for updates and networking opportunities.
New provost joins ‘parents club’

On Sept. 16, president Jim Clements announced that he had selected me to serve as the new provost of West Virginia University. Operationally, the provost is second in command on the main campus and serves as the vice president for Academic Affairs with oversight of all the degree granting units.

I served most recently as dean of Science and Mathematics (and formerly chair of Biological Sciences) at Wright State University in Dayton, and built my academic portfolio as scholar/educator at the University of Florida.

While I was certainly ready and excited about accepting the position, this transition in my career came at a poignant juncture in the life of our family. This fall, our son Skip became a college freshman which meant that my husband Stan and I have finally joined the “parents club.”

To introduce myself to you as WVU’s new chief academic officer, I thought I would answer the questions that are likely on your minds — because they are on my mind as well.

**Will my child be healthy and safe?**

“WELL WVU,” a division dedicated to nutrition, health, time management, psychological counseling and other assistance, provides a wealth of help and information, including tips for fighting — or recovering from — the H1N1 virus. In addition, the University prides itself on providing one of the safest college campuses in the nation.

**Will my child succeed academically?**

WVU is committed to the undergraduate experience and provides support services and resources to assist all students in achieving their academic potential.

**Is my child getting a well-rounded college experience?**

WVU offers a range of extracurricular and co-curricular learning opportunities as well as an abundance of student life activities.

**Will I realize a return on my investment?**

Investing in our children’s education is the best investment we can make as parents. As WVU grows in national prominence, the value of a WVU degree will only increase.

As I assume my new responsibilities in January 2010, I pledge, as provost, to provide the safest and highest quality academic environment to cultivate a new crop of 21st century thinkers who will improve the quality of life in West Virginia and beyond.

Greetings from our WVU family to yours!

—Michele Wheatly
Abraham installed as first Bonnie Wells Wilson Distinguished Professor

Jame Abraham, M.D., has been installed as the first Bonnie Wells Wilson Distinguished Professor and Eminent Scholar in Breast Cancer Research at WVU.

Abraham is chief of Hematology/Oncology at WVU and medical director of the Mary Babb Randolph Cancer Center.

The professorship was made possible by a $5 million gift to the Cancer Center from Jo and Ben Statler in 2007.

Dr. Jame Abraham (left), is the first Bonnie Wells Wilson Distinguished Professor and Eminent Scholar in Breast Cancer Research at WVU. The professorship was established by a generous gift from Jo and Ben Statler. Photo by Bob Beverly

Bailes on the brain: WVU neurosurgeon’s expertise sought by national media

From WVU Health Sciences

Dr. Julian Bailes, chair of WVU’s Department of Neurosurgery, has appeared on a host of media outlets recently, discussing a study commissioned by the National Football League that indicates increased rates of dementia and Alzheimer’s disease among the league’s former players.

Bailes, an international expert on head injuries and former physician for the NFL’s Pittsburgh Steelers, has been interviewed on ABC’s “Nightline,” CNN’s “American Morning,” and Ron Reagan’s “Air America” radio show and his comments have been featured in stories in The New York Times, USA Today and a variety of newspapers around the world.

In the October issue of GQ magazine in a story headlined “This Is Your Brain on Football,” Bailes says, “Here we have a multibillion-dollar industry. Where does their responsibility begin? Say you’re a kid and you sign up to play football. You realize you can blow out your knee, you can even break your neck and become paralyzed. Those are all known risks. But you don’t sign up to become a brain-damaged young adult. The NFL should be leading the world in figuring this out, acknowledging the risk.”

The new study, which was conducted by the University of Michigan’s Institute for Social Research, corroborates Bailes’ research from four years ago.

Bailes and colleague Dr. Bennet Omalu have studied the brains of almost 20 athletes whose lives took disastrous and baffling turns – all ending in violent deaths at a very young age. Their brains were found to have serious damage that Bailes believes was most likely caused by repeated concussions. Bailes is also studying other possible contributing factors.

Bailes and Omalu also studied the brain of the late pro wrestler Chris Benoit, who killed his wife and 7-year-old son before killing himself last year. Bailes said that tests showed that Benoit’s brain was severely damaged from a lifetime of chronic concussions and head trauma.

Bailes is co-author of the book “When Winning Costs Too Much: Steroids, Supplements, and Scandal in Today’s Sports World,” and a consultant for the NFL Players Association on the lasting effects of head injuries.
Morgantown was recently named one of the top 20 college towns in the United States by the American Institute for Economic Research. The College Destinations Index ranking took into account 12 different factors, including student concentration and employment rates. The entrepreneurial activity seen around campus also sparked their attention with a 24 percent net increase. More information on this ranking is available at http://wvutoday.wvu.edu/n/2009/09/11/morgantown-among-top-20-college-towns-in-amer-college-destination-index.

The WVU Foundation has launched a new Web site that features several stories on how private donations are benefitting the University. The new site also includes information on how you can support WVU, giving priorities and opportunities to donate online. Visit: http://www.wvuf.org.

Have an iPhone? WVU Engineering major Jared Crawford created an iWVU app that allows users to browse an interactive campus map, stream the U92 radio station, link to Bill Stewart’s Twitter feed, and find updated dining hall menus, among other things. It is part of a recently rolled out suite of services that allows students, faculty, staff, and alumni to have complete mobile access to WVU.

WVU has launched a new multimedia, interactive daily news source called WVU Today (http://wvutoday.wvu.edu). The new site allows the University to better connect with its audiences by providing coverage on major University events including presidential visits and remarks, exclusive insight on research and curricular innovation and firsthand, in-depth accounts of student, faculty and staff endeavors and achievements. The site uses various technological advances to enhance written articles, including audio and video podcasts, live webcasts, archived video programming, documentary photography and narrative imagery. Seven different links are provided to help direct the diverse audiences that use the site: students, faculty, research, health care, athletics and the larger WVU community of alumni, friends and partners.

Preparation work is under way on the site where the planned WVU basketball practice facility will be located. In September, the Board of Governors gave the Athletic Department the green light to begin work on the new facility after reimbursement resolutions were approved. For basketball schedules, please follow this link http://msnsportsnet.com/

The WVU Off-Campus Housing Fair will be Wednesday, January 13, 2010, from 10 a.m. to 3 p.m. in the Mountainlair Ballrooms. This is a great opportunity for students to begin the housing search, and the Fair provides an opportunity to meet at least 40 area landlords. In addition, representatives from WVU Off-Campus Housing, WVU Student Legal Services, the Morgantown Fire Department, City Code Enforcement, and Allied Waste Management will be on hand to meet students. Parents are welcome to attend. For more information, visit the WVU Off-Campus Housing website at www.studentlife.wvu.edu/offcampushousing.

Five individuals have been named to the WVU Foundation Board of Directors. They are Marcia Broughton ’76, ’79, John Gianola ’75, Peter Kalis ’72, Edward Maier, and Douglas Van Scoy ’66, ’68. The WVU Foundation is a private, nonprofit corporation that generates, receives and administers private gifts for the benefit of WVU.
### 2009-10 Calendar of Events

- **November 21-29**, Thanksgiving Recess
- **November 29**, Residence Halls Reopen @ noon
- **December 11**, Last Day of Classes
- **December 13**, December Convocation
- **December 14-19**, Finals Week
- **December 19**, Residence Halls Close @ 5:00 p.m.
- **January 9, 2010**, Residence Halls Reopen @ noon
- **January 11, 2010**, Spring Semester begins
- **January 13, 2010**, Off-Campus Housing Fair – Mountainlair Ballrooms
- **March 27–April 4, 2010**, Spring Break
- **April 11, 2010**, Spring Ring Ceremony
- **April 22, 2010**, Zero Year Reunion

The WVU Alumni Association reunites friends and classmates through chapter and reunion activities. **Cindy Wesley** (’95 BA, ’00 MD) and **Sharon Watkins** (’91 BA, ’97 MA, ’05 MD) reminisced about their time at WVU during the 2009 Black Alumni Reunion Weekend.