Military, Veteran and Dependent Lounge

Grand Opening

On January 27, 2014, the Stars and Stripes Lounge opened in the West Basement of the Student Union Building. Make sure you stop and check it out!

Special points of interest:

- After you have enrolled in classes or made any changes to your schedule, come to the MVP Office to complete certification of benefits.
- The MVP office is located in 147 Drane Hall.

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DO YOU WANT TO BE A PERSONAL TRAINER?

ACE (American Council on Exercise) offers a discount for certifications for our Military.

See attached website:  [http://www.acefitness.org/military/](http://www.acefitness.org/military/)

The Texas Tech Rec is offering a Class to teach students how to become Personal Trainers and/or Group Exercise Instructors. The info session for this class will be on Tuesday, Feb. 4th at 6:30pm at the Rec, Room 201. The materials they teach are from ACE and hopefully by the end of the 12 week course, you will be ready to teach and take the certification exam and become a certified personal trainer or group exercise instructor. The 12 week course does cost is $50. The $50 does not go toward the ACE exams. That is an additional cost. For information contact:

Kami White-Waden at kami.waden@ttu.edu
Call For Entries
VSA Texas Distinguished Artist Veterans
5th Annual Exhibition
November – December 2014
DEADLINE: July 25, 2014

Eligibility & Media
VSA Texas invites all Veterans with Disabilities/Wounded Warriors living in Texas to submit artwork to the fifth annual Distinguished Artist Veterans exhibit. This year we have been invited to exhibit at the Institute of Texan Cultures in San Antonio, TX. There is no fee to submit artwork to this call for entries and artwork in all media are eligible.

Entries
Please submit up to five entries in the form of photographs or digital images by email or on CD. Entries must include the attached entry form and an artist statement up to one page in length. Please label each photograph or digital image to match a corresponding entry on the form. The deadline for entry is July 25, 2014. Those selected will be notified by August 15, 2014 and must ship or deliver artwork to arrive by October 1, 2014. A lender agreement and shipping/delivery instructions will be provided by the Institute of Texan Cultures, University of Texas at San Antonio upon acceptance.

ALL ENTRIES MUST BE SUBMITTED TO:
April Sullivan, Artworks Director
BY MAIL: VSA Texas 3710 Cedar Street #7, Austin, TX 78705
BY EMAIL: april@vsatx.org OR BY FAX: 512-454-1944

For further information contact April Sullivan, Artworks Director at 512-454-9912, toll free 866-489-8412 or april@vsatx.org.
For Lubbock-area military veterans and their spouses/partners: a FREE weekly workshop focusing on communication of military experience through digital photography. The workshop is led by photographer and Army veteran Tif Holmes (http://tifholmes.com/) with additional support by Matthew Jordan, Yoga Bean owner and mental health professional (http://www.yoga-bean.com/).

DATE: Tuesday, January 21, 2014, and each Tuesday thereafter.

LOCATION: Yoga Bean, 3135 34th Street

https://www.facebook.com/events/411012412335117/
The Mission Continues, a national service organization that awards community service Fellowships to post 9/11 veterans. This program empowers military veterans to serve others and to make an impact in their community. Fellows serve at a non-profit of their choice for six months addressing issues that they are passionate about and making a difference in their community. Each Fellow is compensated for their Fellowship and is given guidance on how to develop their professional network, organize community service projects, and moves their military leadership skills into becoming civic leaders. This program is ideal for military veterans who are in college or are looking into non-profit organizations as a career path.

Fellows spend six months, 20 hours a week, working with a non-profit organization as a community leader. This can be any non-profit in area. Former Fellows have worked at The American Red Cross, local VA's, homeless shelters, and conservation projects. Fellows will also work with The Mission Continues on a curriculum that will help them succeed in their transition from military leadership to community leadership. Fellows do receive a stipend during this time period. Learn more here.
FREE EVENT!

San Antonio Military Job Fair and Veterans Information Village

The San Antonio Military Job Fair and Veterans Information Village is a multi-faceted affair combining Career Fair, Education and Information offerings for veterans and eligible family members, and Support services.

Thursday, March 20, 2014
0900-1500

Freeman Auditorium Expo Hall A
3201 E. Houston Street
San Antonio, TX 78219 **Bus Stop #24

To register, for maps and parking information, please go to: http://conta.cc/1lkwSRj

For more information contact:
David Patrick, Col., USAF (Ret.)
dwpattern01@gmail.com • (210) 259-9867
**Military & Veterans Programs**

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15th & University
Box 45026
Lubbock, TX 79409
Phone: 806-742-6877
Fax: 806-742-0480
E-mail: mvp@ttu.edu

**Mission**

Military & Veterans Programs is here to assist veterans and their families in achieving academic and personal success.

**Vision**

Our vision is to be the university of choice for military personnel, veterans, and their families. Military & Veterans programs will assist the students it serves in a seamless transition from military to civilian life, support and encourage campus and community engagement, and help provide a positive experience through degree completion and on to a successful future.

www.mvp.ttu.edu

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**RED TO BLACK**

Red to Black offers free and confidential peer-to-peer financial coaching to Texas Tech students. We provide one-on-one coaching sessions and group presentations on topics such as creating spending plans, the importance of starting to save early, maximizing financial aid (including student loans), how to choose employee benefits and establishing and using credit. Our purpose is to empower students so that they can achieve their financial goals. We believe that no one understands the needs and concerns of students better than fellow students.

http://ttu.orgsync.com/org/redtoblack/