WELCOME STUDENTS!

Whether you are a new or returning student this semester, MVP is ready to help!

Pre-registration for Spring & Summer 2016 is November 5-23rd. Remember to submit your certification request to the MVP office as soon as you have registered for classes with no expected changes.

Each month, In the Spotlight features a MVP Team Member so you can get to know us better!

Eric Washington

Eric is a Unit Coordinator in the Military & Veterans Programs Office and our featured team member for October 2015.

Eric Washington is a Unit Coordinator here in the MVP office. He has worked in the office for almost 2 years. He began working here as a student and started full time in April of this year.

Eric served in the United States Marine Corps for four years as an Amphibious Assault Vehicle Crewman and Crew Chief. He deployed once on the USS New Orleans and once to the Helmand Province in Afghanistan.

Eric is finishing up his degree in Technical Communication here at Texas Tech. Eric has been married to his wife Kyra for 6 years and both are from west Texas originally.

Eric is a huge Red Raider football fan and never misses a home game. Eric is passionate about helping fellow veterans and has been a great asset to the MVP office.

MVP would like to thank Eric for his service and for his service to veterans and their families.

MVP wishes a Warm Welcome to our new Director: Lou Ortiz!
Women Veterans Survey

New research indicates that women Veterans are taking their lives at an increased rate but that those who use the VA for healthcare fare better. However, the rate of women using the VA is very low. We’d like to investigate how Texas women Veterans are using the VA and if not, why not. [take this survey]

Sponsored by www.TexVet.org

Questions? Contact: Perry Jefferies at perry@texvet.org

Benefit for VFW Post 2466: October 5th 6-10pm at Capital Pizza 26th & Boston

Share your history, Donate now! [www.amaw.ttu.edu](http://www.amaw.ttu.edu)

If you are a military veteran and you are interested in donating your material to the archive, please contact: Archivist Andrew Hinton at 806-834-5971 or amaw@ttu.edu.

Military Service Members and Families Needed for a Study:

For questions, please contact Dr. Autumn Shafer, autumn.shafer@ttu.edu or Dr. Debra Reed, debra.reed@ttu.edu.

Information obtained from this study will help plan education programs that address the specific needs of military service members. This study has been approved by the Human Research Protection Program at Texas Tech University.

POW/MIA Ceremony

Date: October 24, 2015 0600 to Oct. 25, 2015 0600

Location: Henry Huneke Park 82nd & Nashville Ave.

Each semester, out of respect for the servicemen and women from the Lubbock area, the Sabre Flight Drill Team a professional Texas Tech organization affiliated with the Air Force Reserve Officer Training Corps performs this 24-hour vigil. During the POW/MIA Ceremony, each Sabre takes shifts guarding the Lubbock War Memorial in much the same fashion that the Tomb of the Unknown Solider is guarded at the Arlington National Cemetery and other cemeteries around the world. The Changing of the Guard will take place every half hour, and all members of the Sabre Flight Drill Team will be on site to answer any questions or explain certain aspects of the ceremony.

We have not be forgotten, have you?

[https://www.traveltex.com/attractions/lubbock-area-veterans-war-memorial](https://www.traveltex.com/attractions/lubbock-area-veterans-war-memorial)
The Sun's Up! Guns Up! Reveille Run is a 5k and 1 mile fun run. The run will be held on November 7, 2015 at 0730 (7:30am). Day of Race Registration will begin at 0630 (6:30am) but you can register online now!

Military & Veterans Programs along with REC sports sponsors this run each year to raise money for scholarships to support veterans and their families in the pursuit of their educational goals at Texas Tech University. AF and ARMY ROTC here at TTU are also helping sponsor this year’s event. Scholarships are awarded each September. Some of the money raised will go toward building a scholarship endowment that will ensure a legacy of support for our students with military ties.

Come raise the flag at Memorial Circle and run with veterans and advocates.

To Register

Go to:  https://register.recsports.ttu.edu/

Click ‘Sign In’ – top right

Once signed in, click ‘Register’ and all events will show up

Click ‘Special Events’ and you will see Sun’s Up Guns Up to click and register
Each month, we will shine the light on a special office on campus which you need to know more about. Click on the link below to learn even more!

The Student Counseling Center

Whether this is your first semester or you’re a few months from graduation, the transition from the demands of military life to those of the university usually creates a significant amount of stress. From hanging up the “cammies” to putting on the “civies,” setting down the “ruc sac” to picking up the book bag, and trading in your “deuce gear” for pens and paper, leaving the all-encompassing “Green Machine” for the classroom is no easy task. Many of you are returning from war-zones; the amount of stress from that experience added to what you must already face is, often, immeasurable and overwhelming. Don’t delay! Let us help. The Student Counseling Center can help. We offer a variety of services including individual, group, and couples counseling.

SCC is located in room 201 of the Student Wellness Center at Flint Avenue and Main Street. Open 8-5pm, M-F

Walk-In Clinic Hours: 12:30-3pm, M-F

MVP has a designated Veteran Liaison in SCC: Andrew Friedman. Contact him at afriedman@ttu.edu

MindSpa

Visit the Student Counseling Center MindSpa which is open to Texas Tech enrolled students, faculty, and staff. Relax in the massage chair, meditate using the zafu/zabuton, peruse our library of yoga, meditation, visualization, and stress management audio recordings as well as our collection of Video Journeys. Our biofeedback computer games will teach you to manage your stress at a physiological level through breathing and visualization techniques. Our Xbox 360 games using Kinect allow you to explore creativity and immerse yourself in full body relaxation through imagery and movement. Yoga mats and DVDs are available to guide you in mind-body exercise. MindSpa use is by appointment only. Call 742-3674 or stop by the Student Counseling Center to schedule

Http://www.depts.ttu.edu/scc
## Upcoming Events

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>POW/MIA Ceremony</td>
<td>October 24, 2015</td>
<td>Henry Huneke Park</td>
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<tr>
<td></td>
<td>0600 for 24 hours</td>
<td>82nd &amp; Nashville</td>
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<tr>
<td>Honoring our Heroes Dinner</td>
<td>October 26, 2015</td>
<td>MCM Elegante</td>
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<tr>
<td>(A Community Fundraising Event)</td>
<td>6:15pm</td>
<td>801 Ave Q</td>
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<tr>
<td>For &gt; info call Danny at 806.698.5842</td>
<td></td>
<td>Lubbock</td>
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<tr>
<td>Suns Up Guns Up</td>
<td>November 7, 2015</td>
<td>Memorial Circle</td>
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<tr>
<td>Reveille Run</td>
<td>0730 Run Starts</td>
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<tr>
<td></td>
<td>0630 Registration</td>
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<tr>
<td>Veterans Day Event(s)</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>Military Appreciation Football</td>
<td>November 14, 2015</td>
<td>TTU Jones ATT Stadium</td>
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<tr>
<td>Game TTU vs KS</td>
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<tr>
<td>Celebrating America</td>
<td>TBD</td>
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<tr>
<td>(MVP Tailgate prior to game)</td>
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### VATT: Veterans at Texas Tech

Get connected! Join this student group for anyone who is a veteran or who wishes to support veterans and their family members.

The purpose of the Veterans Association to provide a sense of camaraderie and community outreach for United States military veterans, those who are currently serving or under contractual obligation in the United States military, and those patriots who support the United States military in any way, shape, or form.

For more info, visit the webpage at: [https://orgsync.com/7497/chapter](https://orgsync.com/7497/chapter)
Or on Facebook: [https://www.facebook.com/groups/ttuveteran/](https://www.facebook.com/groups/ttuveteran/)
[https://www.facebook.com/VeteransAssociationAtTexasTech](https://www.facebook.com/VeteransAssociationAtTexasTech)
Military & Veterans Programs

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.

About MVP:

- Find links to Certification Info and Checklists on our website.
- Find links to campus, community, state and federal resources just a click away on our website.
- Liaisons from each academic and Student Support office are also listed for your convenience on our website.
- If you are struggling in a class, Texas Tech has many avenues for tutoring and mentoring. Just let us know.
- Need a friendly face or to chat? Need resources on or off campus? Contact the MVP Office at anytime and we can help connect you.

You are not alone!

Text Alerts!

Remind 101 is a one-way text and email messaging system. All personal information remains completely confidential. Sign up for TTU MVP Text Message System via Text.

Text @ttumvp to 806.731.4100

You can opt-out at any time by replying: "unsubscribe @ttumvp"

Sign up for TTU MVP Text Message System via Email

Send an email to ttumvp@mail.remind.com

You can opt-out at any time by replying: "unsubscribe" in the subject line

Note: MVP will not bombard you with texts. MVP will only send texts concerning important information regarding benefits or upcoming events through Remind 101.