

# Veteran's Day

November 11, 2011

It is only fitting that Radford University's first issue of the *RU SOUND OFF* is distributed to our Veterans this November; the month designated to thank, remember, and honor all of those who served. This issue, this newsletter is for you.



## **Time's Running Out**

- \* GI-Benefits for spring
- \* Nov. 15: University Withdraw Deadline
- \* Dec. 17<sup>th</sup> is the last day of Classes
- \* Coming Soon: FASFA for 2012-2013 <http://www.fafsa.ed.gov/>

HONORING ALL WHO SERVED

VETERANS  
DAY

## **From the Registrar Office**

- For GI Benefits: after your benefits have been certified for your first semester, Radford will automatically re-certify your benefits for the Fall and Spring semesters as long as you are enrolled in courses.

- If you would like to use your benefits toward summer course, you need to notify the Registrar Office so they can certify your enrollment.

- Check out the VA's new [eBenefits](#) website for veterans!

Contact the Registrar's Office:

105 Heth Hall 540-831-5721  
Radford University

## **From the Learning Assistance & Resource Center**

*Midterms are over! Time to start prepping for those Finals! If you need academic assistance or tutoring in preparation, stop by the LARC and schedule an appointment.*

### **Time Management Techniques**

- Use your biological rhythms to your advantage. Identify the times of day when your energy levels are at their highest and do your most important work or studying then.
- Optimize your work environment. Keep things that you need in your work area and make sure that your space is conducive to concentration and comfort.
- Safeguard blocks of work time. Protect your time by saying "no." Try to avoid any interruptions when working.
- Prioritize the things you wish to do. Develop an overview of everything you wish to accomplish & organize your goals according to priority.
- AVOID Over-Planning!
- REMEMBER to take care of yourself and your day –to-day personal maintenance

## **Managing Stress**

### The Signs of Stress

- Trouble sleeping
- Headaches
- Neck, shoulder, back pain
- Irritability
- Nausea & stomachaches
- Heart palpitations
- Fatigue
- Increased drug or alcohol use

### Managing Stress

- Recognize the Signs of Stress
- Determine the Cause
- Take steps to deal:
  - Social Support
  - Think Positive
  - Relax
  - Exercise
  - Get enough sleep
  - Avoid alcohol or drugs to deal with stress

## **GI Bill Updates**

- ◊ Benefits will be paid at the end of every month. For example, recipients will receive September's benefits no earlier than September, 30<sup>th</sup> and should receive them no later than the first week of October.
- ◊ Living Stipends are based on the E-5 BAH for your school's location and are paid monthly for the months of enrollment
- ◊ Effective August 1, 2011. The VA will no longer provide benefits for break or interval pay. That means, when classes end on Dec 17, your December living stipend will only be for the first 17 days of December. Benefits will begin again when courses resume.
- ◊ Effective August 1, 2011 prorate housing allowances to the nearest tenth. A student receiving allowances at the 75% level will receive 80% BAH rate.
- ◊ Effective October 1, 2011 students may use the Post-9/11 GI Bill for Non-college degree (NCD) programs, On-the-Job and Apprenticeship training, flight programs, and correspondence training.
- ◊ Reminder: Post 9/11 Benefits are limited to no more than 36 months of payments.

### Career Services Upcoming Events

November 2011:

#### *UVA Diversity Career Day*

Wednesday 2<sup>nd</sup>

10:00a.m.-3:00p.m.

Location: John Paul Jones Arena,  
Charlottesville, VA

Attire: Professional

#### *Challenge Job & Internship Fair*

Wednesday 9<sup>th</sup>

10:30 a.m.-4:00p.m.

Location: Kirkley Hotel & Conference  
Center, Lynchburg, VA

For: Juniors, Seniors, and Recent  
Grads



## HIGHLANDER CAMPUS

## LIFE UNDER WATER

## STUDIO THEATRE, PORTERFIELD HALL

NOVEMBER 9-12<sup>TH</sup>

8:00 P.M.-10:00 P.M., SATURDAY 2-4 P.M.

## VETERAN'S DAY RECOGNITION

## PERFORMANCE HALL IN THE COVINGTON CENTER

NOVEMBER 11

8:00 P.M.-9:30P.M.

## Veteran's Day Recognition

## **STUDENT SPEAKER SERIES: My Amazing Internship**

BONNIE HURLBURT CENTER, ROOM 249-250

NOVEMBER 18

12:00-1:00 p.m.

## **THANKSGIVING BREAK**

November 19- November 27

## RU ROTC Update

Radford Army ROTC is conducting weekly training to include physical fitness training, land navigation, small unit tactics, and leadership courses. We accept students from every Major on campus and offer a wide range of services. Our students will earn a Minor in Military Science and Leadership upon completion of the Program, and they will also earn a Commission as a Second Lieutenant into the U.S. Army. Our students are actively involved in service projects, Greek life, and university athletics as well. We provide Color Guard Teams upon request to sporting events here on campus. We also have an all volunteer shooting team that is currently practicing several times per month. At the end of October the Battalion will begin a four day field training exercise where the cadets will have an opportunity to hone and show off their newly acquired skill sets. They will compete against Cadets from Virginia Tech as well. On December 8th the Company will hold its awards ceremony and recognize the outstanding accomplishments of our students. Awards will be presented for community service, academics, physical fitness, and leadership.

*To the right: Radford's ROTC.*

## **RU Student Veterans Research**

The Mission of Radford University's Student Veteran Research Team is to gain a better understanding of the evolving needs of Student Veterans at Radford University. In an effort to meet the ever changing needs of Student Veterans, this team aims to promote awareness and understanding of benefits and services available, reduce stigma associated with seeking services, encourage a positive campus climate, and provide valuable information to Radford's faculty and staff, and also to other colleges and universities about the needs of the Student Veteran. We also strive to showcase the strengths associated with having Student Veterans as a valued member of the university community.

#### Some of the Research Topics:

DRO: Knowledge, Attitudes, and Perceived Stigmas Towards the use of Disability Resources for Veteran and non-Veterans in Higher Education and Faculty are assessing students and faculty's knowledge of the Disability Resource Office. From this survey, the researchers would like to see how to enhance the knowledge, stigma, and attitudes towards the Disability Resource Office.

**Protective Factors:** Identify and explore factors that promote resiliency among student veterans.

If you are interested in more information about the RU Student Veterans Research contact [ewhitting@radford.edu](mailto:ewhitting@radford.edu) or check out the Lab's [Facebook](#) page.



## **THIS MONTH IN MILITARY HISTORY~ VETERAN'S DAY HISTORY**

World War I, the "Great War," officially ended with the Treaty of Versailles on June 28, 1919; however, fighting ceased seven months earlier on November 11, 1918 with a temporary cessation of hostilities. This cessation was regarded as the "end of all wars." In 1919 President Woodrow Wilson commemorated Nov. 11 as Armistice Day. An act to legally mark November 11 as a legal Federal holiday Armistice Day holiday was approved May 13, 1938—honoring veterans of World War I. On June 1, 1954 the legislation approved November 11 as Veteran's Day—a day to honor all veterans.

### **HONORING VETERANS DAY TODAY**

An official wreath-laying ceremony is held every year on November 11<sup>th</sup> at the Tomb of the Unknowns in Arlington National Cemetery. The holiday is also accompanied with parades and ceremonies throughout the United States. Veteran's Day honors all American veterans, living or dead.



President Eisenhower changing Armistice Day to Veterans Day



Marine Corps War – Iwo Jima—Memorial in Washington DC

## **Did you Know?**

### **Kyria debus Newest paws4people Program on Campus of the University of North Carolina Wilmington**

By: Kyria Henry



After a great deal of planning and preparation, August 24 saw the first class session of the UNCW/paws4people foundation Assistance Dog Training Program. The inaugural class consists of 24 University of North Carolina Wilmington undergraduate students with majors ranging from Recreation Therapy to Psychology to Accounting. This multifaceted group was just what paws4people had hoped for in order to introduce the world of Assistance Dogs and the people they serve to a group of future professionals in a wide array of disciplines.

This class is the first of a planned four-course progression teaching students about the types of Assistance Dogs serving today's society, the history of Assistance Dogs, legislation governing their training and utilization, the types of disabilities Assistance Dogs are trained to mitigate, training theory and practice, dog psychology and body language, and most importantly hands-on practice in utilizing Assistance Dogs in many different environments and disciplines. Students who choose to complete all four courses of the *Assistance Dog Certificate Program* will be eligible to receive a paws4people foundation Assistance Dog custom-trained to utilize in their respective careers, such as education, social work, recreation therapy, gerontology, and UNCW's many other service-oriented degree programs.

This program, the *first and only comprehensive one of its kind in the country*, will empower students to add a unique and marketable skill set to their education. Even more exciting, they will become life-long advocates for Assistance Dogs and for people with disabilities. paws4people is proud and excited to be a part of pioneering this invaluable, synergistic new program, within the School of Health and Applied Human Sciences.

So what does paws4people have to do with veterans? Paws4people is an umbrella organization for other programs, including paws4vets. Paws4vets is an Assistance Dog Placement Program for Veterans, Active-Duty Service members or their dependents with physical, neurological, psychiatric, or emotional disabilities. These animals are provided to service members and their families free of charge.



#### **RESOURCES ON CAMPUS**

- Student Counseling Services 540-831-5226  
*Tyler Hall, Lower Level*
- Student Health Services 540-831-5111  
*Moffett Hall, Ground Floor*
- Radford University Police 540-831-5500
- Substance Abuse and Violence Support Services 540-831-5709
- Office of the Registrar 540-831-5721  
*105 Heth Hall*
- Dean of Student's Office 540-831-5321
- Radford University Human Resources 540-831-5421
- Learning Assistance & Resource Center 540-831-7704  
*Walker Hall*
- Academic Coach for Veterans, Cadets & Dependents 540-831-5002  
*Walker Hall*

#### **Resources OFF Campus**

- National Mental Health Association 1-800-969-NMHA (6642)
- National Association of Alcoholism and Drug Abuse Counselors 1-800-548-0497
- Salem Veteran's Affairs Medical Center 1970 Roanoke Blvd, Salem VA 540-982-2463  
[www.salem.va.gov](http://www.salem.va.gov)
- Veterans' Benefits Administration 800-827-1000
- Virginia Department of Veterans Affairs 804-786-0286  
[Dvs.virginia.gov](http://Dvs.virginia.gov)
- National Suicide prevention Lifeline 800-273-8255
- New River Valley Veterans Outreach Group 540-357-1113  
[Wearevirginiaveterans.org](http://Wearevirginiaveterans.org)
- Virginia Wounded Warrior Program 804-371-4675 or [Wounded.Warriors](http://Wounded.Warriors)
- Aurora Foundation Veteran Internships 202-436-0678  
[American.Women.Veterans](http://American.Women.Veterans)  
[email](mailto:email)

#### **Suggestions Bulletin Board Available**

In the Learning Assistance and Resource Center, in Walker Hall, is a Military Services bulletin board. On this bulletin board we have placed a folder for suggestions. There is pen and paper available or you can bring in a note already pre-written. This is a place for you to put your suggestions or concerns about how to make Radford a more Veteran-Friendly Campus. This is completely anonymous. If you would like the LARC to contact you about information and services feel free to leave your name and contact information.

Help us serve you better. While you are in the LARC please stop in the Veteran's Academic Coach's office, even if the coach is not there, take a look at some of the materials Radford has already accumulated to assist you with your academic success. If you would like to use any of these materials please make an appointment with the Academic Coach.

#### **SPECIAL THANKS**

Dr. Leake's Student Veteran Research Team  
Radford's ROTC  
CPT Parron  
Adam Williams  
Erica Whiting  
Gail Wright and the Registrar's Office  
Kyria Henry and the paws4people foundation

This newsletter would not have been a possibility without your unwavering support and contributions. Thank you for all your time and effort

