

Northwest Happenings

Mr. Franklin Wagner was born and raised in East Texas. For the first 14 years of his life, he worked on a farm with his parents. He graduated from high school at the age of 16, then enrolled at Prairie View A&M University with an interest in becoming a doctor. He remembers telling his father that while he is gone, he was welcome to attend to the cows. Wagner studied Math, Biology, and Chemistry, in 1959, he graduated from Prairie View A&M University.

After graduation, Wagner joined the United States Army where he spent 22 years in the Army Chemical Corps. Those years were filled with discipline, challenge, and growth. While he was away in the army, his mom passed, and his father wanted him to return home to help on the farm. He didn't realize how serious it was until his father told him, "If you do not return home, I'm going to sell the cows and let the fences fall down." This quickly got his attention. When his father passed away in 2001, he was left with 300 acres and over 100 head of cattle to care for, with no knowledge of how to bale hay. With the help of his younger son, Richard, they managed to navigate 20 years of hay baling and cattle raising together.

In 2000, Mr. Wagner had a wake-up call. He was diagnosed with Thyroid Cancer. He began to study the connection between food and health, searching for natural ways to heal the body. In his findings, he discovered black garlic, which is known to have healing properties. From that point on, he adopted a more holistic and herbal approach to life.

Today, his goal is to find a holistic approach to reverse diabetes. He wants to help others improve their quality of life. He has found the most challenging aspect of his endeavor is persuading people to adopt a more holistic approach to medicine. People have been taught to trust pills more than plants and changing that mindset takes time.

When asked, what lessons he has learned that he wishes he had known earlier in life, and he stated that he wishes he had gone to school for agriculture instead of science. He felt like he would have been exposed to everything he learned now at an earlier age. But admits everything happens for a reason. Mr. Wagner and his wife have been proud and dependable vendors for Get Moving Houston Farmers Market since 2016, sharing everything they grow and they have learned with the community they serve. F&J Farms was here at the Northwest for our 3rd Annual Holiday Market, sharing their knowledge and great produce with our community as vendors. Though the schedule has not been set yet, we are looking forward to having them host their farmers market here at the Northwest. Be on the look out for future announcements

One thing Mr. Wagner would like to share with our readers is the importance of being conscious of your surroundings, both physically and mentally, for the sake of your health.

Story by: Jarnique Shelpy

Graduale Studies

Meet Ms. Talisa Smith. Talisa is the Graduate Student Recruiter for the Graduate School here at PVAMU. In her role, she focus on increasing enrollment and highlighting our graduate programs through outreach on and off campus. She is currently pursing her Ph.D and understands the hesitation that often comes with starting this journey. Alongside the Graduate School team, she supports students from the start of the application to enrollment, ensuring a seamless transition and a positive overall experience. Her primary office is located in the Hobart Thomas Taylor Building (suite 2A204, 2nd floor) on the main campus. She is also available at the NW every other Wednesday.



Talisa Smith

raduate&chool

Fall 2026 Deadline

Doctoral:

Fall Admissions: February 1 (priority-funding) : March 1 (final deadline)

Spring Admissions: September 1 (priority-funding)

:November 1 (final deadline)

Master's:

Fall Admissions: April 15 Spring Admissions: November 1

Summer I Admissions: April 15 Summer II Admissions: May 15

PRAIRIE VIEW A&M UNIVERSI 31 Master's and 6 **Doctoral programs** with various concentrations and certifications

- MS Natural Resources and Environmental Sci-

OLLEGE OF BUSINESS

COLLEGE OF JUVENILE JUSTICE

- COLLEGE OF NURSING

 MSN Family Nurse Practitioner

 MSN Nurse Administration

 MSN Nurse Education

 DNP Nurse Operation



FOR MORE INFORMATION

PVAMU.EDU

THE GRADUATE SCHOOL (936) 261-3518

gradschool@pvamu.edu

Ongoing global economic changes are heavily impacting recruiting, especially visa policy adjustments that affect international student enrollment, a major revenue stream for many graduate schools. As universities across the nation face budget constraints, many are reducing travel, marketing, and staffing, which limits outreach efforts. Despite these challenges, PVAMU's Graduate School is strategically following data and trends closely to make enrollment decisions that will better serve our students. As the job market continues to evolve, we are offering our students greater program flexibility through online, hybrid formats, and part-time options. The Graduate School remains committed to supporting our students through funding opportunities such as scholarships and assistantships. Additionally, PVAMU employees considering graduate school can take advantage of our new Panther Employee Scholarship/Exemption Program.

After the Tassel

Meet Ms. Riah Kindle. Riah is a two time graduate of Prairie View A&M University. She earned her bachelors in marketing in December 2015 and her Executive Master's in Business Administration in December 2021. During her undergraduate years at PV, she maintained a 3.4 GPA and her academic scholarship while fostering valuable relationships with her professors and peers to expand



RIAH KINDLE

and grow her professional network. We were able to catch up with Ms. Kindle and here is what she shared since attending PV.

1. Tell me about yourself.

I am a University Program Manager at HP Inc., where I bridge the gap between top, inclusive talent and trans-formative internship opportunities. I am also the founder of Remedi by Riah, a Houston-based wellness brand dedicated to introducing mindfulness and movement to the community. As an avid volunteer, I help provide groceries to Houston families and supports women in prison by recording bedtime stories they can share with their children. Through my professional work, entrepreneurial efforts, and community service, I strive to create spaces where people feel seen, supported, and inspired to thrive.

2. Why PV for your degree?

I chose PV because they offered me an academic scholarship to further my education.

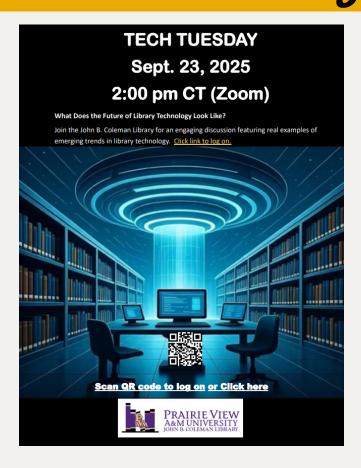
3. How do you think attending an HBCU benefited you?

Attending an HBCU was beneficial to my self-development. It was a beautiful experience to be in spaces where my peers and I all came from various upbringings yet we had shared experiences that brought us closer. Community was golden.

4. How has your graduate degree elevate your career?

My graduate degree has allowed me to assess issues from different points of view, enabling me to approach issues from various perspectives to solve real-world problems. This degree also exposed me to other business leaders who were in different industries so that I can learn from their work experiences.

Tech Tuesdays



This semester, Dr. Brumfield hosted Tech Tuesdays throughout the whole fall semester with great speakers. Technology is evolving everyday, much so that AI is taking over how technology is used especially when it comes to libraries. The topics that Dr. Brumfield had for her Tech Tuesdays gave her audiences more insight on everything tech and library. The final Tech Tuesday for the semester will be held on the main campus in person on December 2nd. It will be streamed online for those who will not be able to make it physically. Be on the look out for an email with the link attached.





Health and Wellness PT.1

THE IMPORTANCE OF RSVP AT PVAMU



The Relationship and Sexual Violence Prevention Program at Prairie View A&M University is a vital resource for creating a safe and supportive campus community. The program provides confidential advocacy, education, and prevention services for students who have experienced sexual assault, dating or domestic violence, or stalking. RSVP also leads outreach and awareness efforts that encourage healthy relationships, consent education, and active bystander involvement. By focusing on both prevention and response, the program helps ensure that every student at PVAMU can learn and grow in an environment built on respect and safety.

Raising awareness about RSVP is essential to its success. The more students, staff, and faculty talk about the program, the more likely it is that those in need will access its services. Awareness helps to normalize conversations about consent, safety, and support. It also builds a stronger PVAMU community that stands together against relationship and sexual violence. Talking openly about RSVP shows that PVAMU values care, compassion, and accountability across campus.

Research shows the urgent need for programs like RSVP. According to the Rape, Abuse and Incest National Network, one in four undergraduate women and one in ten graduate women experience sexual assault involving force or incapacitation during college. Between six and thirty-nine percent of college students report being stalked, and one in three college women report being in an abusive dating relationship. Many incidents are never reported, often because students are unsure where to turn for help. These numbers remind us why visibility and education are key parts of preventing harm and supporting survivors.

Graduate and professional students also benefit from RSVP's work. They often experience different pressures such as isolation, limited social networks, and complex power dynamics within academic programs. RSVP ensures that these students have access to confidential support, education, and advocacy that fits their needs. By connecting graduate students to resources and prevention efforts, RSVP helps foster a campus culture where all students feel protected and valued.

At Prairie View A&M University, RSVP partners with Student Counseling Services, Title IX, and other campus offices to provide a united response to interpersonal violence. This collaboration ensures that every student, whether undergraduate or graduate, has access to compassionate care and trusted support. When the PVAMU community promotes and engages with RSVP, we strengthen our collective commitment to safety, healing, and prevention. Every conversation about RSVP brings us closer to a campus where all students can thrive without fear.

If you need to speak with someone or know someone who may need support, please contact Kim Wells, RSVP Program Manager, at kdwells@pvamu.edu, 936-261-1468, 936-452-2646. Compassionate and confidential assistance is available to every student at Prairie View A&M University.

Health and Wellness PT.2

STAYING GROUNDED: SELF-CARE FOR THE ACADEMIC AND HOLIDAY RUSH



As the semester comes to an end and the holiday season begins, many students find themselves reflecting on what they have or haven't accomplished.

You may be asking yourself: Did I study as hard as I could for finals? Is this the right major? What if my professor doesn't curve the final grade and I have to repeat this course? How can I focus on school when I have bills and family to take care of?

It's completely normal to feel pulled in many directions this time of year.

For some, graduation feels so close, yet life keeps "lifeing" and the feeling of hope seems to drift a little further away. The truth is, this season can bring a lot of academic and personal stress, making it hard to see your progress or even feel motivated to reach the finish line.

When these feelings start to build, it's important to remember that anxiety often comes from worrying about the unknown or what might happen next. When you feel anxious or overwhelmed, pause for a moment and ask yourself: "What is in my control right now?"

This simple question can help you refocus your energy and manage your stress more effectively. It's also worth checking in with yourself to see if you may be experiencing burnout; when the effort to balance school, work, and personal responsibilities starts to drain your mental and physical energy.



Signs of Physical Burnout

- Stomach or digestive issues
 - Frequent headaches
- Difficulty sleeping or staying asleep
 - High blood pressure



Self-Care Strategies

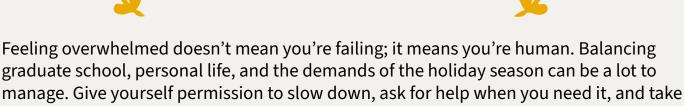
- Physical self-care
- Mental self-care
- Emotional self-care
- Social self-care
- Spiritual self-care



Signs of Mental or Emotional Burnout

- · Feeling down or emotionally drained
 - Trouble concentrating
- Loss of interest in things that used to bring joy
- · Feeling of hopelessness or suicidal thoughts'

care of your mind and body. With intentional self-care and compassion for yourself, you



can move into the next season with a clearer head and renewed strength.

Important Dales

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	12/24-01/01	Winter Break (University Closed)

01/10	Student Orientation
01/12	1st Day of Spring Class
01/19	Dr. Martin Luther King Jr. Day (University Closed)
03/09-03/14	Spring Break
03/12-03/13	University Closed
04/28	Last Class Day of Spring Semester 2026
05/05	Spring Pinning Ceremony
05/08 & 05/09	Spring Commencement Day
05/26	1st day of Summer Semester 2026
07/31	Last Class Day of Summer Semester
08/04	Summer Pinning Ceremony
08/08	Summer Commencement



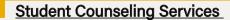
Library Hours

Mon. - Thurs.: 8:00 a.m. - 6:00 p.m. Fri. - Sat.: 8:00 a.m. - 5:00 p.m.

Apparel Store

Located in Room 106 on the 1st floor





<u>Professional Counselor II</u>
Ms. Destiny Anderson, LPC

Office Hours: Tuesdays 9:00 a.m. - 6:00 p.m. Room 219

Email: dcanderson@pvamu.edu Phone: 936-261-3564

Faculty/Staff Counseling Services

University Ombudsperson

Ms. Aundrea Cudjoe-Jackson Best reach by email adcudjoejackson@pvamu.edu Appointment Preferred!!



