



Two African-American Women Trailblazers Making a Difference In Collegiate Mental Health in Texas

Dr. Bernadine Duncan, Director of Student Counseling Services and the Women's Center at **Prairie View A&M**

University, recently became President of the Texas University Counseling Center Directors Association (TUCCDA) and **Dr. Lia Amuna**, Director of the Student Counseling Center at **Texas A&M University-Central Texas** and a member of the Chancellor's Century Council, became the President-Elect of TUCCDA. Both professionals are a part of the Texas A&M University System. This is the first time two African-American women will hold back-to-back presidential positions in this distinguished organization. TUCCDA is comprised of Counseling Center Directors from all of the larger universities, as well as many from the moderate to smaller colleges and universities in the State of Texas. It is found to be the Directors' primary source of collegial support, information, and consultation regarding a large array of challenges that face Counseling Centers in Texas. Membership is available to all four-year, senior level, graduate colleges, and universities. Its members are highly involved in the organization and dedicated to assisting university and college students with their diverse mental health concerns.

As President, Dr. Duncan is responsible for leading the organization in addressing challenges that arise throughout the year in collegiate mental health. Both Dr. Duncan and Dr. Amuna are on the Executive Committee to bring the Association for University and College Counseling Center Directors (AUCCCD) conference to San Antonio, TX in October 2019. AUCCCD is comprised of college counseling center directors from around the country.

New Member Special: Join the Fitness Program and Pay No Fee in September

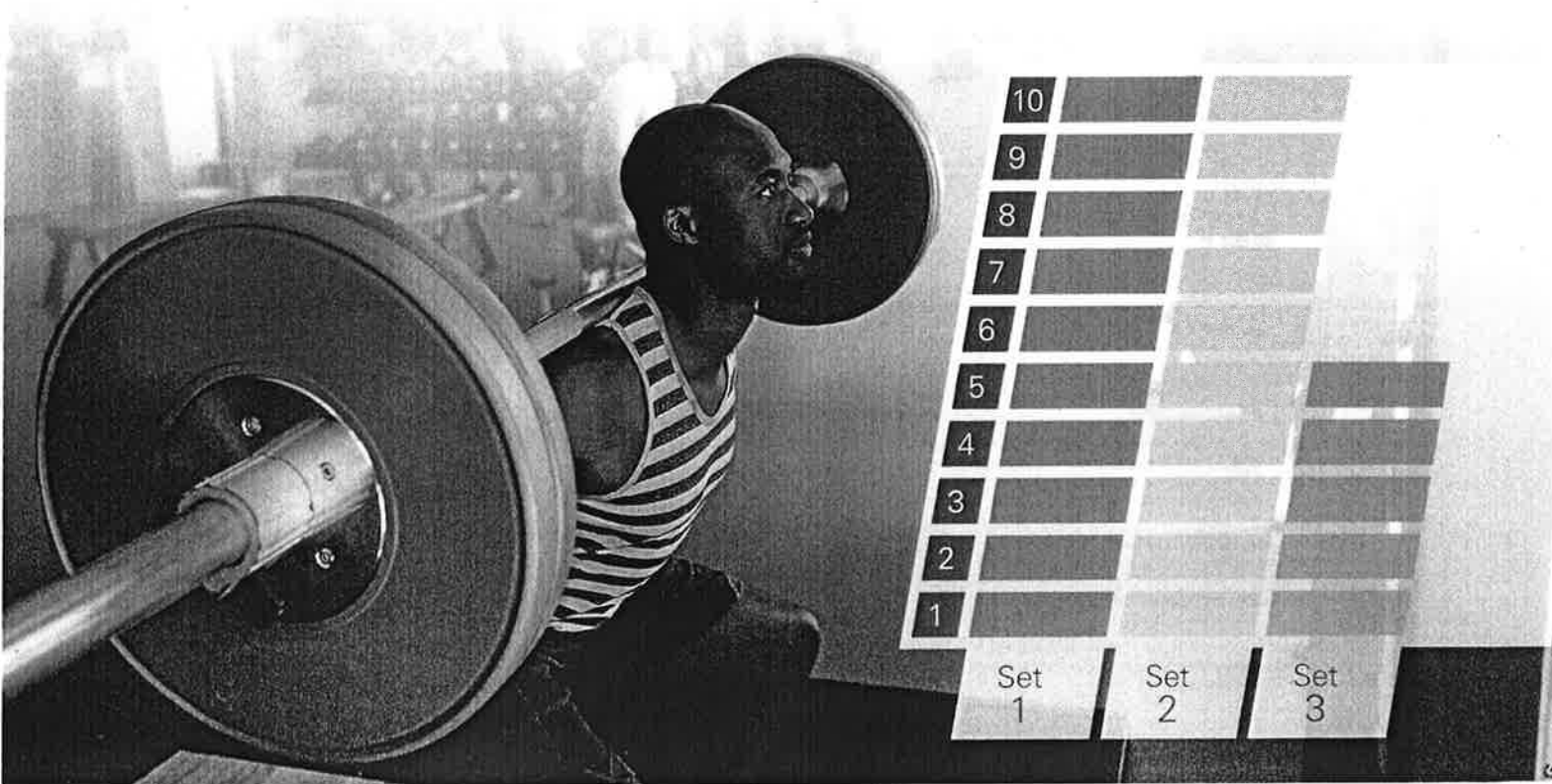
Beginning September 1, new members can join the Fitness Program and pay no enrollment fee.¹ Sign up by September 30 to get this great deal!

The Fitness Program offers flexibility, convenience and ease for just one low monthly fee. Members have access to more than 10,000 participating facilities so they can work out whether traveling, at home or at work.

Other features of the Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- No long-term contract. Pay only \$25 per member per month
- Access to discounts through a nationwide Complementary and Alternative Medicine (CAM) network of 40,000 health and well-being providers such as massage therapists, personal trainers and nutrition counselors
- Weekly Blue Points^{SM2} for regular visits. You will earn 2,500 bonus points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.

To snag your free enrollment, log in to Blue Access for MembersSM (BAMSM) at bcbstx.com and search for the Fitness Program under Quick Links. You will need to enter the code "septembersave" during enrollment to join for free before September 30. If you have any questions or prefer to enroll over the phone, call 888-762-BLUE (2583) Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).





Coordinated by The
Office of Human
Resources

STARTING: OCTOBER 14, 2019
END DATE: DECEMBER 1, 2019
REGISTRATION BEGINS: SEPT. 30, 2019
TO REGISTER: LOG ON TO
WWW.HOWDYHEALTH.ORG/PROGRAMS

STEPS TO CREATE A TEAM:

1. PICK A TEAM CAPTAIN
2. LOG ON TO HOWDYHEALTH.ORG AND REGISTER YOUR TEAM WITH LEAGUE CODE - WATL-190905-P73YSM

CLICK CREATE A TEAM AND JOIN OUR LEAGUE WITH THE CODE: WATL-190905-P73YSM

BENEFITS ELIGIBLE STAFF & FACULTY ARE ENCOURAGED TO SIGN UP FOR THIS EXCITING GROUP COMPETITION!

8-WEEK WALK ACROSS TEXAS!!

Prizes will be provided to 1st, 2nd, and 3rd place teams.



What's your vision of the future? Help it take shape today.



Enrolling in your retirement plan can help you get FutureFIT.® Freedom. Individually Tailored.®

Your retirement plan is designed to help you plan and prepare for the future you want.

Let's talk about ways that you can:

Make a plan. See results. And get your future in shape.

Tuesday, September 24th

1:00pm - 3:00pm

Ice Cream Social

Recreation Center - Multipurpose Room

Tuesday, October 1st

9:00am - 11:00am

Donut Social

Northwest Campus



Cynthia Brumfield
Financial Advisor

(281) 979-5154
cynthia.brumfield@aig.com

2777 Allen Pkwy, Ste 285
Houston, TX 77019

Your Future is Calling. Meet It with Confidence.

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Securities and investment advisory services offered through VALIC Financial Advisors, Inc. (VFA), member FINRA, SIPC and an SEC-registered investment adviser.

Annuities are issued by The Variable Annuity Life Insurance Company (VALIC), Houston, TX. Variable annuities are distributed by its affiliate, AIG Capital Services, Inc. (ACS), member FINRA.

AIG Retirement Services represents AIG member companies — The Variable Annuity Life Insurance Company (VALIC) and its subsidiaries, VALIC Financial Advisors, Inc. (VFA) and VALIC Retirement Services Company (VRSCO). All are members of American International Group, Inc. (AIG).

October-Breast Cancer**1st Donut Social with Valic at the Northwest Campus****9th Lunch N Learn with Airrosji at the Northwest Campus****16th Flu Clinic in the Recreation Center in the Multipurpose Rm 1 & Women in Finance from 12 pm to 1 pm in the Recreational Center in the Multipurpose Rm 2****30th Financial Expo**

PVAMU Hilltop Reserve (ERC) Donation Items

Personal Items (All items must be new and un-open)

1. Baby wipes
2. Body soap (full size and travel size)
3. Conditioner (full size and travel size)
4. Combs
5. Dental floss
6. Deodorant* (full size and travel size)
7. Diapers
8. Floss
9. Hairbrushes
10. Incontinence pads
11. Lotion* (full size and travel size)
12. Maxi pads
13. Party-liners
14. Shampoo (full size and travel size)
15. Shavers
16. Shaving crème (full size and travel size)
17. Tampons
18. Tissue (full size and travel size)
19. Toilet paper
20. Toothbrushes
21. Toothpaste (full size and travel size)

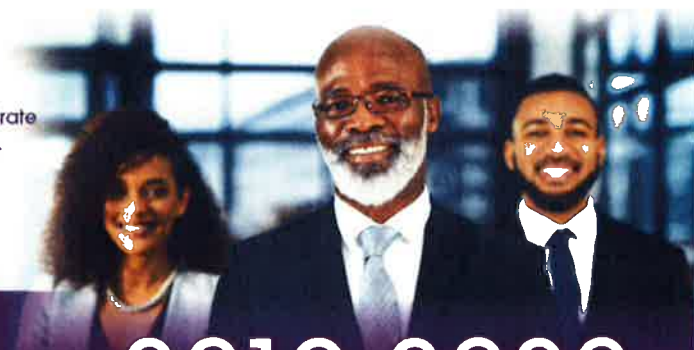
Household Items

1. Toilet Tissue
2. Dish Soap
3. Laundry Soap
4. Paper Towels
5. Detergent
6. Plastic Bowls, Plates, Utensils
7. Sheets
8. All-purpose cleaner
9. Trash Bags
10. Storage Bags

Clothing Items (All Clothing must be gently worn or new and must be clean/washed)

1. Shirts (any size)
2. Pants (any size)
3. Socks (any size)

LeadershipPVAMU is a leadership skills development program for staff and faculty who demonstrate the capacity, capability, and motivation to enhance their leadership effectiveness in preparation for more senior position opportunities within the university in the future.



LeadershipPVAMU 2019-2020 Accepting Nominations

JUNE 3, 2019 - JULY 12, 2019

The Prairie View A & M University Leadership Development Program (LDP), Leadership PVAMU, is designed to institutionalize a methodology that enables the targeted development of PVAMU's faculty and staff for future leadership positions. The program focuses on key areas that align with PVAMU's strategic focus areas and to expand the universities' bench strength through leadership capabilities. The Leadership PVAMU provides the foundation for the development of a leadership pipeline and talent pool in alignment with PVAMU's strategic initiatives and growth goals. PVAMU's LDP spans the course of one year. The program begins with a two-day off-site grounding workshop, followed by 11 monthly one day development sessions. Participants will engage in the real-world application of leadership skills which include project management, customer awareness, strategic planning, budgeting and finance, policy and procedures development and compliance, innovation, and organizational culture.

The leadership development program will focus on five key developmental areas:

- Identifying, understanding, and using effective leadership styles;
- Implementing customer focused and compliant business practices;
- Financial acumen;
- Leading teams with a strategic organizational focus; and
- Managing change.

Leadership PVAMU Program's distinguishing features:

- A programmatic focus on the unique leadership needs of higher education institutions;
- Curriculum designed, facilitated, and supported primarily for aspiring university leaders;
- Participant access to the university's Executive Officers, Administrators, and other relevant content experts;
- A distinctive coaching initiative that will enable participants to employ transformational skills that serve to move the university toward desired new outcomes;
- Recognizing and attracting those with proven leadership capabilities who are committed to making a positive difference in the Prairie View A&M University community;
- Cultivating a long-term affiliation and ownership of the future of the university and the success of our students.

Minority-Serving Institutions

THE BUSINESS of the UNIVERSITY CONFERENCE

DATE:

November 6-9, 2019

LOCATION:

Hotel Sorella, Houston, TX

THE BUSINESS OF BUILDING BRIDGES
WITH THE ACADEMIC ENTERPRISE



Learn how campus business professionals across the Nation at Minority Serving Institutions (MSIs) are Building Bridges with the Academic Enterprise to Innovate, Elevate, and Revitalize the University Business Model.

Participants will receive information that will equip them with tools to construct a competitive advantage for their institutions and communities.

www.pvamu.edu/BOUC



Minority-Serving Institutions

B^{THE} BUSINESS of the UNIVERSITY CONFERENCE



The Business of Building Bridges with the Academic Enterprise

We cordially invite you to attend the **2019 Business of the University Conference** on November 6-9 in Houston, TX at Hotel Sorella in City Center. Conference facilitators will deliver information that confronts the challenges faced by higher education business professionals.

You will have the opportunity to establish connections and build a knowledge base to assist your institution in reinventing itself for the new era in higher education. You will learn about innovative and disruptive strategies that prioritize sustainable financial fundamentals for our universities.

The conference planning team has developed a dynamic and fun program. Our distinguished panelists, who hail from across the education landscape, offer timely and relevant sessions on topics like –

- Dr. Charles McClelland—The Athletic Blueprint for Academic Success
- The Financial Divide in Higher Education
- Closing the Gap in the Endowment Bridge

Your presence at the conference is important to us as we assist each other in building and sustaining a competitive advantage for our institutions. We look forward to seeing you there!

REGISTER NOW!

Or copy and paste the URL below into your internet browser:

https://secure.touchnet.com/C20166_ustores/web/classic/product_detail.jsp?PRO DUCTID=588

*The 2019 Business of the University Conference is sponsored
by:*



PRAIRIE VIEW
A&M UNIVERSITY

LeadershipPVA



NACUB

SACU

SOUTHERN ASSOCIATION OF
AND UNIVERSITY BUSINESS



PRAIRIE VIEW A&M UNIVERSITY

A Member of the Texas A&M University System

A Leadership Symposium
Presented by
Ruth J. Simmons
President, Prairie View A&M University

I am pleased to announce a Leadership Symposium for those aspiring to senior leadership of universities.

Hosted by: Ruth J. Simmons, President of Prairie View A&M University

Date: November 23, 2019

Time: 9:00- 1:00 PM

Where: Prairie View University Northwest Center
9449 Grant Rd. Houston, TX 77070

Who May Attend: Faculty and university administrators with terminal degrees (example: Ph.D., EDD, D.B.A.) who aspire to the most senior leadership roles in university administration.

Overview of the Session:

The Charge of Leadership
Opportunities in University Administration
Structuring a Plan for Advancement
Wooing the Search Committee

Application:

Submit a resume and a statement of interest no later than **Friday, October 18, 2019**, to bmcopeland@pvamu.edu

For Questions, Contact:

Beverly Copeland
Office of the President
936-261-2196
bmcopeland@pvamu.edu



Women's Leadership Council Membership Notice

We are updating our membership roster!



Please visit our website at:

<http://www.pvamu.edu/womenscouncil/get-involved/> to update your membership status!

Thank you!

Women's Leadership Brunch

MENU OPTIONS:

TOAST BAR

PASTRIES

CHICKEN AND WAFFLES

SPARKLING GRAPE JUICE

ORANGE JUICE

FRUIT



ATTIRE:

SUNDRESS

HATS/FASCINATORS

WORKSHOPS: FASCINATORS/HATS



Felt Like Round Pillow Mill...
Caprilite
\$1.94



Caprilite Fascinator Base F...
Caprilite
\$2.60

LOCATION: WILLIE A. TEMPTON MEMORIAL STUDENT
CENTER

BALLROOM

DATE/TIME: SATURDAY, MARCH 7, 2020

NOON-2 P.M.

BLACK WOMAN AGENDA

Women's Leadership Symposium

BLACK WOMEN ARE COMING FOR EVERYTHING THEY SAID WE COULDN'T HAVE IN 2019

ENGAGEMENT AND POLITICAL EMPOWERMENT
BUSINESS AND ECONOMIC POWER
CULTURE, COMMUNITY AND SOCIETY
EDUCATION, TECHNOLOGY AND INNOVATION
HEALTH AND WELLNESS
WOMEN'S RIGHTS



SAVE THE DATE

2020 TEXAS WOMEN IN HIGHER EDUCATION CONFERENCE

MARCH 29-31, 2020
EMBASSY SUITES - DENTON
CONVENTION CENTER

Grants

Texas Women in Higher Education Regional Initiatives Grant Program

Texas Women in Higher Education hosts regional meetings across the state to connect women and create opportunities for professional development. Regional meetings are typically coordinated by TWHE members from two or three colleges and universities in close proximity. TWHE supports regional meetings by providing speakers, programs, and access to TWHE promotional and social media outlets.

TWHE offers a Regional Grant Program in which organizers of regional meetings can apply for grants up to \$500 to cover meeting expenses. For more information on the Regional Grant Program, contact Dr. Cissy Matthews at amatthew@gc.edu. To download the grant application.

Eligibility

To be eligible for grant funding, the program or event must support the mission of Texas Women in Higher Education to advance women who hold or aspire to leadership roles in higher education. In addition, the program or event should address at least one of TWHE's strategic priorities listed below.

1. Provide professional development, networking, and advocacy for women holding or aspiring to leadership positions in higher education.
2. Empower women to take advantage of opportunities for advancement and professional growth.
3. Promote women's involvement in local, state, and national leadership development opportunities.
4. Recognize women leaders and celebrate their contributions to higher education.
5. Engage leaders in supporting the mission and strategic priorities of TWHE.

Applications must be submitted on the TWHE Regional Initiatives Grant Application Form. Grants will be awarded in the order in which they are received. Applications must be submitted no later than 30 days prior to the program or event. Funds will be awarded after the program event, unless otherwise agreed upon.

Individuals may request up to \$500 each calendar year. Once TWHE's annual allocation of funds for grants is exhausted no additional grants will be awarded that calendar year. In order to share good practices and promote regional events, grant recipients may be asked to share their events or programs at the annual TWHE Annual Conference.

TWHE reserves the right to make changes in this application and award process at its discretion and without notice.

Texas Women in Higher Education Leadership Development Grant

TWHE is pleased to announce a new initiative designed to support women in higher education in Texas as they pursue opportunities for advancement and professional growth. The TWHE Leadership Development Grant program utilizes a cohort and mentoring approach while recipients complete a project designed to advance their professional goals. Recipients are recognized in various TWHE communications and report on their projects at a subsequent TWHE annual conference. All women are invited to apply.

Up to 10 grant recipients will:

- With support from TWHE mentors, complete projects designed to advance professional goals and growth
 - Meet at the 2018 annual conference to discuss professional growth projects and network with TWHE board members and other grant recipients
 - Receive reimbursement up to \$500 for expenses associated with attending the 2018 TWHE annual conference
 - Provide a summary of completed projects for dissemination to TWHE membership
- Applications will be assessed on five criteria:
- Overall quality of application (completeness, clarity)
 - Candidate's desire to grow professionally in light of TWHE's vision to transform higher education leadership in Texas and beyond
 - Candidate's proposed project and expected outcomes
 - Feasibility of proposed project
 - Financial need

TWHE supports women in higher education in Texas as they pursue opportunities for advancement and professional growth through a scholarship program and cohort experience at the annual state conference. Scholarship recipients receive up to \$500 for expenses associated with attending the TWHE annual conference and participate in a year-long cohort program known as the "TWHE Emerging Leader."

Applications for the 2018 TWHE Leadership Development grants are due March 1st, 2018.



Career Services

Career Closet Now Accepting Clothing Donations!

The *Career Closet* at Prairie View A&M University provides students with professional clothing required for an interview, attending a career fair, a conference, or other professional event.

How does it work: Currently enrolled Prairie View A&M University students (demonstrating financial need) may visit the Career Closet and have one individual apparel item: one suit (includes shirt/blouse, tie), one pair of pants, skirt, sports coat, and pair of shoes (if available). The clothes are free and students must make an appointment.

Items we accept: Suits, blouses, button-down dress shirts, ties, unused hosiery, purses/work bags, jewelry, dress shoes, knee length skirts, khaki pants, interview/meeting dress, blazers, or work-appropriate pants. We accept all sizes.

If you have Professional and/or Business Casual Attire you would like to donate, please bring your items to Evans Hall, Room 322. Clothes must be cleaned and pressed, and shoes cleaned and gently worn.

Sponsorships are always welcome. Please contact Career Services to learn more on how you may become a sponsor. We can be reached at (936) 261-3570 or careers@pvamu.edu.



Students benefiting from the Career Closet!

PVAMU Hilltop Reserve (ERC) Donation Items

Personal Items (All items must be new and un-open)

1. Baby wipes
2. Body soap (full size and travel size)
3. Conditioner (full size and travel size)
4. Combs
5. Dental floss
6. Deodorant* (full size and travel size)
7. Diapers
8. Floss
9. Hairbrushes
10. Incontinence pads
11. Lotion* (full size and travel size)
12. Maxi pads
13. Party-liners
14. Shampoo (full size and travel size)
15. Shavers
16. Shaving crème (full size and travel size)
17. Tampons
18. Tissue (full size and travel size)
19. Toilet paper
20. Toothbrushes
21. Toothpaste (full size and travel size)

Household Items

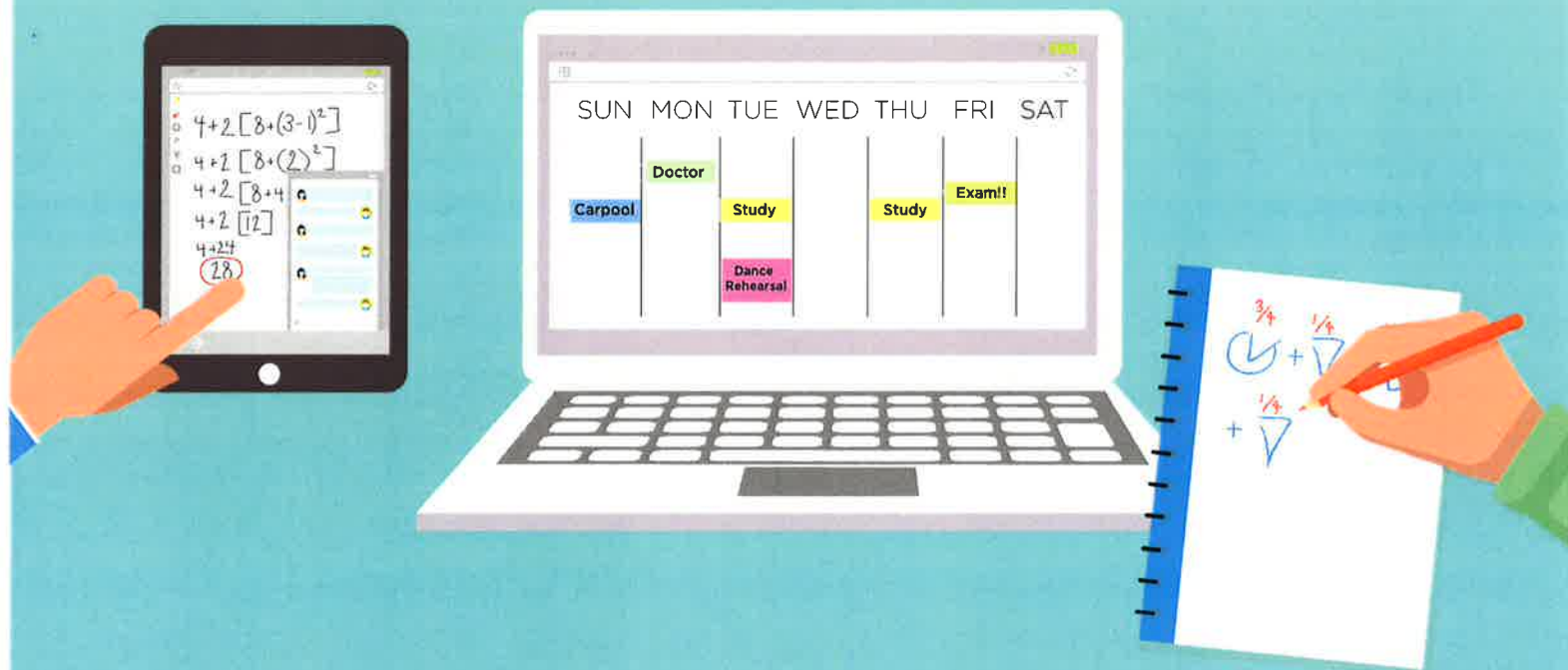
1. Toilet Tissue
2. Dish Soap
3. Laundry Soap
4. Paper Towels
5. Detergent
6. Plastic Bowls, Plates, Utensils
7. Sheets
8. All-purpose cleaner
9. Trash Bags
10. Storage Bags

Clothing Items (All Clothing must be gently worn or new and must be clean/washed)

1. Shirts (any size)
2. Pants (any size)
3. Socks (any size)

4. Shoes (any kind)
5. Dressy Casual Shirts
6. Dressy Pants
7. Dresses
8. Skirts
9. Belts
10. Female Undergarments (new)
11. Male Undergarments (new)
12. Jackets/Blazers
13. Coats
14. Kids Clothing (any size)

You have a lot on your plate. We can help.



Students have 24/7 access to free online tutoring, so you can get your assignments done and get back to your life.

Connect with a tutor today:

1. Log onto PV Place (The Student Portal).
2. Once on, click the tab on the left of the page that says "Tutoring."
3. Next, follow the link that says "Online Tutoring."





For Immediate Release:

CONTACT: Caleen Allen

infonyet@sistersnetworkinc.org

SISTERS NETWORK INC. CELEBRATES 25TH ANNIVERSARY AS A LEADER IN THE FIGHT AGAINST BREAST CANCER IN THE AFRICAN AMERICAN COMMUNITY
\$250,000 fundraising campaign launched in honor of 25th anniversary

HOUSTON, September 24, 2019---Sisters Network Inc. today announced It is kicking off a special fundraising campaign in celebration of the organization's 25th anniversary as the only National African American Breast Cancer survivorship organization. ***The goal is to raise \$250,000 by the end of 2019.*** The anniversary fundraising campaign will help Sisters Network continue to provide assistance to survivors undergoing treatment, educate and empower our community with information on the importance of early detection, support our operations as we continue to serve as *the* leading advocacy voice for Black women in breast cancer research for more life-saving treatments and a cure. **To donate, please visit <http://www.sistersnetworkinc.org/donations.html> or mail donation to Sisters Network Inc., 9668 Westheimer Rd, Ste. 200-132, Houston, TX. 77063.**

According to the American Cancer Society, Black women get breast cancer at a slightly lower incidence rate than white women, Black women are 42% more like to die of breast cancer. Breast cancer is the most commonly diagnosed cancer among black women, and an estimated 33,840 new cases are expected to be diagnosed in 2019. This year, Black women will make up 12.5% of all new breast cancer cases and 15.5% of all breast cancer deaths. Additionally, the overall 5-year relative survival rate for breast cancer diagnosed is 81% for black women versus 91% for white women. Black women under age 35 get breast cancer at *two times* the rate of white women and die from breast cancer three times as often as white women.

"Breast cancer is the most imperative health issue facing African American women," said Karen E. Jackson, Founder/CEO, Sisters Network Inc. "I am proud of the 25-year impact Sisters Network has made nationally elevating breast cancer awareness in the African American community. Now more than ever, Sisters Network work is extremely important. Our anniversary fundraising initiative will help Sisters Network continue our work to help save our Sisters' lives."

ABOUT SISTERS NETWORK[®] INC.

Sisters Network[®] Inc. was founded in 1994 by Karen Eubanks Jackson, 26-year and four-time breast cancer survivor. SNI is the only national African American breast cancer survivorship organization in the United States and a leading voice in the fight against breast cancer in the African American community. Sisters Network is governed by an elected Board of Directors. Membership includes over 20 survivor-run affiliate chapters nationwide. For more information please visit www.sistersnetworkinc.org or call 1-866-781-1808.

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