



Plan of the Week



October 26th – October 30th, 2015

Veterans Resource Center Events

Monday	26	
Tuesday	27	
Wednesday	28	1330-1500 ESFA Director's Meeting, classroom
Thursday	29	Veterans Service Officer, Disabled Veteran Case Manager Visit 1600-1800
Friday	30	

Campus and Community Events

PNB Nutcracker Tickets still available! Contact VRC Director Chris Szarek to reserve tickets for you and your family- 4 tickets per request.

Non-perishable food for Veterans and their families at your VRC!

Through the generosity of our friends at Fallen Brothers Seattle, we will have non-perishable food and frozen meat available at the Veterans Resource Center while supplies last.

Counselor's Corner

By Teresa Lin, Veterans Support Specialist

The fourth tip in the "Tips for Greater Happiness" series is to watch your health. Remember to eat a healthier diet and include exercise in your weekly routines. What you put into your body can affect how you feel, good and bad. Exercising increases endorphins, which increases feeling good. This all can lead to better sleep as well.

MILITARY TRIVIA



By Jonathan Shimoda Military Trivia Editor and VetCorps Navigator

RAY BANS

THE HISTORY OF THE RAY-BAN AVIATOR DATES BACK TO THE 1930S, WHEN NEW AIRPLANES ALLOWED PEOPLE TO FLY HIGHER AND FARTHER. MANY US ARMY AIR SERVICE PILOTS WERE REPORTING THAT THE GLARE FROM THE SUN WAS GIVING THEM HEADACHES AND ALTITUDE SICKNESS. IN 1929, US ARMY AIR CORPS LIEUTENANT GENERAL JOHN MACCREADY ASKED BAUSCH & LOMB, A ROCHESTER, NEW YORK-BASED MEDICAL EQUIPMENT MANUFACTURER, TO CREATE AVIATION SUNGLASSES THAT WOULD REDUCE THE HEADACHES AND NAUSEA EXPERIENCED BY PILOTS, WHICH ARE CAUSED BY THE INTENSE BLUE AND WHITE HUES OF THE SKY, A NEW KIND OF GLASSES WERE INTRODUCED.

Career Action Center Event:
October 27th, 1400-1600,
MLT 138: Interviewing Workshop

What's going on with the Student Veterans Association?

We hope you all enjoyed the Marinara Meatball Feast last week! Your SVA is working on the next meet-up and lunch. There are strong indicators that the next lunch will be chicken wings. Keep checking the Veterans Resource Center Facebook Page for updates. Also, if you have an idea for a project, lunch menu or if you are interested in running for office, contact SVA President Adam Lamar, Treasurer Jon Shimoda or any VRC Staff Member for more information.

Hours of Operation

Monday	0900-1800
Tuesday	0900-1800
Wednesday	1000-1800
Thursday	0900-1800
Friday	0900-1700