



Spring Break Snapshots



"I donated 15 inches of hair by sending it through the mail," said Xander Tilk, a military dependent. If you'd like to do the same, visit childrenwithhairloss.org



"I traveled to Ottawa, Canada for the first time! My family and I got to visit my sister and her Canadian fiancé at their new home," said Ariana Joy Cobler, a military dependent. "We also went to a Senators hockey game."



TWO Learn to Earns in April!

UNL Global Experiences
April 10, 11a-2p
Food Provided

Come learn about study abroad opportunities.

fiserv.
April 17, 11a-2p
Food Provided

Come learn about career & internship opportunities with this provider of payment and financial services technology.

"I went back home to San Antonio, TX and played golf with my friends!" said Tyler Rose, a military dependent.



"I went to the Henry Doorly Zoo with my mom. We love exploring the outdoors together, so it was a fun experience," said Jack Shattuck, an Army Veteran. Military discounts are offered at Omaha Zoo.



Meet: Radar!

The results are in from our mascot naming contest! The winner is **Josh Havlovic**. All nominators will receive a free MVSC shirt & the winner will receive a shirt & goodie basket. Congratulations, **Josh!**



Stressed? Stop by & grab a stress ball!



VISIT OUR WEBSITE FOR INFO ON OUR NEXT EVENT!



FREE Tutoring!

Click [Link](#) for the schedule.



On East Campus...

Tom Allison available every Tuesday in the East Campus Union RM 331 8:30a-4:30p

NebraskaWarrior Writers

Spring 2024 Workshops

Saturdays • 9 - 11 a.m.

- ~~February 10~~
- ~~February 24~~
- ~~March 9~~
- ~~March 23~~

- April 6
- April 13
- May 4
- May 11

Pius X High School conference room
6000 A Street (west entrance 11)



- Free to all veterans & active duty personnel
 - Professional instruction, support, & guidance in writing
 - All genres welcome from memoir to poetry to fiction.
- To sign up, contact Tom Seib at tom.seib55@gmail.com or (402) 440-9296 www.NeWarriorWriters.org

Meet the Staff!

Deb Quinn has been part of the MVSC since it opened and has been a valuable asset to the military connected community on campus for over 20 years. She is UNL's Senior School Certifying Official assisting Veterans, Service Members and Dependents to receive their VA Education Benefits specializing in the GI Bill® and the POST 9/11 programs. Not only is she a Nebraska native but her father and uncle served in the military.

"Getting to meet so many students who are eligible for their benefits is so fulfilling. I get to know some of them personally, you know the stories behind why they were in the service or what some of them are planning to do now that they're out of the service and graduating from UNL," says Quinn.



Quinn is available Monday-Friday from 8 a.m.-5 p.m. and is happy to assist students with questions about all of the benefits they are receiving.

On Tuesdays!

- ▶ Michele from UNL CAPS in the MVSC every Tuesday 11a-12p
- ▶ Lincoln Vet Center or State VA Representatives in the MVSC every other Tuesday 2-4p

Save the Dates!

SVA Meeting Elections
April 9, 6:30p start
City Union Rm 237

UNL Baseball Military Appreciation Weekend
April 19-21

Women's Event
April 27, 11a start
Contact jbrownell2@unl.edu for details if interested

Spring Football Game
April 27, 11a start

Enrolled in Summer and/or Fall classes and want to receive your VA Education Benefits?

Make sure to complete your [VA Certification Request](#) via email or in person.

Reminder: Veterans & Active-Duty Service Members qualify for priority registration.



[Military Spouse Employment Partnership \(MSEP\)](#) opportunities (including remote work)

Veterans & Active-Duty Service Members Graduating in May: MVSC & ROTC Graduation Dinner May 1. Watch for invitation for more details.



Physical Therapy: more than just stretching.

Stretching is just one part of physical therapy. From targeted strength workouts to hands-on therapies, physical therapy is much more diverse than you might think. The University Health Center physical therapy team has a whole toolbox of techniques to help you overcome a range of physical challenges. Learn more about just a few of these techniques below:

- Aquatic therapy** which lessens the impact on joints, so you can perform exercises that might be too hard on land.
- Manual therapy** is when a physical therapist is more hands-on with the muscles or joints. Dry needling is a manual therapy specialty offered at the University Health Center.

Functional activities, therapists will prescribe activity and a home exercise program to get you back to your desired sport or level of activity.

Another important aspect of physical therapy includes **symptom management** following a concussion. A specialized team approach will help diagnose and implement an individualized treatment plan.

Physical therapy is different for every person. Our team will help create a personalized treatment plan that will help boost your mobility and make you feel your best. Student fees cover a brief discussion with a physical therapy team member about the benefits of our services. Call 402.472.5000 to schedule or learn more at health.unl.edu/PT.



VISIT OUR WEBSITE FOR INFO ON OUR NEXT EVENT!