

THRIVING!

THE NEWSLETTER OF BLACK PR WIRE, INC.

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Having great eyesight is the perfect way to see about your health! And September is the perfect month to do so, if you have not been doing so all along. September, in fact, is Eye Health and Safety Month.

Eye Health and Safety Month is an important observance - because getting older doesn't have to mean losing the ability to see the beauty of the world all around you, if you take the right steps to protect your vision now.

Did you know that loss of eyesight is often the result of diseases? WebMD lists some of these diseases, which include glaucoma, diabetes, macular degeneration and cataracts. African Americans are at a higher risk factor for developing some of these conditions, such as glaucoma. Other causes of vision loss can be overexposure to the sun's ultraviolet rays, occupational and sporting injuries, and infections. WebMD outlines specific recommendations for people of all ages to protect their eyesight throughout their lives.

- Visit an eye doctor once every one to two years.
- Inform your doctor of any changes or discomfort in your eyes or your vision.
- Have regular appointments with your eye doctor if you are diagnosed with any of the diseases associated with vision loss.
- Avoid looking directly into the sun, or any source emitting ultraviolet light rays. That includes black light and fluorescent lamps.
- Wear appropriate goggles or other eye protection if your sport activity or occupation requires them.
- If you have allergies that affect your eyes, follow your doctor's orders regarding treatment and medication.

Parents should teach all of these precautions to their children, plus take extra care with younger children to keep blunt-edged toys or other objects away from them. Taking care of your eyes is fundamental to maintaining good vision from childhood to your golden years. See about your health, so you can see for the rest of your life.



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"There is POWER in the Wire... At Black PR Wire, we distribute the news our media can use!"

POWER PROFILER: DR. ELMIRA MANGUM



Dr. Elmira Mangum began her tenure as president of Florida A&M University in April 2014. In this capacity, she is responsible for the operations of the University, which includes approximately 11,000 students and more than 700 faculty.

services. Her duties also included serving as the division liaison with the Cornell Board of Trustees and advising the board on the full range of policy, strategy and budgetary matters. Her areas of responsibility also included institutional research and planning, operating and capital budget development, administrative streamlining for efficiency, institutional intelligence and space use planning.

A seasoned administrator with more than 28 years of experience in executive higher education financial and resource management, Dr. Mangum's administrative leadership began at the University of Wisconsin-Madison, Geological and Natural History Survey as an operations specialist. She also held positions at the University at Buffalo (UB) a State University of New York System university. From 1984 to 2001, she served as assistant dean, associate and assistant provost for resource management and as vice provost. For approximately nine years, she served at the University of North Carolina – Chapel Hill, leaving as Senior Associate Provost in 2010 to become a Vice President at Cornell University.

Dr. Mangum held a faculty appointment in the Johnson School of Management at Cornell and similar positions at the UNC Chapel Hill School of Government and UB Graduate School of Education, where she taught higher education administration, and leadership theory and practice. For several years, she taught leadership and financial management in the UNC Bridges leadership program and served on the Bridges Board. Among many service activities,

Dr. Mangum is a member of the HERS Board of Directors, the NCCU Creating the Vision Board of Directors, the Board of Directors of the Network for Change and Continuous Innovation (NCCI) and was a state representative and university chair of the American Association of University Women. She continues to present on current topics at the annual meetings of the National Association of College and University Business Officers and other organizations in higher education.

Dr. Mangum received a bachelor's degree in geography and education from North Carolina Central University and graduated with honors from the University of Wisconsin-Madison with two master's degrees, one in public policy and public administration and another in urban and regional planning. She received her Ph.D. in educational leadership and policy from the University at Buffalo, where she received distinction for her work on leadership in higher education. Additionally, she was in the inaugural class of the Millennium Leadership Institute, attended the Harvard Graduate School of Education Management Development Program, and Cornell's Administrative Management Institute. More recently, she completed the leadership program at the Center for Creative Leadership in North Carolina.

Dr. Mangum is a life member of the National Council of Negro Women and Zeta Phi Beta Sorority, Inc.

Previously, Dr. Mangum served as Vice President for Planning and Budget at Cornell University where she was the senior administrator responsible for the management of Cornell's resources and the annual budgeting process. She arrived at Cornell in January 2010 when the operating budget had a growing annual structural deficit and over 26 percent of the endowment had been lost in the economic downturn. The recovery from this condition defines much of her service and leadership at Cornell as a change leader. She spearheaded implementation of the changes to the university budget model, documented current conditions while creating an environment of transparency, and established administrative controls and operating parameters for the future. These challenges allowed Mangum to work with the senior leaders, the provost and deans, and faculty to leverage university resources to meet Cornell's institutional priorities and academic programming needs while redistributing existing resources and reducing funding to administrative

OUR TEAM

Bernadette A. Morris
President/CEO
bmorris@blackprwire.com

Ricardo F. Reyes
AVP/Creative Director
rreyes@blackprwire.com

Tanisha Coleman
Marketing Manager
tcoleman@blackprwire.com

Vanessa Loy
Newsroom Manager
vloy@blackprwire.com

Teodoras Vitkauskas
Webmaster
tvitkauskas@blackprwire.com

Erica Brown
Graphic Designer
ebrown@blackprwire.com



Calendar of Events

This section is designed to keep you in the know and on the go.

Check out some of the latest happenings in Black communities throughout the country in the month of September.

Blues at the Beach
9/5/14 - 9/6/14
Virginia Beach, VA
www.beacheventsfun.com

Urbanworld FilmFest
9/17/14 - 9/21/14
New York, NY
www.urbanworld.org

International Black Women's Congress Conference
9/19/14 - 9/21/14
Virginia Beach, VA
www.ibwc.us

Charlotte Sunset Jazz Festival
9/13/14
Charlotte, NC
www.charlottesunsetjazzfestival.com

Old Town BluesFest
9/19/14 - 9/20/14
Lansing, MI
www.oldtownbluesfest.com

Monterey Jazz Festival
9/19/14 - 9/21/14
Monterey, CA

ADCOLOR Awards
9/17/14 - 9/20/14
Beverly Hills, CA
www.adcolor.org

African American Street Festival
9-19/14 - 9/21/14
Nashville, TN
www.aacanashville.org

Bill Pickett Invitational Rodeo - Championship Finals
9/20/14
Washington, DC

For a complete listing of events, please visit www.blackprwire.com

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