RUN TO REMEMBER 9/11
Third Annual 5K Race

Join your fellow Salukis and community members for this day of remembrance in honor of first responders, police officers, firefighters, emergency services personnel and civilians that were lost Sept. 11, 2001.

We must never forget those who fought for and continue to defend our nation, for those who sacrificed their own life, and for those who live with daily struggles as a result of their service.

Don’t miss this special opportunity to show your support!

WHEN: Friday, Sept. 11
WHERE: SIU Arena Parking Lot
Race begins at 6 p.m. (registration starts at 4:30 p.m.)
$22 registration fee
Proceeds from this year’s race benefit This Able Veteran, a Carbondale-based service dog program providing PTSD service dogs for veterans.

For more information or to register, visit thisableveteran.org.

Hosted by SIU Veterans Services and SIU Recreational Sports and Services
Welcome to the fall 2015 at Southern Illinois University Carbondale! Excitement is in the air as we greet new students and welcome back our students who are now one step closer to earning their degree.

As we kick off the 2015-2016 academic year, I introduce you to students who are serving in the Non-Traditional Student Services (NTSS) office this semester. If you are familiar with the office, you will recognize Marlene Mezo, who has been with NTSS since January 2014, and Savannah Krieg, who is starting her second year with the office.

New this semester are Brenda Escutia and Natasha Smith. Both are interns from the school of social work and are great additions to the staff. We look forward to serving you this year.

We can be contacted by phone (453-7521 or 453-7553), by email at nontrad@siu.edu, or in person in the Student Services Building, room 484.

Let us know how we might be of assistance.

Deborah Barnett, Ph.D.
Coordinator,
Non-Traditional Student Services

Brenda Escutia is an undergraduate student studying social work. She chose SIU because she fell in love with the campus the first time she came for a visit – and she wanted to be away from home. The advice she has for new students is this: “Four years goes by fast, so take advantage of every opportunity and appreciate all of the moments!” She also said she wants to be known for helping people accomplish something they did not think they could do.

Savannah Krieg is an undergrad studying criminology. She chose SIU because she is a third-generation SIU student, and she wanted the tradition to continue. She describes herself as creative, open-minded and sensitive. She loves trees, Netflix, cheesecake, bubble baths and the idea of combining all of those things into one event. This semester she is most excited to meet new people and learn new things.

Marlene Mezo is an undergraduate student studying social work. She chose SIU because of the social work program SIU offers. She also enjoys the Student Center’s Chic-fil-A, her favorite restaurant, working with Dr. Barnett and spending time on SIU’s beautiful campus. The advice she would give to new students is to “take time to enjoy the experience!” She is most excited this semester to have new learning experiences at her practicum, and to graduate in December! Her goal is to make a difference in the lives of others, even just one person.

Natasha Smith is a graduate student studying social work. She chose SIU because it was not too close and not too far from home. When asked to describe herself in three words, she chose “determined,” “humble” and “goofy,” which all suit her very well. Here favorite place to visit in Carbondale is Giant City State Park. She also had advice for new students: “Never give up, and never be afraid to ask questions or reach out for help.”
Do you have children?

Check out SIU’s Junior Salukis program!

Children (eighth-graders and younger) can receive a complimentary membership to the Junior Salukis Program with the Family ID card!

The Junior Salukis membership, compliments of SIU Athletics, is a great way for children to feel part of the Saluki family and cheer on the Dawgs!

Do you have a Family Identification Card?

The identification card provides opportunities for a spouse/domestic partner or children of enrolled students to participate in designated campus activities. To receive this FREE card, bring a completed application, valid student ID and appropriate documentation to the Non-Traditional Student Services office (Student Services building, room 484).

Application and details available at nontrad.siu.edu. Cards must be renewed each semester to remain eligible for the program.

McNair Scholars Application Deadline – Oct. 9

Is graduate school in your future? If so, check out how the McNair Scholars program can help you prepare. McNair’s research opportunities, GRE preparation and mentoring provide students with the advanced skills needed to succeed in advanced studies. **Deadline to apply is Oct. 9.**

Visit mcnair.siu.edu and select “Prospective Scholars” for eligibility and details.
SEPTEMBER

1 Commuter Grab ‘N’ Go, 11 a.m., Student Center first floor
2 Milk and Cookies, 3 p.m., Morris Library first floor
Commuter Grab ‘N’ Go, 11 a.m., Student Center first floor
3 Saluki Cents: Thrifty Thursday, 10 a.m., Student Center (outside)
4 Last day to request student health insurance refund or enroll eligible dependents in SIU’s Student Health Care Plan (visit shc.siu.edu)
   Where’s Grey Dawg, 9 a.m., Morris Library
6 Deadline to drop a full-term class to be eligible for a credit/refund
7 Labor Day Holiday – University closed
9 Meeting Students Who Are Not Like Me, 6 p.m., Grinnell Dining Hall Upstairs
9 Sheri Poe Lecture: A Journey Back from Sexual Assault, 7 p.m., Student Center Ballrooms
10 Latino Cultural Association’s Boat Dock Social, 5:30 p.m., Campus Boat Docks
14 Never the Same: The Prisoner of War Experience, 7 p.m., Student Center Auditorium
   A local documentary screening produced by SIU MCMA’s Jan Thompson.
   Opening remarks by actress Loretta Swit.
18 Goodbye Summer Bingo, 7 p.m., Student Center Ballroom D
   More than $1,000 in prizes!
22 TED Tuesday, 4 p.m., Morris Library’s Guyon Auditorium
   “The Happy Secret to Better Work” by Shawn Achor
26 Saluki Football vs. Liberty, 6 p.m., Saluki Stadium

For a complete list of programs and events, visit calendar.siu.edu

TAKE A BREAK WITH A MOVIE NIGHT ON CAMPUS

SIU’s Student Programming Council features movies each weekend in the Student Center Auditorium. Ticket prices are $2 for students with ID, $3 for community members, $2 for children ages 4-10, and children 3 and under are free.
Popcorn is FREE on Thursdays.

Monthly Contest

Each month you have the opportunity to win prizes just by reading the newsletter. The photo for this month’s contest was taken at a building located at the heart of SIU’s Carbondale campus. This is a great place to get writing assistance or grab a cup of coffee. If you know the location we are describing or can identify it by our photo, email the location to nontrad@siu.edu

NOTE: This newsletter is designed to be electronic. If you received a copy in print form and need access to links, visit nontrad.siu.edu and click on Staying Connected.
COMING UP...

RUN TO REMEMBER 9/11
3RD ANNUAL 5K RACE

We must never forget the lives of the civilians, first responders, police officers, firefighters, and emergency services workers who were lost that day. We must never forget the men and women who voluntarily raised their right hand to serve our nation after that day either.

FRIDAY, SEPTEMBER 11, 2015
SIU Arena parking lot
Advance registration: 9hxs2komen.org
Same day registration allowed (physically fit guaranteed).
Registration begins: 4:30 p.m.; Race 6 p.m.; Prize: $20
Event includes 5k race, guest speakers, 3-mile run, 6.8-mile walk, playing of taps, presentation of colors, national anthem, invocation.
For more information contact Ryan McKee, ryan@illinoisanderson.org

THAT'S THE NUMBER OF VETERANS WHO TAKE THEIR OWN LIVES EVERY DAY.
We find that completely unacceptable. We are doing something to change it.

SIU Southern Illinois University

PUBLIC ASTRONOMY OBSERVATIONS FALL 2015
HOSTED BY SIU PHYSICS

OBSERVATION TIMES

Sunday, Sept 27, 7:30pm - 11:30pm
Lunar Eclipse Observation at Saluki Stadium.

Sunday, Oct 11, 8:30pm - 10:00pm
Sunday, Nov 29, 6pm - 7:30pm

Sunday, Dec 13, 11:30pm - Dec 14, 2am
Geminids Meteor Shower Observation at SIU Farms Dark Site.

Unless otherwise noted, observations are held on the Physics Department Observation Deck, located on the Reckers A wing roof. Follow the signs from Reckers 4th up the southwest stairs.

SIU Southern Illinois University

Distinguished Speaker Series
Featuring Wes Moore
Wednesday
September 23, 2015
7:30 p.m.
Student Center Ballrooms

A Journey Back from Sexual Assault
SHERI POE Lecture
September 9, 2015
7 p.m.

Going from welfare to a successful female entrepreneur, Sheri Poe will share her story of not only surviving but thriving after being sexually assaulted as a student at SIU. Today, Sheri is a champion for women and is devoted to ending domestic violence and sexual assault.

Student Center Ballrooms
Sponsored by Department of Public Safety, Division of Student Affairs, Student Center, Counseling and Psychological Services, and the Office of Institutional Diversity

SIU Southern Illinois University

Saluki Fit Challenge
August 24 - December 11

FALL 2015

SIU Recreational Sports and Services

Step 1: Purchase Saluki Fit Pass
Step 2: Get Saluki Fit Challenge card
Step 3: Receive $25 Swagback by attending any group fitness class, training session or fitness event
Step 4: Get a FREE t-shirt

Cards are available in the Recreational Sports and Wellness Studio or at any group fitness class on campus.
MARK YOUR CALENDAR

ATTEND 3 OR MORE WORKSHOPS FOR A CHANCE TO EARN A $1000 SCHOLARSHIP!

Saluki Cents Workshops
Fall 2015 Semester

Thursday, September 3
Location: Student Health Center Auditorium
Time: 3:00p – 4:00p
So You’re On Your Own - Now What?
So, you have graduated from high school and have moved into a Residence Hall. Your parents are no longer just down the hall to give you cash. It’s time to learn the basics of personal finance.

Thursday, September 24
Location: Student Rec Center Alumni Lounge
Time: 7:00p – 8:00p
Are You Financially Fit?
There are many resources available to you as an SIU student that you have already paid for in student fees. Come to this workshop at the Rec Center to learn about all of the resources available to help you become financially fit!

Tuesday, October 6
Location: Student Center Mackinaw Room
Time: 11:00p – 12:00p
Having Fun on a Budget
There are many activities available for you as a SIU student that have little to no cost. It’s time to learn how to have fun on a budget!

Wednesday, October 28
Location: SSB 160
Time: 1:00p – 2:00p
Professional Image on a Dime
FREE resources are available at your fingertips to help you nail that interview, put together your “Power Suit” and boost your confidence! It’s time to learn how to have a professional image on a dime!

Monday, November 16
Location: Mae Smith Residence Hall
Time: 6:00p – 7:00p
Not Just a Roof Over Your Head
You have almost survived your first semester at SIU. Are you spending YOUR money on “stuff” offered through SIU Housing at no charge? Come to this workshop at Mae Smith to learn how to put your money to better use!

Tuesday, December 1
Location: SSB 160
Time: 4:00p – 5:00p
Debt Man Walking
Debt can be crippling…Let the Financial Aid Office be your crutch and walk you through all of your financial questions. One step at a time.