Get ready for National Adult Student Recognition Week! The celebration kicks off Nov. 1 with International Coffee Hour, Family Fun Night at the Rec, and Trek the Rec. The week will be full of opportunities to get out and do something fun, do something for the greater good, or learn about some excellent resources. We are giving you the chance to win great prizes, donate to the campus food drive, send a note of thanks to faculty/staff who have made a difference, and much more!

We can ALWAYS use some helping hands during this week. Look on page three of this newsletter for the top 10 ways to get involved and sign up to help make this the best recognition week yet!

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STUDENT HIGHLIGHTS

New to the Saluki family...

Nicholas Timmons is a 27-year-old junior from Jacksonville, Ill. He is majoring in business economics and is also a U.S. Army veteran. When asked about the type of questions veterans like to be asked about their time in the military, Nick had some suggestions.

He said, “Ask about what experiences we were able to have while spending time in a different country. I’ve had some great food!”

Nick has taken advantage of the services offered at the Writing Center, Career Services, Student Health Center and also a campus tutoring center during his first semester here.

“If I went to college when I was eighteen, I would never have done as well. I’m focused on my classes. It’s because I want it,” he said. Nick feels that the military honed some skills make life as a student go smoother. This includes time management and being able to speak effectively and respectfully to elders and people in authority.

Looks like you are off to a great start Nick! Welcome!

An SIU Veteran making a difference...

Graduate student Ryan McKennedy is making his mark on SIU’s Veterans Services. McKennedy is in the social work program and serves as a graduate assistant at the Veterans Services Office. He is working to raise money for the Student Veterans of America and the Saluki Veterans organization. He has already raised more than $500! Ryan also helped our Saluki veterans feel more recognized and appreciated by advocating that veterans be able to wear red, white and blue honor cords at their graduation. The Chancellor’s office agreed to fund this idea and it is now taking place! Ryan feels that the lessons he learned in the military have helped him succeed at SIU. His fundraising efforts will continue on Veterans Day. He has organized a “ruck walk” during which he and other vets will walk 24 miles with ruck sacks on their backs. To donate, go online.

Great job Ryan! Keep it up!

STUDENT RESEARCH REQUEST

SIU Ph.D. student, Tyler Billman, is seeking to interview 12-15 doctoral students who are also fathers as part of his pilot study/dissertation research.

If this describes you, please contact billman@siu.edu.
Top Ten Ways To Get Involved In National Adult Student Recognition Week!

#10 Bring a salad to share during International Coffee Hour.
#9 Donate to the book drive for children of SIU students.
#8 Play Non-Trad Jeopardy for a chance to win textbooks.
#7 Stop by for a hot beverage to support book scholarships.
#6 Learn which fork is the salad fork and have a great dinner!
#5 Show your support for our veterans at Saluki Stadium.
#4 Show your gratitude with a note of thanks to faculty/staff.
#3 Enjoy nature by taking a hike at Little Grand Canyon.
#2 Bring the kids to Family Fun at the Rec!

And the #1 way to participate in National Adult Student Recognition Week is to… GET INVOLVED!

Sign up online and when you do, you’re already entering this month’s contest. (See contest details on page four!) To win more prizes, pick up your official passport at the events to help you travel through the week’s activities.

The Wonders of Wellness

Turkey Time
In the spirit of the season...turkeys & giving thanks...

Wellness and Health Promotion Services is teaming up with various campus departments, area agencies and student groups to host the third annual Go Cold Turkey Bowl. The event will help prepare people to participate in the 38th Great American Smokeout, wherein smokers are encouraged to use the date, Nov. 21, to “go cold turkey” and quit smoking for just one day.

The Go Cold Turkey Bowl will be held the day before the Smokeout, on Nov. 20, as an incentive to encourage participation in the annual Smokeout. Research shows smokers are most successful in kicking the habit when they have support. Smokers will receive support in the form of quit kits, education and a buddy system, as they to take this important step toward a healthier life – a step that can reduce cancer risks.

Participants will bowl with actual frozen turkeys to commemorate their commitment to go “cold turkey” for one smoke-free day. The Turkey Bowl is free. We simply ask for donations to support help with a food drive underway to benefit local food banks. The Turkey Bowl and will take place from 11 a.m. to 2 p.m. under the Faner breezeway, just north of the Student Center.

For those concerned with the fate of the poor frozen turkeys, rest assured that they are eventually cooked and lovingly donated to a local animal shelter to provide a special treat for residents during the holiday season. The animal shelters are always grateful!

The Association of Non-Traditional Students

Join us for our fall meetings!

Monday, Oct. 28, 3 p.m. (Student Center activity room)
Monday, Nov. 18, 3 p.m. (prepare food drive baskets for delivery)
Tuesday, Dec. 17, 6 p.m. (end of semester celebration at Pagliai’s pizza)

For more info, contact Scott Schackman, treasurer, at sschack@siu.edu.

Stay up to date by joining us on OrgSync (a portal for SIU’s registered student organizations)
Adult Student Recognition Week Events

Friday, Nov. 1  
International Coffee Hour  
3-5 p.m., Center for International Education  
Family Fun Night at the Rec and Trek the Rec  
5-7 p.m., Student Recreation Center

Saturday, Nov. 2  
Little Grand Canyon Hike  
9 a.m.-2 p.m., visit reccenter.siu.edu for details

Sunday, Nov. 3  
Haunted Hollow: A Fall Family Fun Event  
1-4 p.m., Touch of Nature Environmental Center

Monday, Nov. 4  
Stress Free Monday  
11 a.m.-1 p.m., Student Center, 1st floor  
Books and Cookies  
3-4 p.m., Morris Library  
Conflict Resolution Workshop  
6:30 p.m., Evergreen Terrace Community Room

Tuesday, Nov. 5  
Non-Trad Jeopardy  
2:30-3:30 p.m., Faner Breezeway

Wednesday, Nov. 6  
"Good Morning Station": Textbook Scholarship Fundraiser  
8:30-10 a.m., Faner Breezeway  
Food for Thought  
11 a.m.-1 p.m., Student Center, 1st floor

Thursday, Nov. 7  
Thank You Thursday  
2:30-3:30 p.m., Faner Breezeway

Friday, Nov. 8  
Finding the Salad Fork  
6:30 p.m., The Newell House  
*Advance reservations required at nontrad@siu.edu

Saturday, Nov. 9  
Military Appreciation Day at Saluki Stadium  
Game Time: 2 p.m., SIU vs. Missouri State

UNIVERSITY CLOSED:  
- Monday, Nov. 11 - Veterans Day  
- Thursday, Nov. 28 - Thanksgiving Day  
- Friday, Nov. 29 - Thanksgiving Friday

This Month’s Contest

Each month you can win prizes through the NTSS newsletter contest. In October, students who submitted a creative name for our Adult Student Recognition Week food drive were entered to win a $100 bookstore gift card courtesy of New Student Programs and University Bookstore!! And the winner is... Grace Darmour-Paul!!!!

Her submission, selected for the ANTS food drive was “Food for Thought”. Congratulations Grace!

If you missed the October contest to win a $100 bookstore gift card, it’s not too late to win! We have one more bookstore gift card to give away and you’ll have a chance to win by getting involved in Adult Student Recognition Week.

Sign up now to volunteer or to attend! Good luck!

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.
RESOURCES AND SUPPORT

FALL 2013
Friday Fun at the Rec!!!

This fall, Non-Traditional Students Services is teaming up with the SIU Student Recreation Center and Student Support Services to offer Friday Fun at the Rec! If you are an SIU student who has children, this is a great opportunity to have a few hours to yourself or to spend with friends while your children have a great time at the Rec with their friends on a Friday night. Mark these dates on your calendar with more details to come...

Friday, Oct. 4, 2013
(5 p.m. – 7 p.m.)

Friday, Nov. 1, 2013
(5 p.m. – 7 p.m.)

Friday, Dec. 6, 2013
(5 p.m. – 7 p.m.)

*Sign up now at www.nontrad.siu.edu
Price: $2 per child up to a maximum of $5 per family - payable at the door on the evening of the event.

*FOR MORE DETAILS AND TO SIGN UP, VISIT NONTRAD.SIU.EDU

ATTENTION VETERANS

IS NOW OFFERING ENGLISH COMPOSITION II
SECTIONS EXCLUSIVELY FOR VETERANS, ROTC, & MILITARY

- Classmates with similar backgrounds and personal experiences
- Specialized curriculum relevant to your interests
- Comfortable environment featuring peers and friends
- An experienced, no-nonsense instructor trained to help you benefit most in class

ENGL 102 - 025 (CRN: 24763)
MWF 10:00-10:50 in Farmer 1005

ENGL 102 - 035 (CRN: 24772)
MWF 11:00-11:50 in Farmer 1005

Please see your advisor for enrollment assistance or Joyce Schenonius in English (Farmer 2390) 453-8811

ENROLL FOR SPRING 2014

20 MINUTES of your time for a HEALTHIER CAMPUS

Check your SIU email to see if you are one of the RANDOMLY SELECTED STUDENTS asked to participate in the National College Health Assessment. Help us build a healthier campus.

For more information about the survey visit: www.achancha.org

WELLNESS WORKSHOPS

Thursday, September 19 @ 3:30p
You have no less alcohol
than this before. Some have
alcohol expectations and reality.

Wednesday, October 2 @ 5:30p
Come learn the downs and drays on
hook ups, taking duty and sexual health.

Thursday, October 17 @ 6:00p
Perils in Right College Edition
"Come on done, you're the next generation
on The Piano in Right College Edition"
College is a tricky, honestly-spoken
16-year-old's heart and wisdom
discussions.

Tuesday, October 29 @ 6:00p
What Would You Do In...
How would you respond when you see
something not the object?

Wednesday, November 21 @ 6:00p
Watch your "play the game"
and learn tips for having healthy relationships.

Tuesday, December 2 @ 6:00p
Healthier Tempo
How to improve health, reduce test anxiety
and get motivated to succeed.

Find what’s happening on campus at siu.edu/events
Looking for things to do in Southern Illinois?

Check out sifamilies.org for a comprehensive listing of community events, volunteer opportunities, and great tips for families. You’ll even find places in the area where kids eat FREE (or close to it)... great for tight budgets!