A beautiful day, a wonderful group, and a big win for SIU football made the recent bus trip to Busch Stadium a huge success! We want to thank Chancellor Rita Cheng for sponsoring bus transportation for students, including those with families and children. This was the first time children and spouses of our students have been able to travel with the school to an away game. We are grateful to the chancellor for giving our students and their families the opportunity to experience a day like this.

Our students wasted no time in taking advantage of this football game trip. Once the word got out about the “family bus”, seating filled to capacity within three days! On the way to Busch Stadium, kids kept busy making posters to cheer on the team and got their faces painted to show their Saluki pride! They also wore their Junior Salukis T-shirts, sponsored by SIU Athletics and 710 Bookstore.

For some of the families, this was their first trip to St. Louis. For others, it was the first time they had ever attended an SIU football game as a student. This was a great chance for our students to show some school spirit and spend time with other students. Once again, NTSS would like to thank the chancellor for her support. Our students and their families had a great time getting involved and sharing in a SIU tradition.

**Go Dawgs!**
A NOTE FROM NTSS

In September, students were settling into the routine of a new semester and finding ways to get connected on campus. Here are a few highlights.

BUSCH STADIUM TRIP
Several students and families participated in the SIU vs. SEMO football game trip to Busch Stadium. SIU came out on top as fans, students, and alumni cheered them on! A big thanks to Chancellor Rita Cheng, Saluki Athletics, Dean of Students team, and the Student Programming Council team for bus transportation and student tickets, giving students and their families the opportunity to take part in the historic event.

SINGLE PARENT PROGRAM
We kicked off our Single Parent Program on September 19 with more than 20 student parents participating. The program’s mission is to help single parent families create successful educational and career pathways by cultivating relationships that encourage supportive family network collaborative efforts to eliminate barriers to academic success, and enhance family learning opportunities. If you or someone you know can benefit from this program, contact us at nontrad@siu.edu.

COMING UP...

Friday Fun at the Rec starts Friday, Oct. 4, 5-7 p.m., at the Student Recreation Center. See page 4 for details and sign up.

National Adult Student Recognition Week the first week of November and we need your help! If you are available to volunteer, email your availability to nontrad@siu.edu.

Deborah

STUDENT HIGHLIGHT

Cristina Castillo is an advanced masters student in the Educational Psychology Department at SIU. She is set to graduate this May! She has been married for 25 years as of December and is a proud mother of three. Her focus is to become a school counselor, possibly at the college level.

Cristina’s story as a student is a remarkable one. Cristina was born in Juarez, Mexico. She did not speak English when she came to the United States 23 years ago. She started attending classes at John A. Logan to learn reading and writing skills, eventually taking more advanced classes. Castillo was a “sink-or-swim student,” working steadily at John A. Logan but not really taking classes toward any one career path. After discovering that she had enough credits for three associates degrees at JALC, Cristina went on to receive a bachelor’s degree from SIU Carbondale in psychology, specializing in children and adolescents.

Cristina said that she has done a lot of things that she didn’t expect to do. She developed a special place in her heart for English Language Learners and is very active in that community.

However, Cristina says, “My interest is not just in children whose second language is English. My interest is in all children. That includes those excelling in academics and those falling behind because of a possible extenuating circumstance. Every single person deserves to be acknowledged.”

Cristina has strong faith in the non-traditional student population. Her belief is that even though being a non-trad student sometimes presents challenges, adult students have some strong advantages.

She said, “This is it for me, I don’t have time to waste. Non-traditional students are here beyond an expectation. When we are non-trad, we have many obligations including family, children, jobs, and so forth, but we also have wisdom.”

This sink-or-swim student has definitely learned to swim. In fact, she has been saying the phrase “Just keep swimming” long before a certain absent-minded blue fish ever did. In keeping with that attitude, Cristina left us with her favorite quote: “We must will the good.” -Emmanuel Kant

Congratulations Cristina, on your upcoming graduation and your many accomplishments! Remember to “Just keep swimming!”
Health and Wellness Workshops

Did you know that the Student Health Center Wellness Center offers free workshops? From alcohol education to healthy relationships to test anxiety, the Wellness Center has you covered! All workshops are held in the Student Health Center Auditorium and they run from September all the way into finals week in December.

The SIU Clinical Center is also hosting two different support groups this semester. The International Women’s Therapy Support Group begins on Monday, Oct. 14 from 10 to 11:30 a.m. This support group offers support for International women that are experiencing one or more of the following: acculturation issues, feelings of isolation, and loss of community. Also, the Clinical Center hosts a Depression Group beginning on Thursday, Oct. 10 at 5 p.m. This group will offer support, coping strategies, hope, education, and ways to change unwanted thoughts. There will be a small fee for these groups, to be announced soon.

Please see the flyers at the end of this newsletter for more information about these events.

Family ID Card

The Family ID card provides opportunities for the spouse/domestic partner and children of enrolled SIU students to participate in designated campus programs and activities. This includes library privileges and selected student discounts. You can find an application for this free program at nontrad.siu.edu.

Do you have children?

They can become a Junior Saluki!

Right now, your children who are younger than the eighth grade can also get a free membership to the Junior Saluki Program with a Family ID card! Bring your Family ID card application with appropriate documentation to the Non-Traditional Student Services office (Student Center, 3rd Floor) to receive your Family ID card and Junior Salukis membership. Cards must be renewed each semester to remain eligible for the program.

Crosswalk Safety is a Two-Way Street

Fall is a beautiful time of year, with changing colors, cooler weather, and shorter daylight hours casting lovely shadows everywhere. Unfortunately, these shadows can create visual havoc on the roads. As we progress through the year, those daylight hours will get shorter and shorter, sometimes leaving us to drive to and from campus in the light of the dawn/dusk hours, and eventually in the dark. Despite the seasonal changes, we often continue on with our fast-paced lives, even though this does not blend well with travel patterns on a college campus.

College campuses have their own unique travel patterns, different from most other “communities,” and SIU is no different. SIU has as very large, very mobile population with students, faculty and staff traversing the campus every hour. Make traveling safer by using the following safety tips:

Drivers
Look ahead for people approaching crosswalks and be prepared to stop.
Maintain a safe speed as you approach crosswalks/intersections.

Bicyclists
Dismount and walk your bike through ALL crosswalks.
Be predictable to allow others to react to your travel path.

Pedestrians
Make eye contact with the drivers of approaching vehicles.
At night, be visible by wearing light colored clothing and carrying a light.

By being alert and graciously sharing the road, we can all do our part to let everyone enjoy this beautiful season.

For more information, check out the RSO Saluki Project Ignition website: http://ignite.rso.siu.edu.

Look for information on the Great American Smokeout next month!

The Wonders of Wellness

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)

Please welcome new ANTS President, Cathrine White!

Family ID Card

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)
Mark Your Calendar...  
EVENTS & ACADEMIC CALENDAR

October
4  Friday Fun at the Rec
5  SIU Leadership Conference
8  Go Government: How to Create a Strong Federal Resume
12-15 Fall Break (no classes, university still open)
15  Starting a Business in Illinois Seminar
17  Go Government: What Makes a Federal Job Application Stand Out
18  College of Agricultural Sciences Fall Festival
19  Homecoming Game  Saluki Football vs. North Dakota State– 2pm Kick-Off
   (for more Homecoming activities go to the calendar online!)
21  Peace Conference Week– Random Acts of Kindness
22-23 Walk up Resume Critiques
25  Technology and Innovation Expo
27  Public Astronomy Observation
27  Deadline to drop (withdraw from) a full term class with a grade of W
29  Advanced Spring 2013 registration begins

COMING IN NOVEMBER!

National  Adult Student Recognition Month

FOR A COMPLETE CALENDAR OF EVENTS, visit siu.edu/events

This Month’s Contest

Each month you can win prizes through the NTSS newsletter contest. In September, students who identified the picture of a mystery campus location were entered to win a Starbucks gift card! The mystery location was the new Faner pedestrian mall, designed to enhance student safety with well-lit pathways and to serve as a gathering place to enrich campus life.

And the winner is...
Dianna Balan– Congratulations!

For this month’s contest, we need your help as we gear up for National Adult Student Recognition Week in November! One of our programs will be a food drive designed to provide baskets for families in need for the Thanksgiving holiday and we need a catchy name for the food collection. So, get creative and submit YOUR idea through our SIU Non-Traditional Student Services Facebook page. Just look for the newsletter contest posting in the news feed or under events. Ideas received by Oct. 10 will be entered into a drawing for a $100 bookstore gift card courtesy of New Student Programs and University Bookstore!!

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.
FALL SEMESTER HAPPENINGS

SPC FILMS
Fall 2013

Admission:
* Women’s Film $10
* General Public $13
* Children ages 12 and under Free
* Children 3 and under Free
We accept Delta/Doug and Cash

All movies are shown in SIU Student Center Auditorium unless otherwise noted.

- **Fast & Furious 6**
  - Saturdays: August 24 & September 7, 7:00 PM
  - Ticket: $12

- **Now You See Me**
  - Weekdays: August 23, 7:30 PM
  - Ticket: $12

- **The Hangover Part 3**
  - Saturdays: September 7, 7:00 PM

- **The Great Gatsby**
  - Saturdays: September 14, 7:30 PM
  - Ticket: $12

- **Iron Man 3**
  - Saturdays: September 21 & October 5, 7:00 PM
  - Ticket: $12

- **Despicable Me 2**
  - Saturdays: October 12, 7:00 PM

Please use cash or checks. Tickets are subject to change based on availability.

Sponsored by the SPC Films Committee
For more information: contact SPC at (618) 453-3305 or visit spc.mcs.siu.edu
Follow us on Twitter @SPC_SIU and Facebook.com/SPCSIU

---

UNLEASH The LEGEND
Homecoming 2013

- **Wednesday, October 9**: Homecoming Court Announcements
- **Thursday, October 10**: Homecoming Pep Rally and Dance Elections
- **Friday, October 11**: Homecoming Kick Off
  - 7:30 PM Football vs. University of Nebraska Omaha
- **Saturday, October 12**: Homecoming Dance
  - 7:30 PM Football vs. Missouri State University

For more information visit the website at homecoming.siu.edu or call The Student Programming Council at 618/453-3305

---

Women’s Civic Institute:
Pathways to Success

Are you a female undergraduate or graduate student interested in community engagement or running for elected office someday?

We invite you to apply to the Women’s Civic Institute at SIU.

In Spring 2014, we will host a series of events aimed at helping YOU develop skills to become a leader in public service. You will hear from current women leaders whose knowledge and experience will inspire you to become a voice for positive change.

For More Information contact:
Amber Gregory at amber.gregory@siu.edu or 618-453-5714
For application visit:  [http://www.caav.siu.edu/](http://www.caav.siu.edu/)

Developed and Organized by the Center for Service-Learning and Volunteering.

---

SIU LEADERSHIP CONFERENCE
Designed to provide students with extensive leadership training and development through an interactive and dynamic conference.

**OCTOBER 5, 2013**
Registration Opens **AUGUST 18, 2013**

Find what’s happening on campus at [siu.edu/events](http://siu.edu/events)
Find what’s happening on campus at siu.edu/events