Welcome Back Students!

The start of the 2013 fall semester has been a success as Non-Traditional Student Services welcomes new and returning students! Events including the Commuter and Non-Traditional Student Kickoff, Park Smart Commuter Program, Family Study Room, Milk and Cookies at Morris Library, and the SIU Family Carnival were wonderful, drawing great crowds and providing participants with plenty of good information. To help make your semester a success, the NTSS office has many upcoming new projects. There will be several new events, a blog, a new Facebook page, a new email account to better handle student questions, and more. Stay tuned and have a great semester!
The fall semester is in full swing!
The semester officially launched with a GREAT Week of Welcome. It was a week full of WOW as we met new students and reconnected with our returning Saluki family. In other areas of the newsletter, you’ll find highlights from Park Smart, Milk and Cookies at Morris Library, and the Transfer/Commuter Social. Here are additional programs where students, faculty, and staff connected.

Dr. Susan Ford, associate dean and director of the Graduate School, greets students at the Graduate School Welcome Party on the lawn outside Woody Hall.

Jim and Vicki Blair, along with their Salukis, join the fun at the Graduate School Welcome Party!

Saluki baseball player, Bryan Waldrop, helps with face painting at the Rainbow’s End Lullaby Concert and the entire team poses for a photo.

Rainbow’s End staff members dress up for a photo at Family Carnival presents… Once Upon a Time!

Have a great semester!

Deborah

A NOTE FROM NTSS

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Deborah

STUDENT HIGHLIGHTS

More than ever, our staff is ready to help guide you through life as a student at SIU! Please welcome our 2013 Fall Semester NTSS student team members:

Hi, my name is Jessi Funkhouser. I am a senior here at SIU. I hail from Grayville. I'll be helping with events and special projects within the Non-Traditional Student Services office. I'm so excited about this upcoming year. I hope to help students in any way I can!

Hello! My name is Scott Schackmann and I come from Salem. I'm so excited to be working with my fellow non-traditional students here at SIU Carbondale! I will be primarily working on our social media platform, managing our blog space, and assisting with programming. I look forward to meeting many of you. I hope to help make NTSS at SIU a great resource for everyone!

Hello, my name is Jamie Eader, and I am so very excited to be returning to my second semester with the NTSS office. I was ready to be back! I will be working on the newsletter, the family study room, and assisting students in any way I can. If you know a Non-Trad student with a great story or recent accomplishment, please send them to me or any other member of the NTSS team. Talk to you soon!

Whether down to business or just plain silly, the NTSS team is a great resource for our Non-Traditional Students. From all of us, we say, “Have a great semester, and don’t forget to be a little silly!”

Photo credit: Casey O’Connell
Want to save on gas and parking?  
SALUKI EXPRESS can help!

Saluki Express can help get you around campus! Saluki Express is a bus service at SIU Carbondale that runs seven days a week while school is in session. The service is free to students. All you need is your student ID. Did you know that a yellow parking pass is only $20? Yellow parking passes give you access to SIU Arena parking and a few other lots. There is a Saluki Express bus that runs every 20 minutes from the Arena and takes students all over campus so it can quickly get you where you need to be. Saluki Express also has routes to other popular locations, including University Mall and Wal-Mart. Saluki Express is smart decision for any student, especially for commuters. Go online for routes and a schedule.

The Wonders of Wellness  
Prescription for Happiness: Family Fitness!  
By: Michelle McLernon

Got grumpy kids? Take them to the playground, hand them a jump rope, or strap on the bicycle helmet and take a ride. You’ve probably heard about the euphoria athletes often experience after exercise, and maybe you’ve even felt your mood lift after a workout or a brisk walk (check out the path at Campus Lake). Regular physical activity acts as a mood booster for kids and adults alike by stimulating brain chemicals that leave you happier and more relaxed.

Physical activity offers many other benefits. It gives you more energy, stimulates better sleep, helps you control your weight, combats chronic disease and other health ailments, and it can be fun! Remember how fun playing was when you were a kid? No one thought of it as exercise, yet it really was. You can make great memories for your kids by just playing with them. So, play kickball or tag with them, race them across the yard or pool or play Marco Polo. Whatever gets you and your kiddos moving (and giggling) counts as exercise! Children and adolescents should get 60 minutes (or more) of physical activity every day and adults should get at least 30.

Finally, for those who pull double-duty as a student and a parent, studies show students who earn mostly A’s are almost twice as likely to get regular physical activity. That is another great reason to get moving!

Physical activity can be done for FREE. However, you may also bring your kids to the Student Recreation Center where discounted memberships are available for students’ children ($15/semester). The center also offers youth recreation classes for a small fee as well as many outdoor facilities that are free to use (http://www.reccenter.siu.edu).

For more information about the benefits of physical activity, please contact Wellness & Health Promotion Services at (618) 536-4441. Have a great semester!

NTSS had a facelift on Facebook!  
There are some great new things going on at the NTSS office!  
A new Facebook Page, courtesy of NTSS team member Scott Schackmann, is one of them. Come like us, and stay updated on all the NTSS news and events!  
facebook.com/SIUNTSS

Xin Chen, graduate student and NTSS volunteer, informs a student about how convenient Saluki Express really is.

THE ASSOCIATION OF NON-TRADITIONAL STUDENTS  
* Join us on OrgSync (a portal for SIU’s registered student organizations)  
* Connect with us on Facebook
Mark Your Calendar...
EVENTS & ACADEMIC CALENDAR

SEPTEMBER

5  Seminar - Starting a Business in Illinois
7  SIU vs. Eastern Illinois, football
7  Saluki Sprint
11  Grad Bash
13  December graduation application deadline
14  Fused Glass - Student Center Craft Shop
17  Think Science
18  Study Abroad Fair
21  SIU vs. SEMO, football, at Busch Stadium
26  Big Muddy Shorts
28  Hispanic Heritage Concert
27-29  SIU Family Weekend familyweekend.siu.edu

DID YOU KNOW...
SIU’s Student Programming Council provides movie nights at a great price in the Student Center Auditorium? Admission is only $2 for SIU students with ID and for children ages 4-10; and only $3 for the general public. Check out the September movies and show times!

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 August, students who participated in Welcome Week activities were given the chance to sign up to win a $25 gas card!

And the winners are...

Jenny McCollom and Dominic Desch-Corbet – Congratulations!

For this month’s contest, you may have to do a little sleuthing. Do you know where this picture was taken on campus? Let us know, and you will be entered into a drawing to receive a Starbucks gift card, plus an added mystery gift packet. Go to the online questionnaire to make your best guess!

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

- FAST AND FURIOUS 6
  Saturday, August 24 at 7:30 PM
  PG-13, 128 minutes
  www.fastandfuriousmovies.com

- JAWBONE
  Sunday, August 25 at 7:00 PM
  PG-13, 107 minutes
  www.jawbone.com

- THE HANGOVER PART 3
  Saturday, August 31 at 7:00 PM
  R, 147 minutes
  www.thehangover.com

- IRON MAN 3
  Thursday, September 5 at 7:00 PM
  PG-13, 145 minutes
  www.ironman3movie.com

- DESPICABLE ME 2
  Family Weekend
  Saturday, September 7 at 6:30 PM
  PG, 24 minutes
  www.despicableme2movie.com

- NOW YOU SEE ME
  WEEK OF WELCOME FREE FILM
  Monday, August 26 at 7:00 PM
  PG-13, 120 minutes
  www.nowyouseeimovie.com

- THE GREAT GATSBY
  Thursday, September 12 at 7:00 PM
  PG-13, 136 minutes
  www.greatgatsbymovie.com

- THIS IS THE END
  Thursday, September 19 at 7:00 PM
  PG-13, 123 minutes
  www.thisistheendmovie.com

- THE BEACON LIGHTS
  Thursday, September 26 at 7:00 PM
  PG, 120 minutes
  www.thebeaconlightsmovie.com

- TOWER FORUM
  Saturday, October 5 at 7:00 PM
  PG-13, 120 minutes
  www.towerforum.com

- THE DAY AFTER
  Saturday, October 12 at 7:00 PM
  PG-13, 120 minutes
  www.thedayaftermovie.com

Please no outside food, drinks or R rated films.
Movie titles are subject to change based on availability.

Sponsored by the SPC Films Committee
For more information, contact SPC at 618-453-3230 or email spc@siu.edu
Follow us on Twitter @SPC_SIU and Facebook.com/SCS

SALUKI Family Weekend 2013
September 27-29, 2013
The annual Saluki Family Weekend at Southern Illinois University Carbondale, September 27-29, 2013, provides a great time for all of SIU! There are many fun-filled activities to ensure you have a wonderful time on Campus and develop memories that will last a lifetime.

HIGHLIGHTS of the Weekend
- Exciting Saluki Football Saluki Family Tailgates Chancellor’s Family Weekend Brunch
- Exciting Saluki Volleyball 7th Annual SIG Greek Sing Saluki Kickball 5K Run
- Family Weekend Craft Sale Campus Tours
- And much more!

For more information about Saluki Family Weekend visit www.siu.edu/academicprogramming or call 618-453-2903 SIU Family Association at 618-453-3301

Find what’s happening on campus at siu.edu/events

STUDENT CENTER
BOWLING & BILLIARDS
Dollar Night
Wednesdays • 7p.m. - 11p.m.
$1 per game per person
$1 shoe rental

For more information visit studentcenter.siu.edu
or call 618-453-2903
FALL SEMESTER HAPPENINGS

Chancellor Rita Cheng cordially invites you to attend the

2013 STATE OF THE UNIVERSITY ADDRESS

Monday, September 9, 2013
Student Center, Ballroom D
3 p.m. - 4 p.m.
Reception immediately following in the J.W. Coker Lounge.

PUBLIC ASTRONOMY OBSERVATIONS
FALL 2013
HOSTED BY SIU PHYSICS

OBSERVATION TIMES
Sunday, Aug 25, 8 - 10 p.m.
Sunday, Sept 8, 7:30 - 9:30 p.m.
Sunday, Oct 27, 7 - 10 p.m.
Sunday, Nov 17, 8 - 10 p.m.
Sunday, Dec 8, 5 - 8 p.m. Comet ISON.

The Physics Department Observation deck is located just above the Physics Department offices on the A-wing roof of the Neeley Building. Follow signs from Beckers 445 up the South Stairs.
All observations are weather permitting and space limited.
For details, contact Bob Baer at 618-453-3729 or go to www.physics.siu.edu/events/observatory

Find what’s happening on campus at siu.edu/events