Greetings from the Editor

Hello everyone!

Can you believe that the semester is almost half way through? As mid-terms approach, we will probably busy ourselves with schoolwork; yet we should not stress out. Each of us might know suitable study methods for ourselves. Whichever method we use, we should also take good care of our health in several ways like eating healthfully and regularly, drinking enough water, getting enough sleep, or simply taking a walk as a study break. Some people tend to skip meals and/or pull all-nighters when they are desperate to complete their work, but please keep in mind that a healthy body is important for a healthy mind.

In addition, as Sally has mentioned in her email, all international students need to have new insurance cards because the Lewer Insurance Company has changed its parent company. If you have not collected your card, please stop by the International Programs Office to get it.

Good luck on mid-terms and have a relaxing fall break!

*Uyen

Note from Sally

Welcome Fall!

Each morning when I leave for campus, it feels like the temperature is incrementally cooler, but the afternoons still feel glorious with time for a bike ride or walk before it turns dark. I am reminded that in the Northwest, we are lucky to have warm days sometimes into November. At the very least I hope the weather stays sunny through the break.

Some of you have already begun your mid-term exams and papers, and hopefully you have been in good communication with your professors and stopped by the Center for Writing Learning and Teaching for help with papers before they are due.

As I have been traveling over the last few weeks for the Office of Admission, I speak to prospective students about the value of choosing a small school where you have access to your professors and where there are ample resources on campus to help with tutoring, research and study skills.

I encourage each of you to participate in the Race and Pedagogy Conference to the degree to which you are able. I attended the previous National Conference on campus in 2006 and forever changed many of my previous assumptions of the politics of race. Providing the opportunity to hear national and international speakers, view films, and works of art and attending workshops makes this a MUST attend event!

Have a great break and
Happy Halloween  __ Sally
USCIS Corner

All students should check their Cascade accounts as this semester’s billing for Lewer Insurance coverage has just been posted to your student account. I encourage you to collect your insurance card from the International Programs office. Please check the [Lewer Insurance link](#) to find providers or to file a claim for medical expenses.

If students are considering work on campus, please schedule an appointment with Sally for authorization to work on campus. Several students have recently started on campus jobs and if you are interested in working, there may still be some jobs available.

**Travel Signature**

While it might seem early to be thinking of holiday travel, it’s not too soon to check your I-20 to make sure that you have a valid travel signature before heading out for the holidays (which right now may seem months away). My experience is that once mid-terms are over, the rest of the semester moves at a fever pitch. F-1 students must have a current signature within the last 12 months for their I-20 and J-1 students must have their DS-2019 signed every 6 months.

**Fall Break Ideas**

This fall break you would love to do something relaxing and fun around the area, but you have not planned for that. You can check this out for some ideas.

**Alternative Fall Break** is an opportunity to see more of Tacoma and give back to the community. Spend your fall break in Tacoma working with a variety of non-profit, service-oriented community agencies and connecting with other students interested in community service. For further information or sign-up, you can contact Skylar Bihl at sbihl@pugetsound.edu.

**Point Defiance Park** is the crown jewel of Tacoma Park system. According to the alumni magazine of Puget Sound, *Arches*, it is the second biggest urban park in the U.S. (New York’s Central Park is the top one). You can take the No. 11 bus from campus to the park.

**Washington State History Museum** provides you the stories of Washington’s past and helps you learn more about the people and places in the state. You can find more information at the museum Web site.

**Stadium High School** is a 104-year-old high school and a historic landmark. The Brown Castle was originally planned as a tourist hotel and later a prep school for Puget Sound.

**Ruston Way** is the Venice Beach of South Puget Sound. As mentioned in the *Arches*, it was once “a district of rotting piers and smelter’s detritus”.

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*—by Arches*
## Campus Events

### at a Glance

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### Arts & Lectures

#### Schneebeck Concert Hall

**Jacobsen’s “Wind and Voice” Joins Tacoma Arts Crush**
Fri, Oct. 22 @ 7:30 p.m.

**Brassworks Concert**
Sat, Oct. 23 @ 4:00 p.m.

**String Orchestra**
Wed, Oct. 27 @ 7:30 p.m.

#### Kittredge Gallery

Oct. 11-Nov. 13

**Matika Wilbur, The We Emerge Portfolio**
Large Gallery

**The House of Sound**
Small Gallery

Opening reception: Oct. 13 @ 5-7 p.m.

Thu, Oct. 21 @ 4:30 p.m. Mc 309

#### 2010 Race and Pedagogy National Conference

**Memorial Fieldhouse**

“An Evening With Harry Belafonte”
Thu, Oct. 28 @ 7 p.m.

Harry Belafonte

**“Beating the Odds: Higher Education’s Role in Preparing Minority Students for Success in Science, Technology, Engineering, and Math.”**
Fri, Oct. 29 @ 8:30 a.m. Freeman Hrabowski III

**“Recognizing Critical Moments: An Educator’s Perspective”**
Fri, Oct. 29 @ 2:15 p.m.

Richard Delgado and Jean Stefancic

**“Rethinking Race and Class Within the Context of Our Crisis in Education”**
Sat, Oct. 30 @ 9 a.m.

Lani Guinier

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**To attend any events in the conference, you can pick up tickets at Wheelock Information Center.**

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*By Media Relations*
Community Service Opportunities

Volunteering is a meaningful and enjoyable way for everyone to get involved on campus. If you find yourself have some free time and want to volunteer, here is the list of community service opportunities provided by Access Program and Community Involvement & Action Center (CIAC).

**Access Program** is a tutorial program that aims at helping middle to high school students increase their academic achievement. For further information, you can stop by Howarth 215A.

**etc. Tutoring** is a tutorial program that provides one-to-one tutoring for middle and high school students on our campus.

**Kids Can Do!** is a Campus Mentoring Program for Tacoma’s Youth. The goal is to expose area youth to higher education by involving them in campus events and activities. Mentors and mentees participate in different activities organized by student groups and/or organizations on a monthly basis.

**Food Salvage** is a program in which volunteers pack extra food from the SUB three days a week, and distribute it to 2 local shelters: YWCA and the Guadalupe House. Food Salvage also supplies juice and other items to **Keep Them Warm and Fed**, a program that brings food, warm clothing, and blankets to homeless persons in Tacoma.

**Operation S.A.V.E.** is a program run by the university and several community partners. Volunteers collect and deliver donation of clothing, food, and general items to Kilworth Chapel basement where the items are then sorted and delivered to various sites.

For further information or sign up for any CIAC programs, please visit [CIAC Web site](#).

For contributions and/or comments on our newsletters, please contact Uyen Nguyen at unguyen@pugetsound.edu. All ideas are welcome and appreciated!

For other resources, please visit [International Programs Web site](#).

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The Tacoma Public Schools Tone Resource Center sends out a Thanks for Operation S.A.V.E.—by CIAC

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*Those who can, do. Those who can do more, volunteer.*

- Anonymous Author

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1st Place - Most Artistic - Margo Archey - Florence, Italy
(Special Abroad Photo Contest)