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For contribution and/or comments on our newsletters, please contact Uyen Nguyen at

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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 Lower 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 sig-

nature 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 with-in the last 12 months for their I-20 and J-1 students must have their DS-2019 signed every 6 months.



National Hispanic Heritage Month

Diversity Awareness Month

Gay, Lesbian, Bisexual, and Transgender History Month

Holidays & Celebrations

Oct 11: National Coming Out Day

Oct 17: Dasara – one of the most important festivals celebrated in India

Oct 24: United Nations Day

Oct 31: Halloween

Oct 31 – Nov 1: Samhain – one of the most important religious holidays for many earth-based spirituality practitioners across the globe

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.

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".



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
—by Arches

Campus Events

at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
					Homecoming and Family Weekend 2010	
10	11	12	13	14	15	16
Homecoming and Family Weekend 2010	JuST: Justice and Service in Tacoma		Wind Ensemble		Mid-Term	Soccer vs Whitman
17	18	19	20	21	22	23
Soccer vs Whitworth	Fall Break (No Classes)		Hispanic Film Series: Migration Narratives "Entre Nos" (2009)	Chemistry Magic Show	"Illness as Metaphor: The German Romantic Legend of Disease"	
24	25	26	27	28	29	30
			Career Fair	2010 Race and Pedagogy National Conference		
31						

Arts & Lectures

Schneebeck Concert Hall

Jacobsen's "Wind and Voice" Joins Tacoma Arts Crush

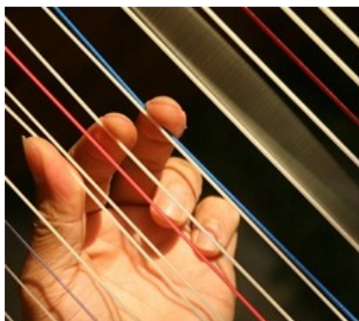
Fri, Oct. 22 @ 7:30 p.m.

Brassworks Concert

Sat, Oct. 23 @ 4:00 p.m.

String Orchestra

Wed, Oct. 27 @ 7:30 p.m.



By Media Relations

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.

"Economics in Action: Washington State's Economic Analysis of 2010 Ballot Measures"

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

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

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](#).



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

*- Anonymous
Author*

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



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

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](#).