

Tiger International

March
2008



From The Advisors Desk...

I hope your semester is going well and that you are managing in the unpredictable Kansas weather. It is important to **dress warmly** and be cautious when you walk on the streets and sidewalks. Streets and sidewalks may look like they are just wet, but they really have a thin coat of ice on them. Please be careful!

Thank you to Angela Lustenberger, Edwin Kiptoo, Adil Bajeel and Vilma Perez for performing and presenting in the first International Spice of the semester. The Spice program is a wonderful way to highlight and present your country. We hope if you are asked to present a program in the future, you will consider taking the opportunity.

Midsemester is fast approaching, so be sure to visit with your academic advisor as well as preparing your worksheet in Tiger Tracks to pick your classes for the fall 2008 semester. **Remember**, if you plan to take a Virtual College course, you should make sure that you are enrolled in at least nine hours of on-campus classes for undergraduate, and 6 hours of on-campus classes for graduate students. SEVIS regulations only count 3 hours of Virtual College coursework toward a student's full-time enrollment. If you have any questions regarding this, please stop by the ISS Office. You should be sure to review your mid-term grades so you have an idea how you are doing academically in your classes. Mid term grades can be checked on Tiger Tracks around March 11th. If you have questions regarding how to do this, please let us know.

Do you need assistance (tutoring) in a class? Please check with the Kelly Center (Picken Hall room 308, 628-4401) and see if they can help you. Tutoring is available for most general education classes and is FREE. Also remember the Writing Center in the basement of Forsyth Library is also available to review your written papers. These are all great resources and are here to help you be successful.

A number of you will be graduating and may wish to have your family attend graduation in May. If you would like an invitation letter from the ISS Office we would be happy to provide that. The information we would need to prepare the letter is: the names of family member(s) as it appears in their passports, their relationship to you, the embassy they will be going to for their visa interview,

and the dates they would like to spend in the U.S. If you have questions about this, please let me know. Also, plan ahead and do not wait until the last minute to request this letter. It will take several days to process your letter.

If you are looking for something to do, like sports, or want to relax, I would recommend that you attend some of the upcoming music and theatre programs, basketball, baseball or softball games that will be held on campus. You can find a schedule of not only athletic events, but other activities and programs happening at FHSU on the homepage www.fhsu.edu and watch as the upcoming events are listed. Saki also sends a weekly e-mail that contains upcoming events, as well as useful information that I hope you all read. The Wellness Center in Cunningham Hall is also a good place to relieve some stress.

Good luck as you get ready for mid term exams and have a **Safe and Restful Spring Break!**

Carol Solko-Olliff, Director of International Student Services

Inside this issue:

Writing Center	Pg 2
Stouffer International Scholarship	Pg 2
School Lecturing Program	Pg 2
Tax Return Workshop	Pg 2
Student Government	Pg 2
St. Patrick's Day Customs	Pg 3
Spring Break Reminders	Pg 3
Contact Information	Pg 4
Community Connections	Pg 4
On-Campus Employment	Pg 4
Immigration Information	Pg 4
Spring Break Information	Pg 5

Calendar

- **Saturday, March 1**
Men's & Women's Basketball @ 5:30 & 7:30 pm
FHSU Softball game @ 12pm
- **Tuesday, March 4**
UAB Entertainment—Amy Anderson @ 7:30pm, Cody Commons
- **Friday, March 7**
Mid-semester
- **March 15—23**
Spring Break
- **Tuesday, March 25**
ENCORE: Paragon Orchestra @ 7:30pm, Beach/Schmidt Performing Arts Center

WRITING CENTER ASSISTANCE

Remember that the Writing Center is an excellent place to write or to go for feedback on any kind of writing. Located in the basement of Forsyth Library (FL20), it features a computer lab and trained writing consultants. Drop by or call ahead for an appointment (628-4106), preferably well before the due date of your paper. Beginning Tuesday, January 22, the Writing Center will be open the following times: 9:30am-5:00pm Monday-Thursday, 6:30pm-8:30pm Monday-Wednesday evenings, and 9:30am-12:30pm Fridays. It is FREE!!

2008-2009 STOFFER INTERNATIONAL STUDENT SCHOLARSHIP

Two scholarships (1 undergraduate & 1 graduate) are being offered for the 2008-2009 academic year. The scholarship is awarded for one academic year only and is nonrenewable. If a student who accepts the scholarship does not return to his/her home country after graduation, the scholarship then becomes a loan and must be repaid within six months after graduation or a rate of 7% annual interest will be added to the loan. If you would like to apply for this scholarship, you can pick up an application in Sheridan Hall 208. Deadline for the scholarship is 4:30 p.m., Friday, April 11, 2008.

SCHOOL LECTURING PROGRAM

Local schools are looking for international students to do presentations on their culture or do activities with the children. Students will need to prepare a 30-60 minute verbal presentation and can choose an appropriate topic related to their culture or chose an activity to show the children. It is a great chance for you to interact with people in the community. If you are interested in this activity, please contact the Cultural Coordinator, Saki at 628-4443 or e-mail at s_oshio@fhsu.edu or Marnie at 628-4276 or mkohl@fhsu.edu.

TAX RETURN WORKSHOP

A tax return workshop will be held to help students with completing an income tax return. The dates for this is Tuesday, April 1 from 2:30-4:30 pm OR Wednesday, April 2 from 6:00-8:00 pm. Please plan to attend ONE of the workshop (you do not need to go to both). You should have already received the following forms if you worked in the year 2007. W-2 forms, 1042-S, and a statement of your interest income from your bank. Not everyone will have all of these forms. If you worked in 2007 and did not receive a W-2 form the place you were employed, you will need to tell your employer as soon as possible so they can get you a replacement. See Marnie for forms in Sheridan Hall 208 if you would like to start filling them out.

STUDENT GOVERNMENT

The student Government Association (SGA) exists to serve, protect, and promote the interests and rights if the students at FHSU. It is a representational form of government with Senate seats available by major and by student organizations. The SGA serves as a means for students to examine, discuss, and take action on campus issues. If you are interested in being involved in SGA as a Student Senator, or just want more information, stop by the Student Government Office located in the basement of the Memorial Union, or you can call them at 628-5311. Any of the current officers or senators would be happy to discuss with you how the process works and what the responsibilities are.

ST. PATRICK'S DAY—MARCH 17TH—CUSTOMS AND TRADITIONS

The person who was to become St. Patrick, the patron Saint of Ireland, was born in Wales about 385 AD. His given name was Maewyn and he almost did not get the job of Bishop of Ireland because he lacked the required scholarship. Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his calling he was to convert the pagans to Christianity.

His wishes were to return to Ireland to convert the native pagans to Christianity. But his superiors instead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second bishop to Ireland. Patrick was quite successful at winning converts and this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish country to Christianity.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to the county of Down. He died on March 17 in 461 AD. That day has been commemorated as St. Patrick's Day ever since. Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated. Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the shamrock. This stems from a more bona fide Irish tale and tells how Patrick used the three-leaved shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

SPRING BREAK

Spring break starts after classes on March 14th and runs until March 23rd. This is a great time to travel and get away. If you plan to leave for the week, keep the following things in mind:

1. **Make sure you have your passport, and I-20 or DS-2091 with you and signed if leaving the country, even if it is Canada or Mexico.**
2. Don't forget to turn off or unplug unnecessary electrical items.
3. Keep all your important personal items in a safe place.
4. If you are renting a car, you should purchase car insurance through the rental agency.
5. Just a reminder, if you are traveling **please check the weather forecast** and plan accordingly.
Weather in Kansas can change very quickly. Take care and be safe!
6. Finally, don't forget to lock your doors before you leave.

HAVE YOU CHECKED YOUR PASSPORT?

If your passport is expiring, you must get a new one, even if you will not be traveling outside the United States! Come in and see Carol, Karen or Marnie if you need information on how to get a new passport. Remember, you must always have a current passport and I-20 to remain in status with immigration.

CONTACT INFORMATION

PLEASE remember to inform the Office of International Student Services if your contact information changes. At the beginning of the semester several of you moved, have a new phone number, or updated your email address and have not informed us of the changes. If we do not have your correct contact information, email address, or phone number, we do not have a way to get a hold of you or get the newsletter to you. Plus you are required by Immigration to keep our office informed of address and phone number changes.

COMMUNITY CONNECTIONS

Community Connections is a chance to take a break, get out and meet new people while having fun and being creative. Community Connections begins at 4:00 p.m. on designated Fridays in the Fellowship Hall at 2900 Hall Street (east side of Presbyterian Church). It is a time for building friendships between different generations and cultures within our community. It is a great way to spend an afternoon with your Friendship Family student. You also will meet many other diverse FHSU students and community members as well. Dinner is also served. So come, relax, re-energize, and recreate, not only with students but with others within the community.

Spring 2008 Schedule for Community Connections:

Friday, March 7 Friday, March 28 Friday, April 11 Friday, April 25

Reservations for dinner are appreciated. Please call 785-259-8103 by noon of the Thursday before Community Connections if you plan on attending. If no one answers, please leave a message.

ON-CAMPUS EMPLOYMENT

This is once again a reminder that while school is in session, international students are only allowed to work **20 hours a week total**. If students work for Chartwells and also have another on-campus job, the total number of hours worked between both jobs **cannot** exceed 20 hours a week. We will be monitoring the number of hours students are working, and if students are working more than 20 hours a week, they will receive a letter from the ISS Office. If a student continues to exceed the 20 hours a week, they could be in jeopardy of losing their on-campus job. **Please remember** you are here on a student visa and not a work visa, so do not let work interfere with your academic coursework.

IMMIGRATION INFORMATION – OPTIONAL PRACTICAL TRAINING

Are you graduating this May 2008 semester? If you are and want to apply for optional practical training, please stop by the International Student Office **as soon as possible** and pick up the paperwork. We will be holding an OPT workshop for all students graduating in May. The workshop will be held on Tuesday, March 25 at 3:00 pm in Albertson Hall room 169. There will be discussion on what the requirements for OPT are, explaining the paperwork that must be completed, and answering your OPT questions. It is very important for you to attend if you plan on applying for OPT this semester. Practical training applications can take 60–90 days to be completed and returned from the processing center in Lincoln, Nebraska. **Remember, you cannot start a job until you receive this work authorization AND you must apply BEFORE you graduate.**

If you have information that you would like to see in the newsletter or if you would like to write an article for the newsletter, please notify Marnie at 628-4276 or Saki at 628-4443.

SPRING BREAK INFORMATION

Spring Break at FHSU is right around the corner. For those of you new to FHSU this semester, spring break is a week in March when classes are not in session, March 17-21. Many students chose to travel during this break time. If you are planning on staying in Hays, below is the schedule for on-campus services such as Forsyth Library, the Wellness Center and food service. Information about Tiger Transport and restaurants within walking distance of campus are also below.

Forsyth Library –

The library is CLOSED these dates:

Sat. March 15 – Sun. March 16

The library is OPEN these dates:

Mon. March 17 – Fri. March 21 – 8:00 a.m. – 4:30 pm

Sat. March 22 – 10:00 a.m. – 5:00 p.m.

Sun. March 23 – 1:00 p.m. - Midnight

Wellness Center

The Wellness Center will be operating during their regular hours.

Sat. March 15 – Sun. March 16 -- 10:00 a.m. – 5:00 p.m.

Mon. March 17 – Thur. March 20 – 6:30 a.m. – 8:00 p.m.

Fri. March 21 – 6:30 a.m. – 5:45 p.m.

Sat. March 22 – Sun. March 23 – 10:00 a.m. – 5:00 p.m.

On-Campus Food Service

McMindes Hall Cafeteria:

Sat. March 15 – Sun March 23 – NO MEAL SERVICE

Memorial Union:

Union Station & Mondo's Subs –

Sat. March 15 – Sun. March 23 - NO MEAL SERVICE

Grab 'n Go-

Sat. March 15 – Sun. March 16 – Closed

Mon. March 17 – Fri. March 21 – Open limited hours during day

Sat. March 22 – Sun. March 23 - Closed

Tiger Transport –

Tiger Transport WILL be running its regular schedule during Spring Break. You can ride Tiger Transport downtown to the library where you can get off and walk to any of the shops downtown to eat, shop and relax. You can also take Tiger Transport to The Mall & Wal-Mart. You can shop, eat or watch a movie.

Tiger Transport Schedule:

Friday, March 14, & 21 4:00 pm – 9:00 pm

Saturday, March 15, 22 10:00 am – 3:00 pm

Wednesday, March 19 1:00 pm – 6:00 pm

Restaurants within Walking Distance

The following page is a listing of restaurants that are within walking distance of FHSU. We have also included a map to help you locate these eating establishments.

Tiger Transport & the Access Van

Tiger Transport will be operating during Spring Break. You can ride Tiger Transport to either Downtown Hays, The Mall or Wal-Mart and eat or buy food to prepare in your apartment or in your residence hall. When Tiger Transport is not running, call Access Van at 628-1052 and schedule a pick-up time.

Delivery

This is a listing of restaurants that you call with your order (what you would like to eat) and they will bring your meal to your residence hall room or apartment when it is ready. When you are placing your order over the telephone, the restaurant employee will tell you how much your meal is going to cost so you can have your money ready when they bring you your meal. Also, remember to give the restaurant employee your address so they can deliver your meal to you! We have also provided web addresses to most of the restaurants to you can view their menu online and have your order ready when you call them.

Restaurants with Delivery in Hays**Chinese**

China Garden – 628-2280
Chinese Food Express – 628-9999

Mexican

Taco Grande – 625-1413
Taco Shop – 625-7114 -- www.tacosshop.net

Pizza

Domino's Pizza – 625-2311 -- www.dominos.com
Lomato's Pizza– 623-2888
Pizza Hut – 628-1777 -- www.pizzahut.com

Sandwiches, Pasta

Mr. Goodcents – 650-0800

Spring Break Activity

The International Student Services Office is planning a Spring Break Activity for students. Please check your email as more information about this event will be coming soon.

Int'l Student Services Office Emergency Phone Number

If you have an emergency after regular International Student Service office hours, please call this number: 785-259-0005. This number should only be used for emergency purposes.

During Spring Break, our office and all other offices on campus will be open regular hours, Monday, March 17 – Friday, March 21, 8:00 a.m. – 4:30 p.m. Again, if you have an emergency and need to reach someone from the International Student Services Office, when the office is not open, please call our after-hours phone number.

Women's Softball & Men's Baseball at FHSU

Both the women's softball team and men's baseball team will have home games during Spring Break. As an FHSU student, you can get into the games for free. Softball will be playing games at home on March 19, 20, 21 & 22. Baseball will have games on March 15 & 16. Please check the athletics website at www.fhsuathletics.com for start times.

SPRING BREAK — PLEASE READ!

For those of you who travel out of Hays for the Break, as well as for those who stay here, I have some important safety suggestions and some tips on what you can do. These tips are based on the fliers from the Kelly Center and my experience. Please, read them!

Let me stress some of these tips and rules:

When you drive, **DRIVE SAFELY!** Respect the speed limit (if you don't, you will be caught and you may pay hundreds of dollars for it!). **FASTEN YOUR SEATBELT! SEATBELTS SAVE LIFE!**

When you fly, **LISTEN TO THE SAFETY INSTRUCTIONS**, read them, and locate the emergency exits around you. **KNOWING THE SAFETY INSTRUCTIONS AND LOCATING EMERGENCY EXITS SAVE LIFE.**

When you are in a club, **BE SAFE!** Stay out of the troubles. You may be surprised how many people can have a gun in a club, for example, in Denver. If you don't feel comfortable somewhere, leave. But **NEVER LEAVE ALONE**, or leave your friend alone! And remember, if you're not 21, you cannot drink alcohol in bars & clubs. Do you think it is a stupid rule? Well, we all have an opinion, but it is law, and law should be respected. If we don't respect it, we can get into big troubles (a big fine, jail, deportation...).

BE SMART AND BE YOURSELF! I and sure our parents have taught us many smart things, and maybe it is not such a bad idea to follow their advice. It is important not to give up on values. It's not cool to smoke marijuana or to get drunk so badly that you can't walk.

16 Tips for a Safe Spring Break:

1. Never leave valuables in your hotel room.
2. Do not drink and drive.
3. Do not go out alone.
4. Know the law!
5. Service your vehicle prior to traveling.
6. Have auto and health insurance cards with you.
7. Fasten your seatbelt.
8. Have your ID with you.
9. Never leave a sick or intoxicated friend alone.
10. Inform your family and friends of your travel plans – give them your contact information.
11. Stay away from dangerous situations.
12. There is no such thing as casual sex.
13. Never leave with someone you just met.
14. Set limits.
15. Never leave your drink alone.
16. Always lock your hotel room door.

16 Spring Break Ideas: Plan a week of events that you can do locally!

1. Do a mini road trip.
2. Read a book for fun.
3. Shop 'til you drop.
4. Make your own movie.
5. Catch up on homework.
6. Visit a friend.
7. Have a baking party.
8. Enter a karaoke contest.
9. Take in a movie – watch the Oscar winners.
10. Play mini-golf or go glow bowling.
11. Visit local parks and lakes.
12. Have a snow day – plan an indoor picnic or stay in bed until 2 pm.
13. Get pampered by Mom or Dad or visit a day spa (of course, getting pampered by Mom or Dad may not be very possible for us, international students).
14. Get cultured – visit a museum, art gallery, or go to a theater.
15. Get crafty – take pottery lessons or a lesson at the recreation center.
16. Discover the great outdoors – play Frisbee golf, bike, fly a kite, have a barbeque.

MARCH 2008

S	M	T	M	T	F	S
						1 FHSU basketball@ 5:30pm & 7:30pm FHSU softball @12pm
2	3	4 UAB Entertainment @7:30pm	5	6	7 Mid-semester Community Connections	8
9	10	11	12 FHSU baseball @ 7pm	13	14 FHSU baseball @ 6pm	15 FHSU baseball @ 1pm
16 FHSU baseball @12pm	17 St. Patrick's Day	18 SPRING	19 BREAK	20	21	22 FHSU softball @ 2pm
23 Easter Sunday	24	25 ENCORE: Paragon Orchestra @ 7:30pm	26	27	28 FHSU baseball @ 7pm Community Connections	29 FHSU baseball @ 1pm
30 FHSU baseball @ 12pm	31					

International Student Union
 Sheridan Hall 208
 600 Park
 Hays, KS 67601

Phone Number (785) 628-4276
 Fax Number (785) 628-4113

We're on the Web!
www.fhsu.edu/international